

OneOp Monthly Newsletter


MAY 2025

Upcoming Programming

 MAY 20th, 2025

Social Drivers of Health for the Tactical Athlete

Identify the key social drivers of health that uniquely affect tactical athletes compared to civilian populations.

 MAY 21st, 2025

Learning to Say No for Work-Life Balance

Discover how to communicate boundaries clearly, strategically, and respectfully without compromising professional relationships.

 MAY 29th, 2025

Securing Capital and Mentorship as a Military Spouse Entrepreneur

Develop strategies to help military spouse entrepreneurs tackle the obstacles they may face, including overcoming the financial difficulties associated with frequent relocations.

 JUNE 3rd, 2025

Military Spouse Residency, Relocations, and Tax Considerations [DIRECT TO LIBRARY]

Equip financial counselors to support these spouses by remaining up to date on the recent changes to the Servicemembers Civil Relief Act, tax considerations for moving and residency, and more.

 JUNE 5th, 2025

Medicaid and Military-Connected Families: Current Trends and Potential Pathways to the Future

Identify how Medicaid supports military-connected families, including those on Active Duty, in the National Guard and Reserve, and those who are retired or separated from service.

 JUNE 12th, 2025

Special Operations Nutrition Optimization

Learn how Performance Dietitians fuel Special Operations Warfighters so they can be successful in these essential missions.



The Academy | Military Youth and Well-Being

The 2025 Military Family Readiness Academy is coming soon! This year's Academy will address the critical issue of adolescent well-being. Academy learners can dive into the issues impacting adolescents in active-duty military families while identifying strategies and resources to better support youth. Featuring a live panel and three webinars - there is a opportunity to learn for everyone!

Nutrition for the Tactical Athlete

Tactical athletes are military personnel, police, firefighters, and first responders. The Defense Department, alone, has over 2 million active duty and reserve component members who are all considered tactical athletes.



These professionals have unique health and nutritional needs. This series will explore the unique social drivers of health for this population and how the DOD meets their nutritional needs in the environments in which they serve. Attend the webinars in this series to develop your skill set for supporting the nutritional needs of tactical athletes.

ON-DEMAND - Dietary Supplements, Energy Drinks, and Operation Supplement Safety

Help service members and general consumers make informed choices about dietary supplement products and energy drinks.

MAY 20TH - Social Drivers of Health for the Tactical Athlete

Help service members and general consumers make informed choices about dietary supplement products and energy drinks.

JUNE 12TH - Special Operations Nutrition Optimization

Discuss proactive, active, and reactive interventions as they relate to feeding Special Operator.

JULY 30TH - Engineering Food for Warfighter Performance

Discover current fielded operational rations as well as active areas of research and engineering to meet future challenges.

[SERIES HOMEPAGE](#)

On-Demand Programming



Feeding Minds, Fueling Futures through the Child and Adult Care Food Program

Reflect how Child and Youth Services operates the Child and Adult Care Food Program through the Department of Defense on military installations.



Leveraging PowerPay: An Extension Tool for Debt Management

Learn how to use this web-based debt elimination calculator to create a personalized plan tailored to your needs or those of your clients.



2025 Tax Updates: What Service Providers Need to Know

Gain an understanding of the tax laws for service providers and financial counselors who provide resources and information to better serve the unique needs of the military community.

Focused Programming: **Mental Health**



Did you know that one in five US adults lives with a mental illness? Mental health and well-being are vital for military service members and their families. It is also imperative that service members and their families have access to high-quality mental health information and resources. May is Mental Health Awareness Month. With these OneOp resources, gain skills that both you and the people you serve can use.

Learning to Balance Your Mental Health to Better Serve Others

For optimal personal and professional effectiveness, professionals should continuously reflect on their own performance, set good boundaries, utilize coping skills, and remain self-aware. During this on-demand webinar, we reflect on what it can look like for professionals to take care of themselves.

Policy, Practice, and Compassion in Mental Health with Dr. Keita Franklin

This important conversation explores the intersection of research, community partnerships, and self-care for service providers. Dr. Franklin reveals how listening to lived experiences, leveraging data, and fostering collaboration can drive meaningful change – plus, her personal practices for sustaining resilience in demanding work.

Mental Health Benefits of Gardening

Many studies have shown that exposure to natural environments can have enormous psychological benefits, including reducing depression and anxiety symptoms. Gardening is one such activity that has been recommended as a good way of spending time with nature and deriving many mental health benefits.



Say Yes to Yourself: Build Compassion Resilience with Healthy Boundaries

Struggling to balance caring for others with caring for yourself? In this second installment of our three part series on building compassion resilience, we explore how setting compassionate boundaries can help you maintain your well-being while supporting military families effectively.

In this episode, learn about three types of boundaries and how they affect your professional and personal life.

Permeable Boundaries

These are boundaries that are set but not well enforced. They're kind of like a fence with too many gaps.

Flexible Boundaries

These are the sweet spot. They're clear and enforced, yet they leave us open to new perspectives and effectively protect us from harm.

Rigid Boundaries

These might protect us, but they can also leave us closed off to new ideas and new perspectives, and make us seem a little bit unapproachable.

Learn more about the different types of boundaries, understand their connection to empathy, and discover practical tips for establishing and maintaining healthy limits in your professional and personal life.

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

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