

**QUARTERLY PERFORMANCE REPORT  
MILITARY FAMILIES LEARNING NETWORK  
COVER SHEET**

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# MILITARY FAMILIES LEARNING NETWORK

## 2018 Second Quarter Report

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U.S. DEPARTMENT  
OF DEFENSE



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## Second Quarter Overview

**Ten professional development webinars** were delivered during the second quarter: four in April (1 FT/NL; 1 PF, 1 FD, 1 MC); three in May (1 MC, 1 FD, 1 NW); and three in June (1 MC, 1 NW, 1 FDEI).

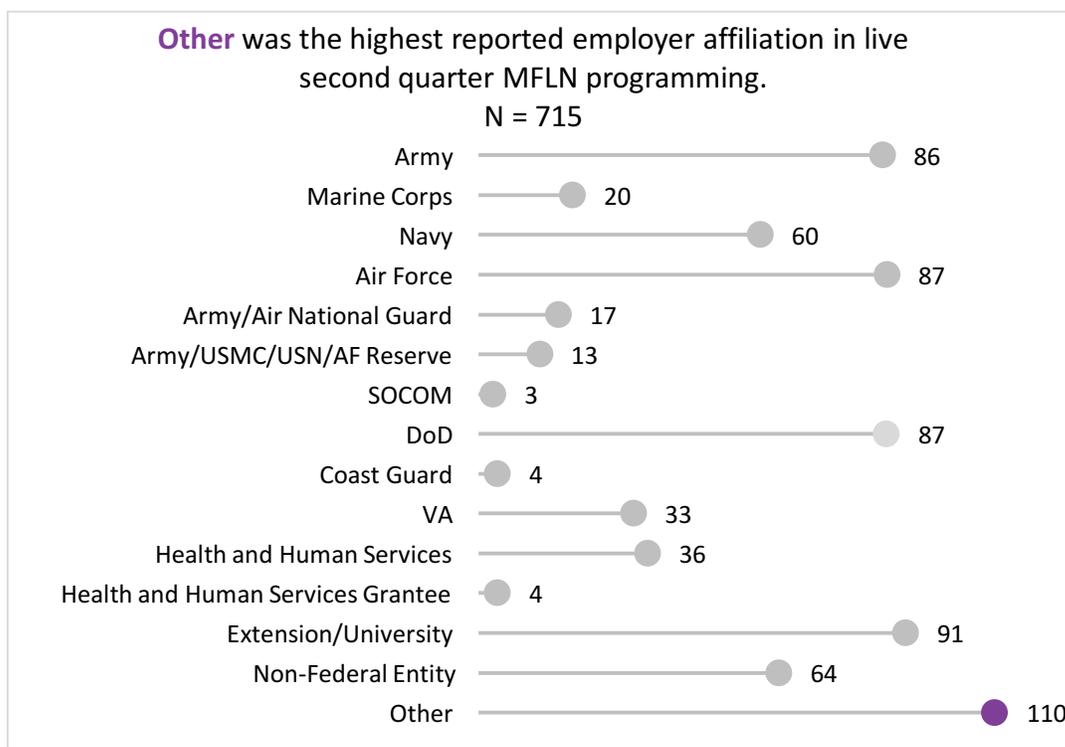
**One virtual learning event** was hosted by PF during June. The event offered four interactive sessions over three days. A separate evaluation report of the event will be circulated.

**Total webinar attendance** for 2018 is 3,639. On average, 33% of non-MFLN participants engaged in webinar chat boxes.

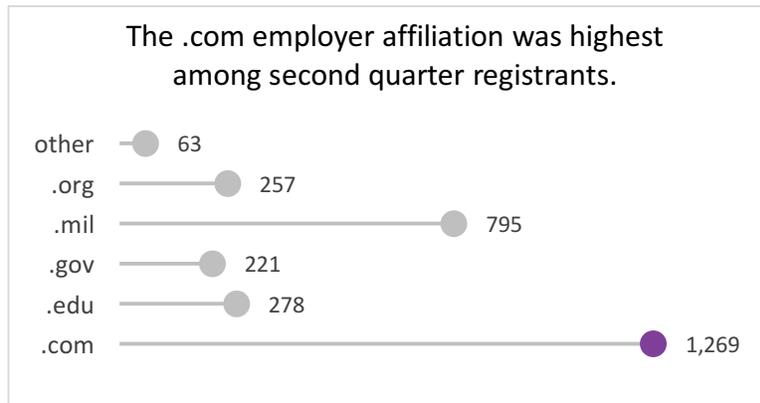
**Total continuing education credits** certified in the second quarter: 4,805 (2,733.5 PF; 109.5 FD; 1,188 FDEI; 66 MC; 708 NW).

**Total webinar registration** for 2018 is 6,196, with an average registrant attendance rate of 57%.

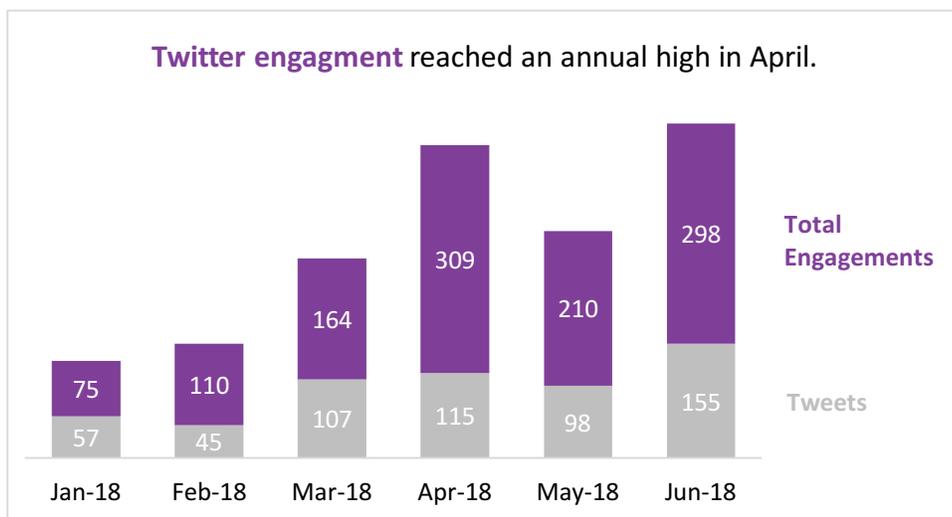
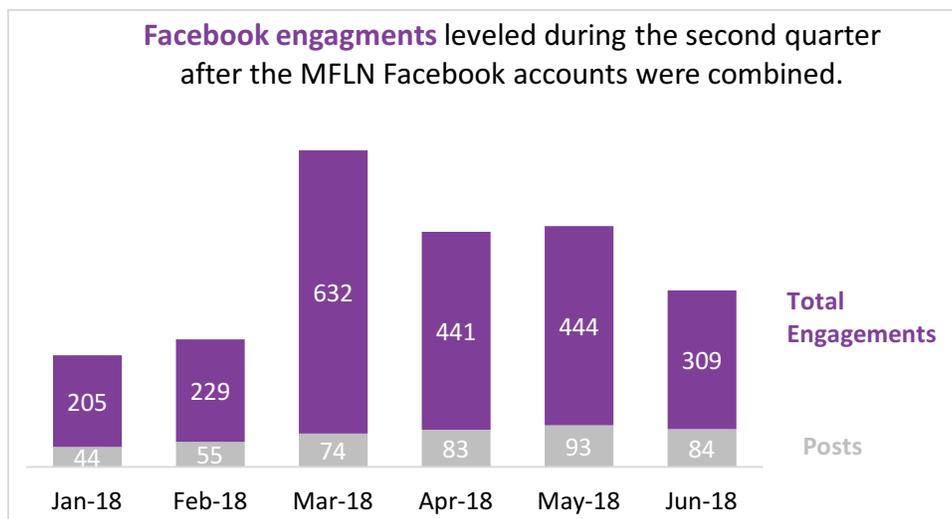
**Other was the largest reported employer affiliation** during live event polls at 15% of the network total.



**Registrants with .com email addresses were most frequent during the second quarter.**



**Facebook likes** at the end of the quarter totaled 24,916 and **Twitter followers** reached 3,912. Engagement in Facebook and Twitter was steady throughout the quarter.



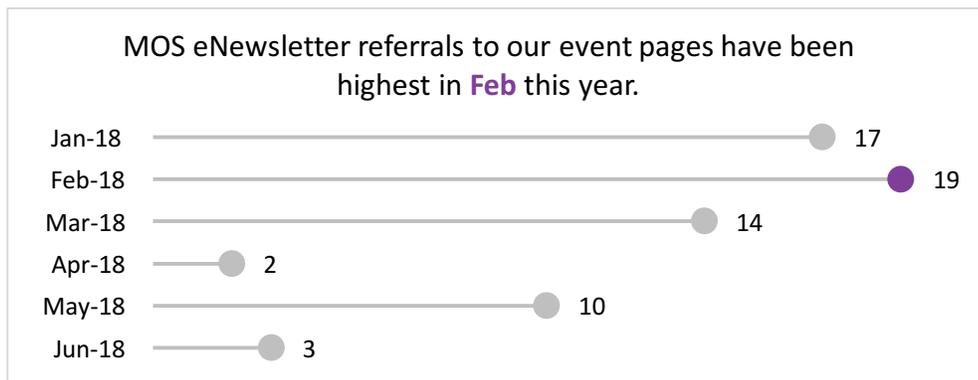
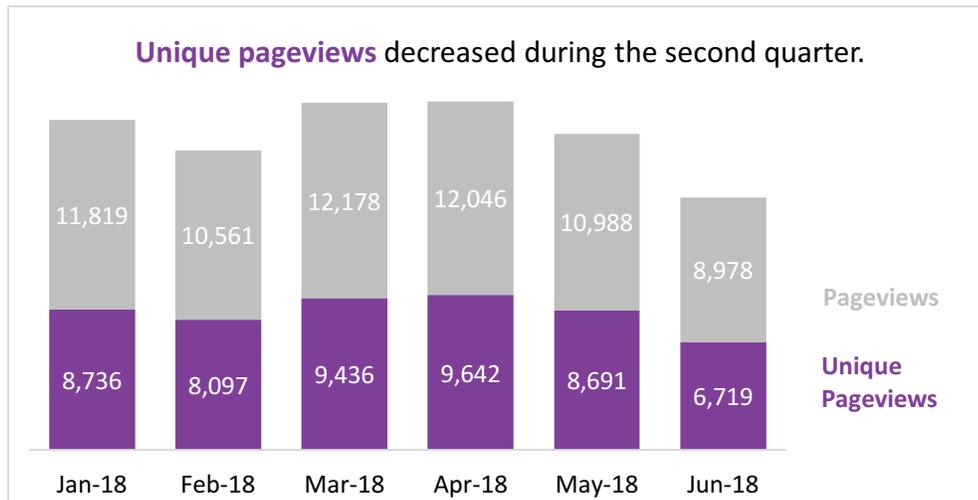
**Total blog posts** published during the second quarter: 71 (14 PF; 12 MC; 13 FD; 2 FDEI; 15 CCB; 7 NW; 2 NL/FT; 1 NL, and 5 FT).

**Total podcast episodes** published during the second quarter: 12 (3 MC; 5 FD; 1 NW; 1 FT/NL; and 2 FT).

**Network Literacy** continued to collaborate with MFLN CAs to plan and implement programming. NL completed its network-building collaboration with FT during the second, which included 2 webinars, 7 blog posts, 5 podcasts, and 17 programmatic e-mails across the first and second quarter.

**Community Capacity Building** continued to contribute to network-wide programmatic efforts to build the community capacity building skills of the MFLN and its participants by publishing 15 blog posts during the quarter.

**Pageviews** decreased during the second quarter as we shifted to [militaryfamilieslearningnetwork.org](http://militaryfamilieslearningnetwork.org).



The following pages highlight the work of each CA, and are formatted to print separately as needed. Please direct any questions regarding this report to Brigitte Scott: [brigit2@vt.edu](mailto:brigit2@vt.edu).

## **Family Development and Family Development Early Intervention**

FD produced 2 webinars during the second quarter, with a combined total of 147 registrants and 64 attendees.

### ***Staying Strong by Seeking Help: Barriers and Facilitators to Military Mental Health Treatment Seeking***

Registrants: 59  
Attendees: 29  
Registrant attendance rate: 49%  
Highest employer affiliation: Other

This 90-minute webinar addressed the determinants of mental health treatment seeking among military personnel. Interventions for increasing the number of military personnel seeking treatment were also offered. There were 10 non-MFLN attendees participating in the live chat.

From a participant evaluation:

*What was one significant thing you learned?*

“I realized more than ever the importance of service members to have the support from their families, leaders, and peers when seeking treatment.”

*Why was it significant?*

“This information was helpful as it reminded me of the importance of advocating more for my clients in this area and continuing to educate everyone about the importance of treatment.”

*How do you intend to apply this knowledge to your work?*

“I plan to share the slides with colleagues so they can increase their awareness. I also plan to continue to encourage clients about seeking treatment by sharing the findings from the research with [them].”

### ***Developing Culturally Alert Communication in Relationships***

Registrants: 88  
Attendees: 35  
Registrant attendance rate: 40%  
Highest employer affiliation: Extension/University and Other

Participants in this webinar examined the relationships between self-awareness, knowledge of others, and culturally alert interventions. There were 5 non-MFLN attendees participating in the live chat discussion.

## **Family Development and Family Development Early Intervention (continued)**

From a participant evaluation:

*What was one significant thing you learned?*

“I have a greater appreciation for the privilege versus non-privilege identification. There are many ways that people have intersections of both.”

*Why was it significant?*

“I needed to see the ways in which I am privileged. It makes me more aware of my privilege when walking into certain situations.”

*How do you intend to apply this knowledge to your work?*

“I will investigate the hidden disadvantages with my clients.”

FDEI produced one webinar during the second quarter.

### ***From Communication to Conversations: Expanding Language Development in the Early Childhood Years***

Registrants: 368

Attendees: 123

Registrant attendance rate: 33%

Highest employer affiliation: Health and Human Services

This webinar addressed decontextualized language, early developing morphemes, timelines for phonological processes, and preliteracy achievements during the preschool years. The presenters also offered indicators for appropriate speech and language processes and progressions. There were 45 non-MFLN attendees participating in the live chat.

From a participant evaluation:

*What was one significant thing you learned?*

“The importance of understanding the ‘full picture’ of a child’s environment and how it impacts or could possibly influence their language development.”

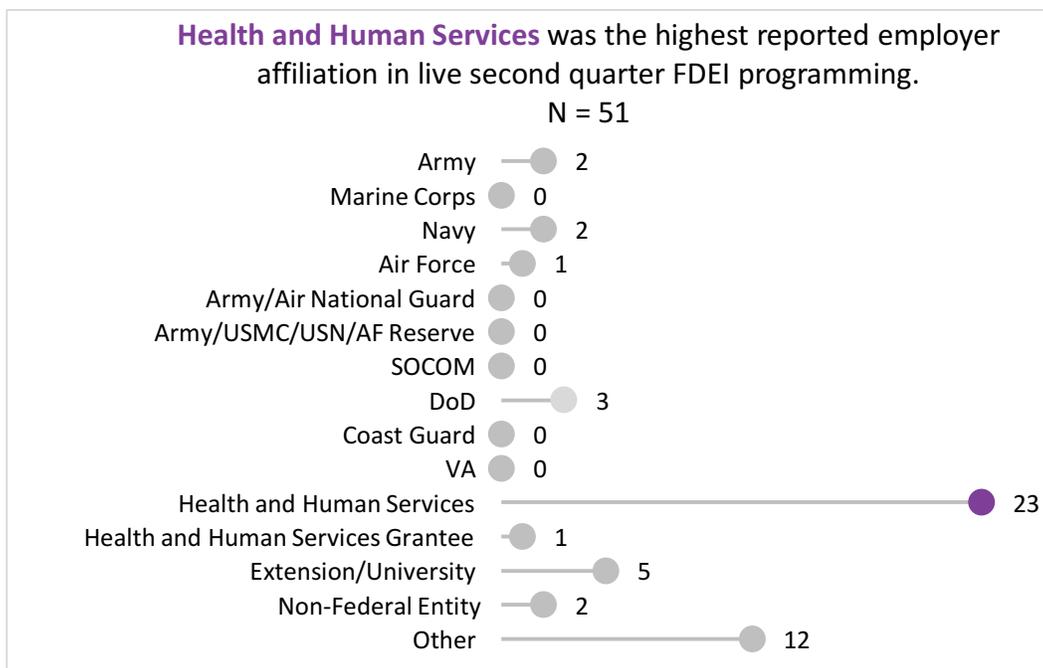
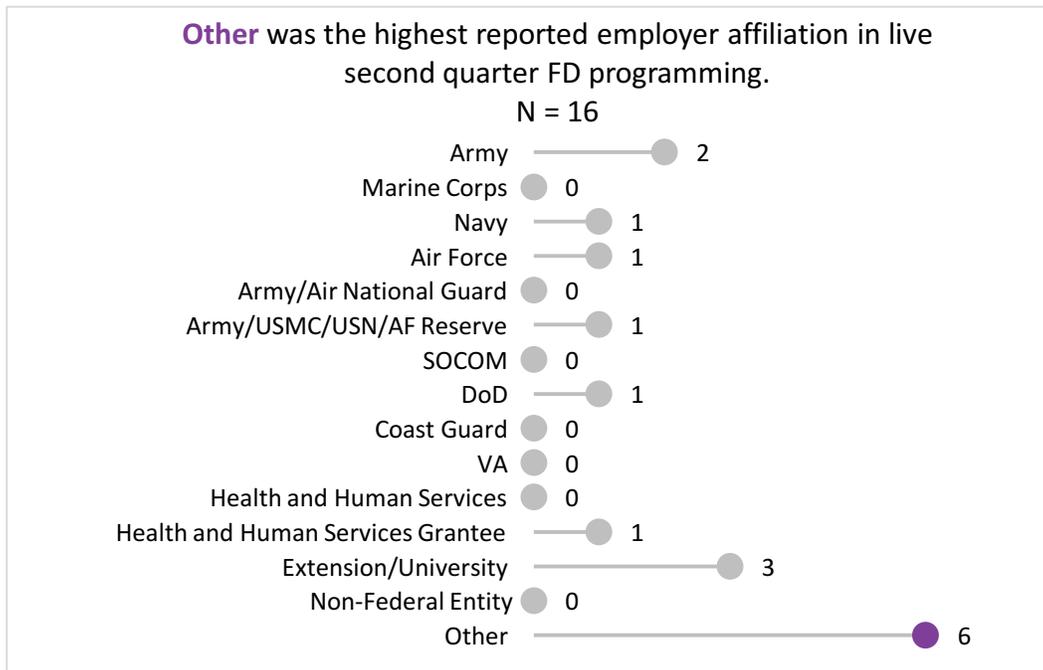
*Why was it significant?*

“It’s necessary to grasp the full gamut of a child’s experience to truly assess what could be specifically impacting that child, because all children develop at different paces. . . .”

*How do you intend to apply this knowledge to your work?*

“I will use the information provided as a starting point in work with families when explaining language development and skill expectations in typical development.”

**Family Development and Family Development Early Intervention (continued)**



## Family Development and Family Development Early Intervention (continued)

FD produced five podcast episodes during the quarter, all of which offered one continuing education unit through the UT Austin Steve Hicks School of Social Work:

Anchored. Episode 12: *Ready, Set, THRIVE! A Supportive Approach to Parenting*

Anchored. Episode 13: *Handle with Care: Helping Children Cope with Parental Loss*

Anchored. Episode 14: *Double Duties: Exploring Single Parenthood in the Military*

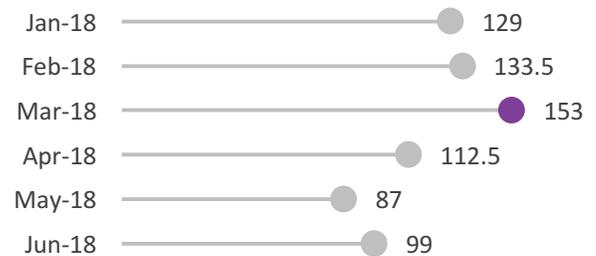
Anchored. Episode 15: *Bridging the Gaps: Helping Wounded Warriors Heal at Home*

Anchored. Episode 16: *Walking the PATHH: Exploring the Journey of Posttraumatic Growth*

FD has certified 76.5 continuing education credits from archived webinars and podcasts this year.



FDEI has certified 714 continuing education credits from archived webinars this year.



## Family Transitions

FT collaborated with Network Literacy (NL) to produce one webinar during the second quarter.

### ***Helping Military Families Build Resilience through Networks***

Registrants: 70  
Attendees: 29  
Registrant attendance rate: 41%  
Highest employer affiliation: Extension/University

In this second part of the *Building Networks for Resilience* learning series, participants co-created discussion around their experiences from the Working Out Loud process and its usefulness in building social support networks that support resilience. Seven non-MFLN attendees participated in the chat discussion.

From a participant evaluation:

*What was one significant thing you learned?*

*“The concept of the five elements.”*

*Why was it significant?*

*“The five elements will help to break down each [area of Working Out Loud] while teaching this process.”*

*How do you intend to apply this knowledge to your work?*

*“I will learn more from the podcasts and present this training to my coworkers and military families.”*

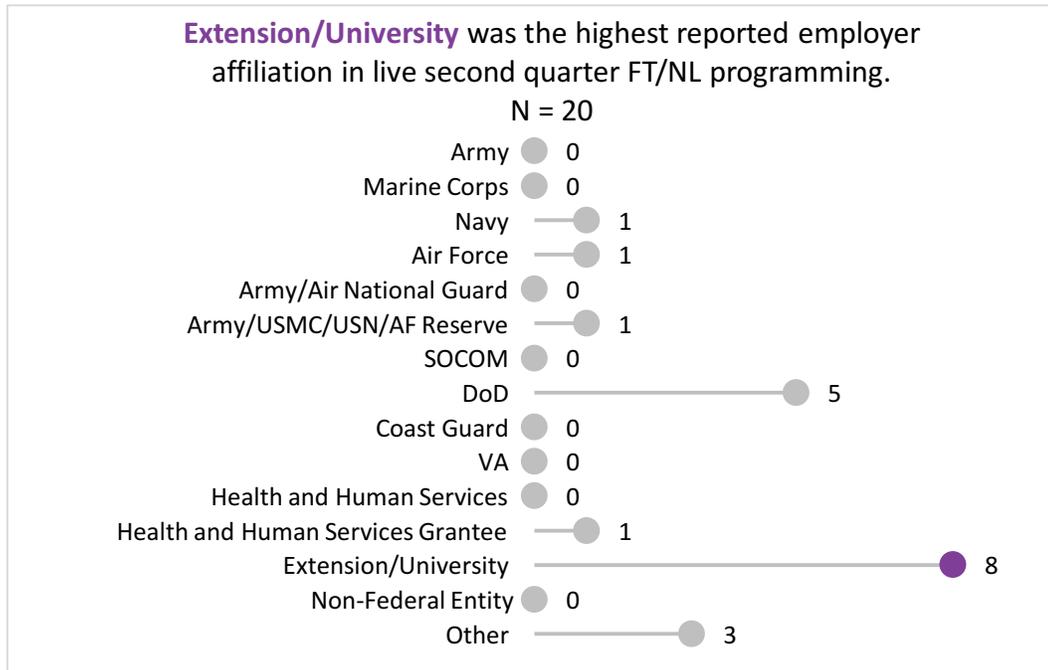
FT produced three podcasts during the second quarter, one in collaboration with NL:

*Podcast 5: Growth Mindset (5 of 5 for the Working Out Loud collaboration with NL)*

*Extraordinary Military Kids: An Interview with Megan Numbers*

*Talking about Transitions*

**Family Transitions (continued)**



## **Military Caregiving**

Military Caregiving produced three webinars during the second quarter with a combined total of 393 registrants and 202 attendees.

### ***Physical Activity across the Lifespan for Individuals with Disabilities***

Registrants: 78  
Attendees: 48  
Registrant attendance rate: 62%  
Highest employer affiliation: Extension/University

This session addressed the importance and benefits of physical activity for individuals with disabilities, including defining developmentally appropriate physical activity and legal rights to access and programming. Sixteen non-MFLN attendees participated in the live chat discussion.

From a participant evaluation:

*What was one significant thing you learned?*

*“Small activities add up.”*

*Why was it significant?*

*“[It is] important to not overwhelm clients but see the benefits of starting small.”*

*How do you intend to apply this knowledge to your work?*

*“Encourage families to start small with activities they enjoy such as walking at the museum or park.”*

### ***Detour Ahead: Planning for Contingencies on Your Caregiving Journey***

Registrants: 87  
Attendees: 47  
Registrant attendance rate: 54%  
Highest employer affiliation: Extension/University

Using a role-play/case study approach, this webinar introduced participants to developing and strategizing for “person-centered” contingency planning. Participants gained an understanding of how such planning is supportive during times of unexpected change. Four non-MFLN attendees participated in the live chat during the session.

### **Military Caregiving (continued)**

From a participant evaluation:

*What was one significant thing you learned?*

“I enjoyed hearing about the concept of appreciative inquiry.”

*Why was it significant?*

“This was very helpful to my work and encouraged my continuation of my strengths-based/asset-based approach.”

*How do you intend to apply this knowledge to your work?*

“I will continue to listen to clients with a positive, pragmatic approach.”

### ***Mental Health in TRICARE: Recent Enhancements to a Great Benefit***

Registrants: 228

Attendees: 107

Registrant attendance rate: 47%

Highest employer affiliation: DoD

This webinar provided an overview of TRICARE mental health care benefits, including what is covered, requirements for referrals, recent improvements, substance abuse treatment, telemental health, and an Autism Care Demonstration. Twenty-one non-MFLN attendees participated in the chat during the session.

From a participant evaluation:

*What was one significant thing you learned?*

“The recent enhancements, non-clinical options, and telemedicine care.”

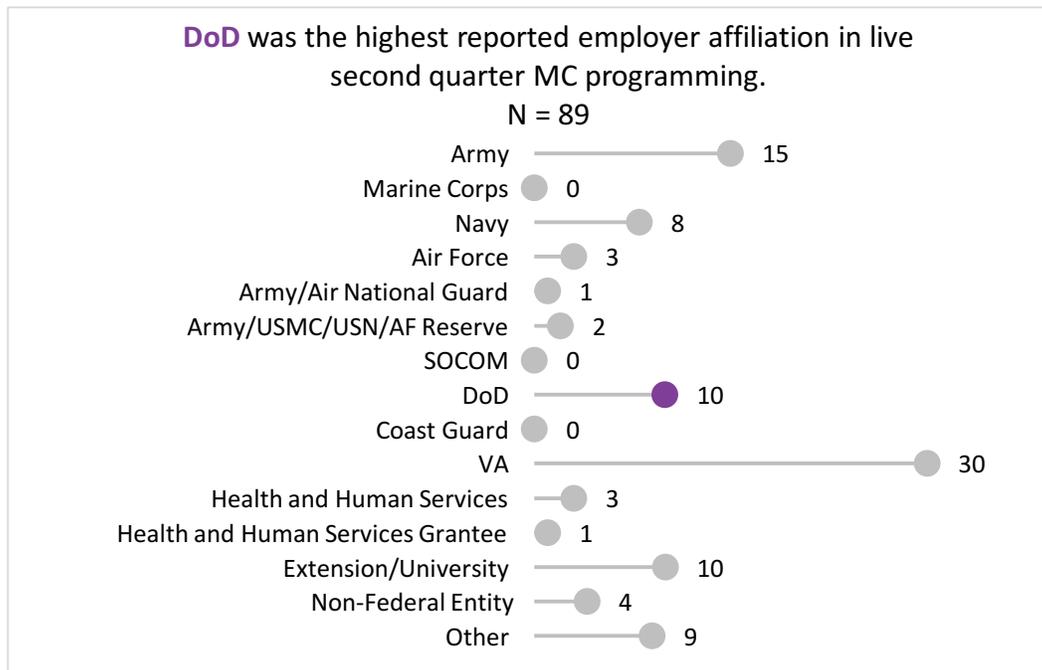
*Why was it significant?*

“[This is] helpful to my work with soldiers and families.”

*How do you intend to apply this knowledge to your work?*

“I plan to apply what I learned to assist soldiers and families to provide information and referrals as the BDE FRSA.”

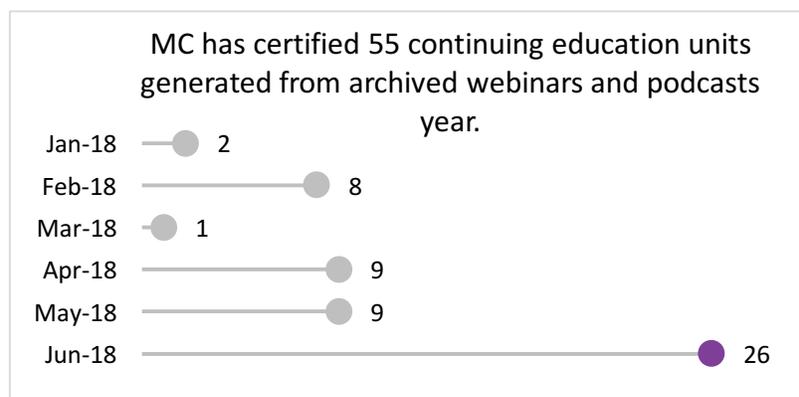
**Military Caregiving (continued)**



MC produced three podcasts during the second quarter as part of the *Show Up Inspired* podcast series. All sessions offered one continuing education unit through the UT Austin Steve Hicks School of Social Work.

*Driving the Horse: Incorporating Self-Care Practices into the Work Day for Enhanced Performance*

*People Power: Maintaining Professional Support through Teams and Networks To Renew, Recharge, and Rebalance, Take Time Off*



## Nutrition and Wellness

Nutrition and Wellness produced two webinars during the second quarter, with a combined total of 389 registrants and 198 attendees.

### ***The ABCs of MDI: Gaining a Working Knowledge of Multiple Daily Injection Insulin Therapy***

Registrants: 71  
Attendees: 37  
Registrant attendance rate: 52%  
Highest employer affiliation: DoD

Participants in this webinar gained a deeper understanding of the benefits of multiple daily injections (MDIs) for diabetic patients and clients. The presenter discussed different insulins for use in MDI therapy, approaches to carbohydrate quantification, and provided snacking guidelines for persons using MDI therapy. There were seven non-MFLN participants engaging in the live chat discussion.

From a participant evaluation:

*What was one significant thing you learned?*

“[I] learned of the newer insulins and some of the devices for CGM on the market not used by our VA but that our veterans may be on through an outside prescriber.”

*Why was it significant?*

“[This is] helpful for my work.”

*How do you intend to apply this knowledge to your work?*

“If/when [working] with veterans on such a device.”

### ***Enhancing U.S. Army Performance through Key Nutrition Initiatives***

Registrants: 318  
Attendees: 198  
Registrant attendance rate: 62%  
Highest employer affiliation: VA

In this session attendees were introduced to several strategic initiatives used by the United States Army to address poor nutrition and obesity, including the Performance Triad, Healthy Army Communities, and the DoD Go for Green nutrition program. There were 26 non-MFLN chat participants during the live session.

### Nutrition and Wellness (continued)

From a participant evaluation:

*What was one significant thing you learned?*

“[The importance the military is placing on targeted nutrition education at many levels.”

*Why was it significant?*

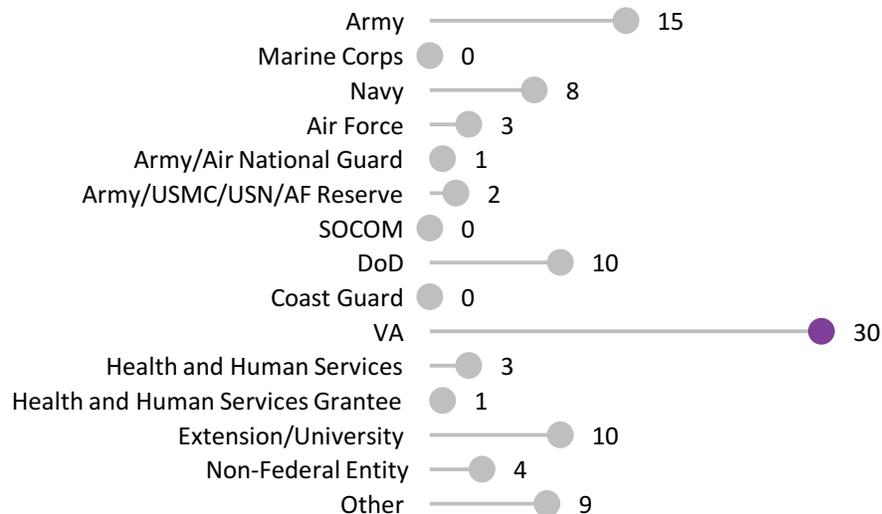
“[It is] helpful to reinforce what I’m teaching at the university level for future RDNs.”

*How do you intend to apply this knowledge to your work?*

“[I will] have students watch the YouTube video, emphasize the Soc-Eco model, [and] utilize the resources provided.”

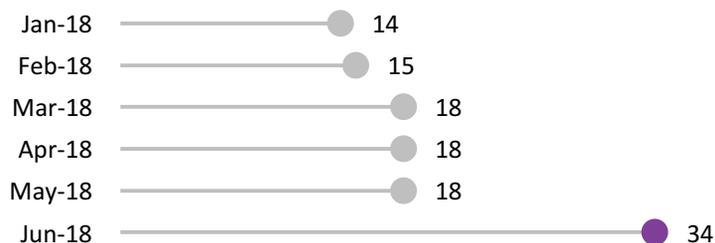
**VA** was the highest reported employer affiliation in live second quarter NW programming.

N = 96



Nutrition and Wellness published one podcast during the second quarter: *Talking with Kimberly Bisanz about MDI*

NW has certified 117 continuing education units from archived webinars this year.



## Personal Finance

Personal Finance produced one webinar and one virtual learning event during the second quarter, with a total of 1,516 registrants and 911 attendees.

### ***Entrepreneurial Opportunities for Military Families***

Registrants: 203  
Attendees: 98  
Registrant attendance rate: 48%  
Highest employer affiliation: Navy

This webinar examined the resources and programs offered by the Small Business Administration that can benefit military service members and spouses transitioning from the military into business-owning ventures. Participants learned about the Boots to Business initiative, programs offered by the Office of Veteran's Business Development, the Veteran Women Igniting the Spirit of Entrepreneurship (V-Wise), and Entrepreneurial Development programs for service disabled veterans. There were fourteen non-MFLN attendees engaging in the chat.

From a participant evaluation:

*What was one significant thing you learned?*

"I learned there are many loan sources available for veterans and assistance to help walk veterans through the process of getting a loan to start their business."

*Why was it significant?*

"This is new knowledge for me and helps me to be more informed in case clients even mention anything about a business. Definitely benefit[s] clients!"

*How do you intend to apply this knowledge to your work?*

"Having knowledge of [this] information will help when working with members transitioning through TAP during Capstones."

### ***Listening, Processing, and Understanding: Working More Effectively with Clients in Personal Finance***

Registrants across sessions: 1,313  
Attendees across sessions: 813  
Registrant attendance rate: 62%  
Highest employer affiliation: Air Force

### Personal Finance (continued)

This three-day, four-session virtual learning event focused on the soft skills financial counselors and educators need to work effectively with clients and students. Session topics included understanding money relationships, empathy and ethics in personal finance, and communication essentials for financial counselors. The event ended with a discussion-based capnote. There were 293 non-MFLN participants in the live chat discussions. A separate evaluation report will be provided. (Please note, all metrics provided for the VLE were for total, non-unique registrants, attendees, and chat participants.)

