

# OneOp Monthly Newsletter

SEPTEMBER 2024

## Upcoming Programming

 September 10, 2024

### [Flexible Spending Accounts: A Tax-Advantaged Way to Pay for Expenses](#)

Gain an overview of how to enroll and manage Flexible Spending Accounts and how to tailor FSAs to service member-specific circumstances.

 September 12, 2024

### [Balancing Military Spouse Employment with Family Economic Well-Being](#)

Discover the ways in which the Department of Defense endeavors to positively influence the career trajectories of military spouses.

 September 24, 2024

### [Enhancing Military Family Well-Being: Understanding and Nurturing Economic Security](#)

Learn how to leverage your knowledge, skills, and available resources to effectively promote health and well-being.

 October 8, 2024

### [Coping Compass: Working in the Wake of School and Community Violence and Disaster](#)

Support middle and high school students from military families by gaining skills and knowledge necessary to support students and communities affected by traumatic events.

 October 15, 2024

### [Maximizing the Use of 529 Plans for Military Families](#)

Discover how to support military families in planning for their children's education, including qualifying expenses, Roth rollovers, private 529 plans, and ABLE accounts.

 October 17, 2024

### [Drug Trends in Military Adults: Essential Insights for Mental Health Professionals](#)

Identify drugs that are considered emerging health threats and the impact these drugs are having on military communities.

 October 29, 2024

### [Defense Commissary Agency's Strategy to Strengthen Food Security for Military-Connected Families](#)

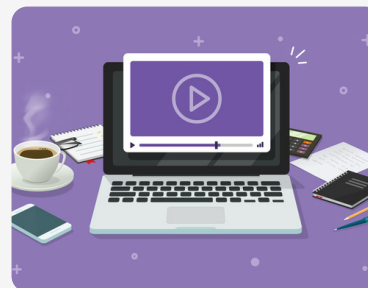
Learn how the Defense Commissary Agency is working to strengthen food security for military families.



### [Maximizing Financial Wellness: Cooperative Extension's PowerPay for Military Service Providers](#)

Maximizing financial wellness is crucial for military families, who often face unique financial challenges due to frequent relocations, deployments, and other aspects of military life.

While there are various Cooperative Extension financial literacy programs, one stands out as a unique model for financial literacy across Cooperative Extension to support military service providers and families: [PowerPay](#). PowerPay offers a unique and impactful tool for eliminating debt through strategic, calculated payments. PowerPay is a free web-based calculator that provides personalized debt repayment plans based on keeping debt payments consistent until all debts are paid in full. **[Continue reading this article, and the rest of the latest PowerUp issue.](#)**



### [Military Culture: A Guide for Extension Professionals](#)

Cooperative Extension can meet the needs of the military community by sharing its knowledge to build the skills and practices of families in the military. This course provides an overview of military culture and the unique needs of military families

to help Extension professionals better understand how to recognize, engage, ask, and deliver education in the community.

In this course,

- Examine personal, Extension, and military cultures.
- Describe the military organizational structure, rank, branches of service, core values, and demographics.
- Identify characteristics of military transitions from active duty, deployment, and reintegration to civilian life.
- Identify best practices and resources in working with military service members, veterans, and families.
- Create an action plan to offer Extension programming to military families.

**[Enroll in the Course!](#)**

# On-Demand Programming



## **Supporting Military Families in the Artificial Intelligence Era**

Explore AI as a tool for family service providers to increase efficiencies, creativity, and engagement in their work with military families.



## **Building a Safer Future: Insights on Youth Violence and Bullying Prevention**

Review two decades of research and practice on bullying and cyberbullying, including definitional issues, prevalence, risk, and protective factors.



## **2024 Tax Updates: What Service Providers Need to Know**

Gain insights into the key 2024 tax updates that are pertinent for service providers such as Child Tax Credits, student loan interest deductions, and more.

# Focused Programming: Grief



Grief manifests itself in different ways and through various times in our lives. Grief, although associated with death, can occur in other aspects of our lives. Having the right tools in place to deal with grief is essential to proper emotional healing. With these resources below, find ways to help military families navigate grief and the emotional landscape that it creates. Discover evidence-based tools that can support grieving clients and help them to move forward.



## **Holding Space for Grief**

In this Practicing Connection podcast episode, Kristen Jowers shares two practices to help us prepare to hold space for someone experiencing grief. This practiacast centers around "holding space," a concept we learned from Heather Plett, author of "The Art of Holding Space."



## **Addressing Maladaptive Grief Reactions Among Youth**

Using Multidimensional Grief Theory as a guide, this presentation describes evidence-based, trauma-and grief-informed assessment tools that can support grieving youth, especially those exposed to the death of a loved one by suicide. This session describes assessment and interventions for youth who have experienced traumatic loss.



## **Navigating the Waves of Grief and Loss as a Caregiver**

Caring for a loved one who is chronically ill or aging is a journey filled with love, sacrifice, and often, profound personal challenges. Among these challenges is the profound sense of grief and loss that can arise, not only after the death of the loved one but also during the caregiving process itself. In this blog article, we explore the unique aspects of grief experienced by caregivers, offering insights and strategies to help them navigate their emotional landscapes.



## **Self-awareness is the Foundation for Effective Practice**

Practicing self-reflection and self-discovery benefits our work and supports our well-being. There are numerous resources available to support your journey. Here are a few to get you started.

### **Understand Your Core Money.**

The Klontz Money Script® Inventory (KMSI) is an assessment of four core money beliefs: money avoidance, money worship, money status, and money vigilance. The KMSI can be used as a tool for clients, but can also help service providers understand their own financial belief system.

### **Explore How Your Family (Financial) History Has Affected You.**

Genograms are visual representations of a family's history that are widely used to explore a client's or family's values, feelings, and patterns around a particular area or issue. Creating a financial genogram can help you identify "overarching financial patterns, themes, values, expectations, and norms within your family."

### **Learn About Other Ways of Knowing Yourself.**

Discover resources, like these Practicing Connection resources, that explore how self-knowledge is important in creating connections with others.

- [Knowing Yourself Matters](#)
- [Determining Your Values](#)
- [Finding Your Strengths](#)



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