

# OneOp Monthly Newsletter

JULY 2024

## Upcoming Programming

 July 9, 2024

### **The Art of Connections: Empowering Professionals to Respond Positively to Challenging Behavior - Part 2**

Determine the impact of challenging behavior on the adults' emotional state and response and identify reflective practices to help respond to challenging behavior in a non-threatening way.

 July 16, 2024

### **WIC at 50 Years: Honoring the Past, Nourishing the Future**

Identify innovations in WIC that support the future of WIC as the premiere public health program and discover how WIC improves nutrition security.

 July 25, 2024

### **Expressive Brushes: Using Art-based Mediums to Support Children & Youth During Change**

Discover the practical application of art-based mediums to foster empathy, perspective-taking, and effective communication among young individuals.

 July 31, 2024

### **Navigating TRICARE's Autism Care Demonstration: A Guide for Providers & Military Families**

Discuss the recent updates to TRICARE Autism Care Demonstration, potential impacts on families, and how these changes aim to improve access and quality of care for beneficiaries.

 August 14, 2024

### **Medicaid's Role in Military Family Well-Being & Economic Security**

Learn about the broad policy purposes and history of the Medicaid program, with special focus given to variability across the states in benefits, eligibility, and services.



## Suicide Prevention in the Military

Active-duty suicide rates have [gradually been on the rise since 2011](#). Each one of these deaths is a terrible loss to their families and our country. The Department of Defense is actively working to prevent [suicide in the military](#). By providing service providers with the education and tools to help military members and their families, we work together to create a more supportive environment for all. In the webinars below, discover strategies and best practices to prevent suicide and promote ways to apply research in practice.

### **Public Health Approaches to Suicide Prevention: Working with Military Service Members**

- Through this webinar, learn how to implement evidence-based public health approaches to suicide prevention with specific focuses on how service providers can screen for suicide risk.

### **Public Health Approaches to Suicide Prevention: Working with Military Spouses and Families**

- Discover how service providers can best support military spouses and family members through a trauma-informed lens of suicide prevention. Explore the impacts of deployment trauma exposure, spillover effects, and more.

### **Suicide Prevention and Intimate Partner Violence**

- This presentation provides an overview of the intersection of suicide and IPV risk factors and presents prevention strategies for advocates and clinicians serving the military community.

### **Suicide Prevention and Working with Military Families**

- Become more informed on current military suicide data including trends and common risk factors. This webinar explores culturally competent best practices and provides resources for professionals working with service members and military families.

# On-Demand Programming



## **Food Allergies: An Overview and Update**

Learn state-of-the-art, evidence-based practical approaches to common pediatric food allergies.



## **Resilience in a Pandemic-Impacted Era**

Recognize what we can do to help ourselves and clients to remain resilient as the years unfold.



## **Federal Student Aid: Repayment 101**

Discover types of repayment plans, forgiveness and cancellation programs, benefits of consolidating, getting loans out of default, and types of deferments.

# Focused Programming: Aging



Aging is a complicated yet inevitable part of life. The process can be confusing for both the aging adult and the caregiver. However, there are a plethora of resources available to the aging community to make the latter years of their life fruitful. Through the resources below, explore how caregivers and service providers alike can provide comfort and care to aging adults.

## **Reduce Your Risk of Cognitive Decline as You Age**

Cognitive decline is a source of fear and mystery for many adults, especially older adults. However, confronting that fear and solving that mystery may be easier than you think. Discuss cognitive decline in the context of lifestyle choices and habits that may help to reduce the risk for a diagnosis later in life.

## **Securing Tomorrow: Navigating Social Security Retirement & Survivor Benefits**

Social Security retirement benefits provide financial support to individuals who have worked and contributed to the Social Security system. The amount of the retirement benefit is based on factors such as the individual's earnings history and the age at which they choose to claim benefits. Gain the knowledge and resources to make informed decisions about retirement and survivor benefits from the SSA, ensuring a prosperous future for the families they serve.

## **Nourishing Low-Income Older Adults: Exploring the Seniors Farmers' Market Nutrition Program**

The state of nutrition among low-income older adults can vary depending on various factors such as access to affordable, nutritious foods, education about healthy eating habits, and socioeconomic status. You may already be familiar with the SNAP, a vital resource for helping income-eligible households access nutritious food. But have you heard about the Seniors Farmers' Market Nutrition Program (SFMNP)?



## **A Framework for Deeper Community Engagement**

There are a variety of ways to look at community engagement in the context of supporting family readiness. The Spectrum of Community Engagement to Ownership was developed by Rosa González of Facilitating Power. González drew on a number of public participation tools to develop a framework that could help leaders across sectors assess and transform their community engagement efforts. The Spectrum outlines six steps referred to as "Stances Toward Community." This level of detail is helpful in honestly assessing where our community engagement efforts are currently and in providing a clear picture of what it looks like to get where we want to be. **Continue reading to discover the six stances toward community and how we can use this spectrum to empower military family readiness.**

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