

NETWORK NEWS

UPCOMING EVENTS:

NOV. 3 Problematic Sexual Behavior: Multidisciplinary Evidence-based Approach
11:00 am - 12:30 pm ET

NOV. 4 Service Member to Veteran: Transitions & Transformations
11:00 am - 12:30 pm ET

NOV. 18 Planning for the Worst, Hoping for the Best | Disaster and Hazard
11:00 am - 12:30 pm ET

NOV. 19 A Caregiver's Journey of Injury, Recovery & Resilience
11:00 am - 12:00 pm ET

DEC. 1 Make New Friends: Promoting Friendship and Belonging
11:00 am - 12:30 pm ET

DEC. 3 A Discussion on Engagement in Family Advocacy Settings
11:00 am - 12:30 pm ET

Impacts and Responses in Disaster and Hazard Readiness | Coming Soon!

We hope you were able to join us last month for the first session of our Military Families Readiness Academy “Disaster and Hazard Readiness 101.” Dr. Angie Lindsey kicked off this year’s Academy series with an overview of disasters and hazards that included terminology, the four phases of disaster management, types of disasters and hazards, and the major players in the disaster management arena. She talked quite a bit about the interplay of state, federal, and local organizations and resources, as well as the role of communities and individuals in the different phases of management. She also discussed the many ways military families face unique challenges and circumstances during hazards and disasters. Scott Cotton from the University of Wyoming Cooperative Extension shared a case study about the El Niño Blizzard of 1997. His story was a fantastic illustration of the many ways multiple people and organizations from every level can and do come together to respond to disasters and support communities into recovery. There was great discussion in the chat, and so many resources were shared by both Dr. Lindsey as well as our participants.

If you weren’t able to make it to the session, or would like to share the session with colleagues, you can view the recording here. Also be sure to visit the session webpage to download Dr. Lindsey’s slides, an updated list of resources that were shared during the session, and Scott’s amazing case study.

The next session in the Disaster and Hazard Readiness Foundations series is “Impacts and Responses in Disaster and Hazard Readiness” on October 28 at 11am ET. In this session Dr. Lindsey will be reviewing several different impacts from hazards and disasters, ranging from overall impacts to impacts on individuals and families, with special emphasis on military families. She’ll also discuss factors impacting community response and recovery, and share tools and tactics communities can use during response and recovery.

Please RSVP to register for the series if you haven’t already! And please share registration information about the series for anyone you know who may be interested.

[RSVP to register!](#)



The Outpost | Military Family Readiness Academy

Throughout each Academy series, the Outpost offers content, points of reflection, practice-based tips for professionals, self-care check-ins/activities, related programming and resources, and other helpful bits of information that attend to the business of what it means to be in service to others during this unique point in time.

[Sign up to the Academy mailing list to start receiving the Outpost!](#)



Military Family Readiness Academy

The Academy is an annual live programming series with special learning and engagement opportunities suitable for individuals, groups, and organizations. With a new series added each year, the Academy takes a multidisciplinary approach to a complex issue faced by military family service providers in their work. [Sign up for the Academy mailing list to be the first to know about our 2021 series!](#)

[NEWSBITES]



Staying Positive: Action Strategies to Help Caregivers Stay Positive

Since every caregiver will experience stress sometime in their caregiver journey and the realization of the need for caregivers to be positive to stay healthy a four-part series, staying positive as a caregiver was created. Check out this list of possible ways to maintain a positive attitude.

COVID-19 Era Personal Finance Tips for the Financially Unscathed

Americans have lived with the financial effects of COVID-19 for more than six months. Here are 10 strategies for Personal Financial Managers (PFMs) to share with clients who are currently navigating COVID-19 without experiencing any major financial effects.

Dealing with Hazards & Disaster: Lessons from the Military Family Readiness Academy

The first session focused on Disaster and Hazards Readiness 101. Led by Dr. Angie B. Lindsey, the session offered key insights on disaster and hazards management. A central theme was the importance of community partnerships and the need for coordinated response by local, state, and federal authorities.

Avoiding Scams during Uncertain Times

With the advent of mass-communication and the internet, there is also a growing field dedicated to misleading the public on topics relating to health and nutrition. Extreme care is required when evaluating the claims made by certain health/fitness 'gurus' as well as any misleading marketing claims relating to supplements.

Sesame Street: Traumatic Experiences and Resilience with Rocio Galarza | *Anchored*

As we all experience great transitions and challenges, finding resilience and staying optimistic can be difficult. But these things are important to our mental health as well as the support and care we provide to others. Today's discussion with Sesame Street's Rocio Galarza will focus on resilience and traumatic experiences. Rocio will discuss what these topics look like today and the vast array of free resources Sesame Street offers that are helpful for family challenges.

This podcast episode offers continuing education credit!

[Listen to this episode!](#)

New Podcast Episode!



Working Out Loud Episode 4

In this episode, hosts Jessica Beckendorf and Bob Bertsch explore John Stepper's Working Out Loud framework in the context of building relationships for resilience. Jessica and Bob discuss five elements of Working Out Loud: purposeful discovery, relationships, generosity, visible work, and growth mindset.

[Listen to this episode!](#)

