

OneOp Monthly Newsletter

JUNE 2024

Upcoming Programming

 June 13, 2024

Walk, Run, Dance, Play: Tips to Get Your Community Moving

Discover an overview of the Move Your Way campaign, free materials, and practical strategies to promote physical activity.

 June 26, 2024

Supporting Special Needs Families: Exploring Trusts & ABLE Accounts

Gain an overview of the different types of special needs trusts and explain the value of these instruments for individuals with disabilities.

 July 9, 2024

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

Discuss the factors that impact children's behavior and how professionals respond to the different behaviors children present.

 July 16, 2024


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

Attend this webinar to learn about WIC's rich history as a premiere public health program and hear about WIC food packages improvements and other innovations in the program.

 July 23, 2024

Flexible Spending Accounts: A Tax-Advantaged Way to Pay for Expenses

Learn about how Flexible Spending Accounts can support service members and their families in paying for dependent care expenses.

 July 25, 2024

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

Foster empathy and effective communication among young individuals, particularly those in middle childhood through the application of art-based mediums.



Nutrition and Food Security Series

Among our nation's active-duty service members and their families, an estimated 24 percent are food insecure. Nutrition and food security is a multifaceted issue that requires a collaborative response. This series will cover programs that address nutrition and food security as it affects service members and their families. Join OneOp as we focus on strengthening food security among military families and mobilizing family service professionals to work together at federal, state, and local levels.

Upcoming Webinar

- [WIC at 50 Years: Honoring the Past, Nourishing the Future](#)

On-Demand Webinar

- [Diet Quality, the Gut Microbiome, and Health Disparities](#)

Blog Posts

- [Supporting Improved Fruit and Vegetable Intake](#)
- [Food Security: Barriers and Strategies](#)

For more food security content, please visit the [Food Security in Focus](#) Series. This series provides on-demand continuing education for many professionals.

EXPLORE THE SERIES

On-Demand Programming



Using Family-Centered Strategies to Address Challenges

Uncover the benefits and challenges of tele-intervention to lay the groundwork for reflection.



Retirement Benefit Basics: The DoD Survivor Benefit Plan

Learn how to further your knowledge of the DoD Survivor Benefit Plan and the Reserve Component SBP.



What Can Families (And Other Adults) Do to Maximize Youth Well-Being

Discover what adults can do to protect and promote their well-being, especially during transitions.

Focused Programming: Disaster Preparedness



On average, 12 hurricanes hit the Atlantic basin, every year. These storms can be destructive and life-altering and the official hurricane season begins in June! With these OneOp resources, learn how to help your community be prepared when disaster strikes.

Preparing Your Emergency Food Stockpile Before the Next Disaster

Food has always been a central dilemma in the face of environmental or human catastrophe. There are widespread famines that have taken place in history as a result of any of those two instigators. Whenever a natural disaster occurs, "food security" becomes a heightened issue.

Financial Preparedness and Natural Disasters

After a natural disaster, someone's life is turned upside down. There are forms to complete, offices to call or visit, and long waits for service. Many people experience a deep sense of loss or fear and confusion about what to do. Service providers are often consulted to help their clients prepare for natural disasters or to cope with damage afterward.

Families in Disaster Recovery: Coordinating Support at the Installation Level

The webinar provides information regarding relevant Red Cross programs, structures, and resources, relationship management and community resilience between military installations and surrounding communities, and the Red Cross' role as a trusted communication link among military families in times of crisis.



Networks for Military Family Support with Amy Rodick

"[The DoD is] committed to military family readiness. What does that mean? It means helping members and families to be prepared to face the challenges that military life often throws at you, and that's through building skills such as, knowledge, awareness of support and resources, and putting all of those things into action to enhance their own personal readiness and overall well-being."

Amy Rodick, Director of the Office of Military Family Readiness Policy in the Department of Defense, joined the podcast to talk about the informal and formal network that help military families thrive. As an Army veteran and military spouse, Amy brings a unique perspective, sharing real-world strategies for service providers to successfully engage with the Military Family Readiness System at the local level. Listen to the full episode today!

We invite you to join the OneOp mailing list to stay updated!

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 Practicing Connection