

OneOp Monthly Newsletter

NOVEMBER 2024

Upcoming Programming

 November 12, 2024

[Coping Compass: Identifying and Addressing Problematic Adolescent Behavior](#)

Understand how to effectively recognize and manage challenging or problematic behaviors in adolescents.

 November 19, 2024

[Rooted in Transition: Building Military Family Resilience Through Nature](#)

Explore how connecting with the outdoors can help build resilience, promote emotional well-being, and foster stronger community and family connections through life transitions.

 December 4, 2024

[Risk Factors and Reasons for Food Insecurity Among Service Members](#)

Review the published research on food insecurity in the military and discuss strategies to minimize food insecurity in the Armed Forces.

 December 10, 2024

[Supporting Military Youth with Disabilities in Transition to Adult Life](#)

Gain valuable resources to support youth with disabilities and their families as they navigate the transition from Individuals with Disabilities Education Act services to post-secondary life.

 December 12, 2024

[Financial Abuse is Domestic Abuse: Equipping Service Providers to Support Victims](#)

Discover the demographics of the military community with a focus on recent Department of Defense data on domestic abuse and child abuse and neglect.

 December 18, 2024

[2024 Personal Finance Year in Review](#)

Explore the findings of noteworthy personal finance research studies published this year, financial events with military-specific implications, and preview upcoming changes for 2025.



Military Spouse Employment

[One in five military spouses](#) who want to work stay unemployed. OneOp is happy to announce new programming that focuses on empowering military spouse employment. For this new programming, topics include:

- Employment Barriers
- Frequent Relocations
- Educational Gaps
- Professional Licensure Portability
- Support Services
- Economic Stability
- Career Coaching
- Employment Gaps
- Career Goals
- Community Networks
- Education Goals
- Family Well-Being
- Military Family Readiness
- Virtual Employment
- SECO Program

Learn more about how your work can impact military spouse employment in these two on-demand webinars and keep a lookout for more spouse employment content!

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

Identify the unique challenges military spouses face in balancing employment responsibilities with the demands of military life, including frequent relocations and deployments, and how these challenges affect family well-being.

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

Apply a socio-ecological framework to diagnosis barriers to maintaining employment through the military family life cycle and learn new Department of Defense, employer and non-profit resources that address holistic military spouse employment needs.

On-Demand Programming



Dietary Supplements & Operation Supplement Safety

Gain tools and resources from Operation Supplement Safety to help service members evaluate dietary supplement products.



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

Equip yourself with knowledge to define personal and family financial well-being, signs of financial strain, and psychological distress.



The ABCs of Disability Benefits: Your Guide to SSDI & SSI in 2024

Learn more about SSDI and SSI and gain information and resources to help navigate the complex landscape of disability benefits.

Focused Programming: **Caregiving**



Caregiving touches every aspect of life. It's a role that demands strength, resilience, and an unwavering commitment to those we love. As the landscape of military service evolves, so too does the nature of caregiving. Military caregivers are pioneering new ways to maintain family cohesion in the face of deployments, permanent change of stations, and other military transitions. The following resources offer a window into this vital aspect of military life, providing insights, support, and a deeper understanding of the caregiving journey.

The Economic Impact on Employed Family Caregivers: Balancing Work & Care

In recent years, the role of family caregivers has become increasingly prominent as more individuals find themselves balancing the demands of employment with the responsibilities of caring for loved ones. While caregiving is often a labor of love, it comes with significant economic consequences that can affect the caregivers and the broader economy.

Promoting Positive Involvement of Military Father Figures

Promoting military fathers' positive involvement in caring for and raising children is a protective factor and promotes positive family functioning. Children exhibit fewer risk behaviors and engage in healthier, positive social skills when their parents are actively involved. The majority of fathers with children under 18 (85%) report that being a parent is the most important aspect of who they are (24%) or one of the most important aspects (61%).

The Caregiver Conflict: Tips for Providers Working with Families

An individual's identity as a parent, spouse, sibling, and more can often conflict with the expectations and rules of being a caregiver. Becoming a caregiver often forces individuals to become advocates, nurses, and protectors, which can impact their role as a spouse, partner, friend, or parent. As you work with caregivers, explore how they feel about this new identity.



Storytelling as a Tool for Understanding

Storytelling is a universal experience that transcends cultural boundaries, connecting us through shared narratives. It serves as a powerful tool for enhancing cultural competence by allowing us to explore and understand diverse perspectives. To grow your understanding of the practice, reflect on the questions below.

Sphere 1: The Universality of Storytelling

Where are you getting your cultural information, and is it accurate and complete?

Sphere 2: Practicing Cultural Humility

How can working toward change with others help us practice cultural humility and further our cultural competence?

Sphere 3: Active Listening

How can we listen for what people are feeling or understand the world from their point of view?

Sphere 4: Asking Questions and Broaching

What would you say to broach the cultural factors in a client's problem?

Sphere 5: Engaging with the Community

How do you engage in everyday interactions outside of work with clients, families, and colleagues?

By reflecting on these five key spheres we can become more mindful and effective in our interactions. [Read the full article.](#)

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

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