

OneOp Monthly Newsletter

OCTOBER 2024

Upcoming Programming

 October 8, 2024

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

Gain an understanding of trauma responses, creating supportive environments, recognizing signs of trauma in students, and fostering resilience.

 October 9, 2024

[Empowering Military Spouses to Maintain Employment: A Review of the Resources for Holistic Support](#)

Learn new Department of Defense, employer, and non-profit resources that address holistic military spouse employment needs.

 October 15, 2024

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

Discover how 529 education savings plans can be leveraged to provide tax-advantaged savings for future educational expenses.

 October 17, 2024

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

Explore why the military community needs to be aware of the most recent data on drug trends.

 October 29, 2024

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

Uncover healthy, affordable recipes and meal plans to help military families stretch their food dollars.

 October 30, 2024

[Medicare 101: Simplifying Enrollment and Benefits](#)

Acquire a comprehensive understanding of Medicare basics, including its history and the key differences between Medicare and Medicaid.



[Practicing Connection Podcast](#)

Improve your resilience and readiness in a rapidly changing world with the Practicing Connection podcast.

Co-hosts, Jessica Beckendorf and Bob Bertsch host this exploration of personal and collective practices that empower us to work together to help each other, our families, and our communities improve our resilience and readiness. Practicing Connection is a place for ideas, inspiration, and information on building skills and creating connections that will help support the well-being of military and civilian families. In each episode, you will hear from practitioners, build your collaboration skills, and have the opportunity to connect with others who want to make a difference!

[Recent Episodes](#)

[Leveraging the Community Assets to Support Military Families](#)

- In this episode, Jessica and Bob explore the Community Capitals Framework, a powerful tool from community development that can enhance your work with military families. They dive into practical examples, such as the Stronghold Food Pantry at Fort Leavenworth and the collaborative efforts at Malmstrom Air Force Base, to illustrate how different capitals can be strategically utilized.

[Communicating Across Generations with Corie Weathers](#)

- Multigenerational communication is important for military leaders and family service providers. In this episode, we talk about how to communicate across generations with Corie Weathers, author of [Military Culture Shift](#).

[Empathy in Action: A Framework for Support](#)

- Jessica shares her insights on how empathy mapping can move us beyond surface-level interactions, offering practical steps to apply this tool in your work or personal life. Whether you're working with military families, service members, or anyone navigating life's challenges, this practice can help you step into their shoes and understand their experiences on a whole new level.

[Preparing for Challenging Conversations](#)

- Navigating conversation about difficult topics, like money, can be daunting. In this episode, Bob and Jessica help you turn those tricky conversations into opportunities for growth and understanding.

On-Demand Programming



Ethics in Action: Concepts, Practice, and Context

Delve into the realm of ethics, with a special focus on ethical considerations relevant to enhancing family readiness and well-being within the military setting.



Improving Health and Wellness by Getting Outside

Gain some practical programs and initiatives that help connect individuals, children, and communities to nature.



The How and Why of Estate Planning

Examine the importance of estate planning when caring for or providing services for individuals with special needs.

Focused Programming: **Bullying**



October is National Bully Prevention Month. According to the CDC, about 1 in 5 high school students reported being bullied on school property and 1 in 6 high schoolers reported being bullied electronically in the last year (CDC, 2023). Bullying can lead to long-lasting emotional and psychological scars, causing victims to suffer in silence and isolation. National Bullying Prevention Month seeks to address this issue head-on by fostering a culture of kindness, empathy, and inclusion.

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

Bullying is often a precursor to other forms of youth violence. Educating youth about bullying prevention is a part of prevention safety. This webinar reviews two decades of research and practice on bullying and cyberbullying, including definitional issues, prevalence, risk, and protective factors associated with different forms of bullying.

Bullying as a Developmental Precursor to Sexual and Dating Violence Across Adolescence

Research suggests that adolescent bullying can be a precursor to harmful adult behaviors. This on-demand webinar discusses longitudinal studies of the bully-sexual violence pathway (Bully-SV pathway), where bullying is a precursor for harmful behaviors. This webinar also discusses strategies for supporting communication with youth around bullying and bullying prevention.

Cyberbullying Safety for Kids and Teens

There are so many ways for kids and teens to connect online. For military families, these virtual spaces are great ways for kids and teens to stay connected to a deployed parent or service member, as well as ways to stay connected with long-distance friends. However, these online areas share the hazards of being places where bullying behaviors from peers can happen. Although traditional bullying behaviors encompass physical threats and harm, cyberbullying behaviors share many of the same



Communicating Across Generations with Corie Weathers

"In order to lead people well, we have to lean in with curiosity."

Multigenerational communication is important for military leaders and family service providers. In this episode, we talk about how to communicate across generations with Corie Weathers, author of [Military Culture Shift](#).

Corie is a licensed professional counselor, and a sought-after speaker, consultant, and award-winning author. Corie has focused her career for the last 20 years as a clinician specializing in marriage, the military culture, special forces, and leadership development.

Listen to the full episode and discover how to communicate effectively with distinct generational cohorts.

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

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 **Practicing Connection**