

NETWORK NEWS

UPCOMING EVENTS:

AUG. 18 | Communication: Seek First to Understand, Then Be Understood
11:00 am - 12:30 pm ET

AUG. 19 | Back to School: Special Needs & Social Distancing
11:00 am - 12:00 pm ET

AUG. 20 | Using Evidence-Based Programs to Best Support Military Families
11:00 am - 12:00 pm ET

AUG. 25 | Keeping Our Brains Healthy as We Age
11:00 am - 12:00 pm ET

SEP. 16 | Disaster and Hazard Readiness 101
11:00 am - 12:30 pm ET

SEP. 23 | Communication for Patients with Low Nutrition Literacy
11:00 am - 12:00 pm ET

Be a part of our newest programming opportunity: the Military Families Readiness Academy!

Readiness is essential not only for a robust military, but for the well-being of military families. The [Military Family Readiness Academy](#) is a new virtual learning opportunity for professionals helping military families navigate the unique context of military life. The free professional development offered through the Academy is designed for military family service providers working in any field, with any organization.

The Academy is an annual live programming series with special learning and engagement opportunities suitable for individuals, groups, and organizations. Shortly after completion, each live series is offered as an asynchronous course that can be completed at your convenience. The Academy presents a new series each calendar year that takes a multidisciplinary approach to a complex issue faced by military family service providers in their work.

The inaugural Military Family Readiness Academy series, [Disaster and Hazard Readiness Foundations](#), focuses on the unique needs of military families in the context of disaster and hazard readiness. Service members and their families experience added stressors and challenges in the face of disasters and hazards. What does military family readiness look like during these event lifecycles?

Join us as we explore this complex issue in two parts, offered in fall 2020 and winter 2021. The 2020 Academy provides a foundational overview of disaster and hazard readiness relevant to military family service providers working in any field.

The 2021 Academy focuses on implementing the unique skills and resources military family service providers need as they manage disasters and hazards within their professional fields. Both series prioritize on-the-ground strategy and action, with sessions spaced over time to maximize the learning experience. Special (optional) activities offered during and between series keep participants engaged, thinking, and in communication with one another. Stayed tuned for more information!



MILITARY FAMILY READINESS
ACADEMY

[View Academy Homepage](#)

RSVP Today: Disaster and Hazard Readiness Foundations

Disaster and Hazard Readiness Foundations is the inaugural Military Family Readiness Academy series. Facilitator Angie Lindsey from University of Florida hosts three dynamic sessions throughout the fall to engage military family service providers and Cooperative Extension educators in foundational conversations that support readiness throughout the four stages of disaster and hazard management.

**DISASTER AND HAZARD
READINESS
FOUNDATIONS**

[NEWSBITES]



Supporting the Unique Mental Health Needs of Military Women

Mental health is an essential and critical component to an individual's overall health and wellbeing. The way in which women in the military respond to various events is different. As we consider supporting the mental health needs of all military women alike, we must first understand that these women will likely face unique circumstances.

Culturally-Sensitive Practices

In the arena of nutrition and dietetics, concerns over being sensitive to culture become magnified. Fortunately, there has been a lot of focus on identifying ways that dietitians and other health professionals can promote greater cultural understanding in their lives and practice.

Parenting and PTSD: A Guide for Working with Military Families

Compounded with common parenting responsibilities, service members, and their families experience added stressors such as deployments, frequent moves, family transitions, and mental health issues. As we consider the ways that military and parenting responsibilities intersect, we also punctuate the impact of these life experiences on the mental health of the entire family system.

Centers for Independent Living - Transitioning to Adulthood

The MFLN Military Caregiving concentration area is launching their 9-part video blog (vlog) series on 'Centers for Independent Living – Transitioning to Adulthood' soon!

Helping Student Veterans and Family Members Achieve their Goals of Pursuing Higher Education

In this Let's Talk Transitions! podcast, I chat with Mr. Brian Locke, the Director of the G.V. Sonny Montgomery Center for America's Veterans, located at Mississippi State University. Our conversation is centered on Mr. Locke's role as the Director and how he and his staff help student Veterans and family members achieve the goal of pursuing higher education. This episode concludes with Mr. Locke sharing helping strategies for working with student Veterans and family members, such as developing trust when offering support.

[Listen to this episode!](#)

New Podcast Episode!



Transformational Relationships

In this episode, hosts Jessica Beckendorf and Bob Bertsch explore the ideas and practices related to transformational relationships. What makes a relationship transformational? How is it different from other relationships? What can we do to make our relationships more transformational?

[Listen to this episode!](#)



MILITARY FAMILIES
LEARNING NETWORK