

OneOp Monthly Newsletter

AUGUST 2024

Upcoming Programming

 **LAUNCHING AUGUST 12**


Foundations for Military Family Financial Readiness

Define and assess barriers to achieving financial readiness and military family well-being in the context of military family quality of life in this upcoming online course.

 **August 14, 2024**

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

Explore Medicaid's role in contributing to the well-being and economic security of military families.

 **August 29, 2024**

Strengthening Health, Wellness, and Financial Security Through Total Force Fitness

Discuss how Total Force Fitness enhances the eight dimensions of wellness for service members.

 **September 10, 2024**

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

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

 **September 12, 2024**

Balancing Military Spouse Employment with Family Economic Well-Being

Identify the challenges military spouses face in balancing employment responsibilities with the demands of military life and how these challenges affect family well-being.

 **September 24, 2024**

Enhancing Military Family Well-Being: Understanding and Nurturing Economic Security

Examine how various organizations and institutions are fostering efforts to encourage awareness and action to address health disparities and to promote well-being.



2024 MFRA: Economic Readiness and Military Family Well-Being

The Military Family Readiness Academy is an annual programming series with special learning and engagement opportunities suitable for individuals, groups, and organizations. With a new series added each year, the Academy takes a multidisciplinary approach to a complex issue faced by family service providers in their work. This year the Academy is tackling economic readiness and military family well-being. Over the course of six weeks, OneOp will deliver a series of professional development opportunities focused on economic security and family well-being. The series will equip service providers with the skills necessary to support family well-being while navigating the terrain of economic security for military service members and families.

Programming Offerings:

Course: Foundations for Military Family Financial Readiness

- This course will provide an overview of the impacts of financial readiness on military family well-being.

Webinar: Strengthening Health, Wellness, and Financial Security Through Total Force Fitness

- This webinar will discuss the financial fitness dimension and how economic insecurity can affect the other wellness dimensions.

Webinar: Balancing Military Spouse Employment with Family Economic Well-Being

- This webinar will address the ways in which the Department of Defense endeavors to positively influence the career trajectories of military spouses.

Webinar: Enhancing Military Family Well-Being: Understanding and Nurturing Economic Security

- This webinar will help to empower service providers to leverage their knowledge, skills, and available resources to effectively promote health and well-being.

LinkedIn Group: Practicing Connection Community

- Join the Practicing Connection Community and see how it can help you advance your work with military families, make connections to strengthen your work in the future, and gain new perspectives on the issues affecting families.

On-Demand Programming



Supporting Military Teens: Community Healthy Living and Food Security Programs

Learn more about programs and initiatives bridging the gap between community support resources and families needing those resources.



Innovative Ways to Integrate Apps into Clinical Practice

Discover innovative tools that empower Registered Dietitian Nutritionists to lead data-driven discussions, drive personalized care, and help improve outcomes.



IECMH: Practical Strategies to Support Attachment Relationships

Add to your "attachment" toolbox with ideas for ensuring young children and families can develop and experience healthy attachment relationships.

Focused Programming: **Economic Security**



Housing costs, rising inflation, cost of living, and more all contribute to a military families' economic readiness. Economic security issues can seep into many aspects of a military family's life including health, employment, well-being, and more. Being able to discern financial concerns, access economic tools, and provide assistance to service members and their families is critical. In addition to the [2024 MFRA](#), use the resources below to increase your awareness of the issues that military families are facing and how you can help increase military family financial well-being.

Promoting Healthy Nutrition Amid Economic Challenges

35 million people in the U.S. lived in households struggling to obtain nutritious and sufficient food to meet basic nutrition needs. In this article, discover practical strategies for improving nutrition through economic challenges.

Understanding and Addressing Financial Challenges in Military Families

As service providers addressing the needs of military families, grasping their unique financial challenges becomes paramount. Various aspects of military life can significantly affect a service member's or a military family's capacity to meet financial obligations. Discover how to understand and address these challenges that arise.

Mind and Money: Connecting Mental Health and Financial Well-Being

Stress, anxiety, and guilt can all impact money management and family financial readiness. This webinar equips service providers with the knowledge to define personal and family financial well-being, recognizing signs of financial strain, and psychological distress.



Do Less of What Drains You

Practicing Connection *practicasts* highlight a specific practice you can use in your personal and professional growth. In these quick 10-15 minute episodes discover how to improve your resilience and readiness. This *practicast's* practice is Energy and Engagement Tracking from Bill Burnett and Dave Evans's book *Designing Your Life*.

The more you understand about yourself, the better you'll be able to align your life with the things that are really meaningful to you. In this *practicast* episode, Jessica Beckendorf shares how to do less of what drains you by using energy and engagement tracking. Energy and engagement tracking is all about reflecting on the activities, projects, and tasks that make you feel energized and engaged. The goal here isn't to ensure that everything you do is always energizing, engaging, and puts you in flow, the goal is to understand exactly what energizes and engages you and which tasks put you into flow. Then taking that and uncovering how much time you spend doing things that energize and engage you and how much time is spent doing things that drain you. To discover how that works for you, listen to the full episode.

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