

NETWORK NEWS

UPCOMING EVENTS:

JAN. 15 Tax Cuts & Jobs Act of 2017
11:00 am - 12:30 pm ET

JAN. 16 How to Better Connect with and Influence Others
11:00 am - 12:00 pm ET

JAN. 17 Safe and Sound: Caring in Our Community Kids Serve Too!
11:00 am - 12:30 pm ET

JAN. 23 Military REACH: Utilizing Family Research to Inform Practice
11:00 am - 12:00 pm ET

JAN. 24 Culinary Medicine: Where Health Meets Food
11:00 am - 12:00 pm ET

Childhood Trauma: Understanding, Supporting, and Preventing

As a result of the publication of the Adverse Childhood Experiences (ACEs) study by Kaiser Permanente and the Centers for Disease Control, many have become more aware of the impact of trauma on individuals across the lifespan. In response, professionals have been looking for materials to help educate and support those in their organizations who may work with families who have experienced trauma.

Almost two years ago, the **Military Families Learning Network's Early Intervention** team began a quest to design a web-based course that would provide a high-level overview of this topic. The online interactive course "**Childhood Trauma: Understanding, Supporting, and Preventing**" has been launched and is available for enrollment! The course is designed to be a starting point for individuals and organizations as they begin their own work to better support individuals and families who have experienced trauma. It consists of four self-paced units and is relevant for anyone working with children and families:

Prevalence and Impact of Trauma

The basic terms commonly associated with trauma are used as a foundation for this unit. A broad overview of the Adverse Childhood Experiences Study conducted by the CDC and Kaiser Permanente is also provided. Finally, the module discusses the potential impact of trauma across an individual's lifespan.

Manifestations of Trauma in Young Children

In unit two, participants will evaluate several scenarios that provide examples of some ways the impact of trauma may manifest in young children, and explore the connection between trauma and disability. These scenarios explore the connection between disability and maltreatment and ask learners to evaluate behaviors as manifestations of trauma or disability.

Providing Trauma-Informed Supports

An introduction to trauma-informed care, and how its practices can be used to better support young children and their families is the focus for unit three. The four broad areas of trauma-informed care as suggested by the Substance Abuse and Mental Health Services Administration (SAMHSA) are reviewed. Varying policies related to trauma, abuse, and neglect that were established by professional early childhood and education organizations are also discussed.

Preventing Future Trauma

The final unit addresses not only mandated reporting as a prevention model, but also the importance of self-care and strategies for implementing effective self-care strategies.

The content of the module was developed by Desera Miller, Ph.D., LCSW, a post-doctoral fellow in the Special Education Department at the University of Illinois. Dr. Miller earned her Ph.D. in Special Education and her Master's degree in social work with a specialization in schools from the University of Illinois.

[Learn More About This Course!](#)



We invite you to catch up with our archived 2018 virtual conference, **Cultural Competency, Awareness, Action, and Advocacy**. Simply click on a session below or visit the conference homepage. Continuing Education (CE) credits are still available!

Keynote: Fundamentals of Diversity and Inclusion
Cultural Competency and Authentic Dialogue
Dis/ability, Race, and Equity

Sexual Orientation and Gender Expression within Families
Health Disparities at the Intersection of Race, Ethnicity, and Disabilities
Capnote: Reflecting, Learning and Advocating

[NEWSBITES]



Resource Discovery | The Navy Corpsmen Wellness Guide

A service provider's job is to take care of others and to do no harm. However it is relatively common for service providers to overlook their own stress. It is critically important to notice your own stressors and how they might be affecting you. [Read more here.](#)

The Power of Music

The literature shows that if anxiety gets too high, it can hinder a person's ability to perform skills at an effective level. Music provides a safe, cost-effective, and easy method for potentially reducing anxiety so that we can perform at our best. [Learn more here.](#)

Financial Tips for Service Members

Service members and their families make many financial sacrifices to serve their country. In this blog post we have compiled nine military-specific financial tips you can share with service members. [Check them out!](#)

The Spice of Life: Getting to Know Blended Families

Researchers estimate that 40% of adults in the U.S. have a family member who is not biologically related to them (Zelevnikov & Zelevnikov, 2015). What can counselors and therapists do to accommodate the needs of blended families? [Read more here.](#)

Mastering the Art of Mindfulness

Podcast Series

Mastering the art of balancing work and life's stressors can be an elusive task for us all. The phrase "keep calm and carry on" isn't always easy. In this podcast series the narrator provides mindfulness tactics intended to help you discover and observe your reactions to life's stressors and provide tools for responding effectively. Mindfulness, if you are not familiar with the term, means paying attention, on purpose, to the present moment with a non-judgmental attitude.

[Listen to this podcast series.](#)

Show Up Inspired!



Leverage the Power of Music to Improve Performance

This episode examines the potential of music to help reduce anxiety and improve performance during the work day.

[Listen to this podcast.](#)

Working Out Loud for Resilience

In this podcast series, Jessica Beckendorf and Bob Bertsch share network-building tips, help you reflect on building and sustaining relationships and share specific strategies you can use to support your resilience.

- Purposeful Discovery
- Relationships
- Generosity
- Visible Work
- Growth Mindset



MILITARY FAMILIES
LEARNING NETWORK