

NETWORK NEWS

UPCOMING EVENTS:

- APR. 15** Moral Injury: Suicide Risk, Survivor's Guilt, & other Clinical Manifestations
11:00 am - 12:00 pm ET
- APR. 16** FODMAPs and Athletes: Current Research and Strategies
11:00 am - 12:00 pm ET
- APR. 21** Child Identity Theft: Repairing the Damage
11:00 am - 12:30 pm ET
- MAY. 12** The Financial Implications of Caring for an Aging Parent
11:00 am - 12:30 pm ET
- MAY. 20** Keep Calm & Carry On: Working with Difficult Clients
11:00 am - 12:00 pm ET
- JUN. 09** Building Financial Resilience: 20 Resources for Financial Peace of Mind
11:00 am - 12:30 pm ET

Supporting Military Families During the Coronavirus Outbreak

With the recent outbreak of the novel Coronavirus (COVID-19), military service members and civilians alike must take precautions to prevent the spread of the virus. Here in Community Capacity Building, we want to take a brief look at the ways that we can all support our communities during this outbreak and time of uncertainty.

The [Center for the Study of Traumatic Stress](#) has specifically addressed the challenges that military families face and what they mean during an outbreak of coronavirus. [This fact sheet](#) offers practical ways that healthcare professionals on the frontlines of the coronavirus outbreak can address the physical and psychological needs of military families.

Additionally, [CSTS](#) has many fact sheets available on their main website that address the needs of healthcare personnel, businesses, families, and communities that you may find helpful in order to keep yourself and your loved ones safe.

For up-to-date information on the Coronavirus and what you should do, please visit the [Centers for Disease Control and Prevention \(CDC\)](#) website.

Webinar Spotlight!



TRICARE Benefits in 2020 and Beyond

This event provides program updates for military helping professionals, with a specific focus on purchased care benefits and improvements to the next generation of TRICARE managed care support contracts (T-5) which may include a variety of health plan options for TRICARE beneficiaries.

- "Very impressed with this presentation."
- "Very well organized. Presenter did a great job and was very knowledgeable."
- "Very good webinar. It is clear Capt. Simmer is an integral part of the transition and goal of making TRICARE better..."

[NEWSBITES]



Reasons for Family Conflict while Caregiving

All families have conflict and caregiving is a situation that has plenty of opportunities for conflict. Understanding what underlines the conflict or potential areas of conflict can help in resolving and/or understanding the conflict better.

Pension Advances: Not a Good Option for Military Retirees

Service members, retired service members, and those who work with these populations need to be aware of pension advances. Pension advances are in a legally gray area. Their status varies by state and is constantly changing.

You Are What You Eat - and How You Sleep?

In today's fast-paced world, we often feel pressured to reduce sleep to increase productivity. However, lack of sleep affects us in ways other than productivity – such as what we eat!

Resource Discovery: CDC's Dating Matters Initiative

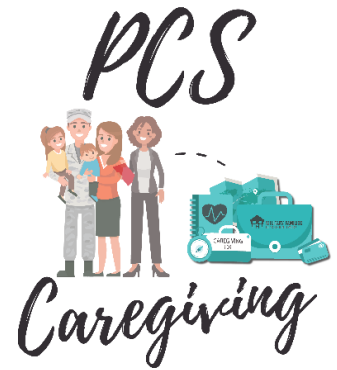
Today's teens are bombarded with stressful situations. However, there is one important topic impacting millions of teens that often goes undiscussed - teen dating violence (TDV).

Show Up Inspired - Podcast Series

Throughout each episode in this podcast series host Alicia Cassels introduces individuals who excel in challenging professional fields and interviews experts in medical, social and management sciences to explore what keeps professionals engaged and thriving at work.

[Listen to this podcast!](#)

Podcast Series!



PSC Caregiving

PCS (Permanent Change of Station) is a common term used in the military as service members and families transition to different duty stations; but, it can be useful in describing the transition military caregivers experience as they care for wounded warriors or individuals with special health care needs.

In this podcast series, we'll discuss a variety of family caregiving issues and how helping professionals can better serve military families as they PCS from their role as a spouse, friend, partner, or loved one to a caregiver. Join us as each episode features unique caregiver issues, tips, strategies, resources, and subject matter experts on this PCS Caregiving journey.

[Listen to this podcast series!](#)



MILITARY FAMILIES
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