

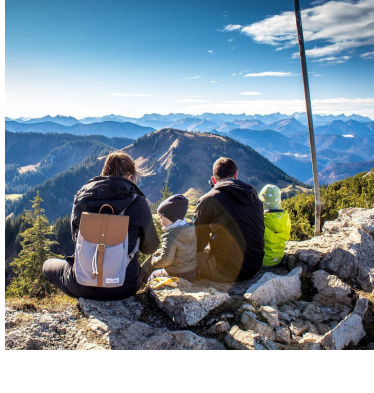


A nonprofit public health initiative for the special operations community.

September SOF Family Connection

SOF Life is Unique

September is here and nearly passed. Hopefully, you are in a good routine for fall and embracing a festival near you or eyeing apple or pumpkin picking. We are in the short-lived season of the year where there is time to pause for a moment to look ahead before events and holidays demand all our brain space.



As the leader of a nonprofit solely dedicated to the long-game of SOF health and success, I want to spend a minute sharing the topic I routinely get pushback about – the idea that the special operations community has unique military needs.

If you are on this newsletter distro, then you've been a witness to what makes the SOF family unique. It is simple to explain the differences between mission sets, but much more nuanced to explain how service in special operations fundamentally impacts the way our families live. MSOFC just wrote a whole book on how families live differently (you can check it out [here](#)), but building better resources takes more than a few stories. If you've been to a military retreat or typical training, you are aware of all the ways our community doesn't fit the standard military mold. In fact, maybe you joined SOF to put some space between you and the "system." The shared tenacity and dedication that characterizes our special operations community lends to a creative way of doing things (in our units, at work, and at home) that is just a little bit different than most of the military community.

Help us to understand what YOU (our youth, spouses, service members and veterans) need for your health, success, and happiness. Here are two places we need 5 minutes of feedback to create resources that align with how our families actually live:

1. [Take our survey](#) on special/exceptional needs in SOF. United Through Reading is generously giving a special book to each family who takes the survey. Save the date for Nov. 14, 2023, to hear what we learned through this survey effort. Join us or tune-in from wherever you are in the SOF community.

2. [Share your thoughts](#) with us about the topics you want to learn about and the resources you wish you had. If you participate and opt to share your email, you will be entered into a drawing to receive a copy of *The Warrior's Table*.

Resources for Your SOF Family

For those of you on the hunt for a SOF gathering or specific information, please check out the following and join the MSOFC Collaborative mission:

- On Aug 29th, MSOFC hosted our latest [Health Deep Dive on Chronic Back Pain](#). It was an excellent 2-hour discussion with experts and our partners at [Return to Duty](#). If you missed the event, you can watch the replays and read about the conversation and what every special operations service member & vet needs to know about back pain and care. Email development@msofc.org to sponsor the next Deep Dive and ensure these important health conversations can continue.
- Learn more about local opportunities and [SOF Socials](#) near you.
- Stay in the loop of all our SOF Youth opportunities, information, and rewards by signing up for [SOF Youth-specific updates](#).
- Request information about MSOFC's workshops & programs through our [contact form](#).

This newsletter is packed with information. Look at the curated resources or search our online directory, [Connecting SOF](#), to find fitting resources. Please share these opportunities or reach out if you are in need.

Best -

KaLea Lehman
MSOFC Executive Director

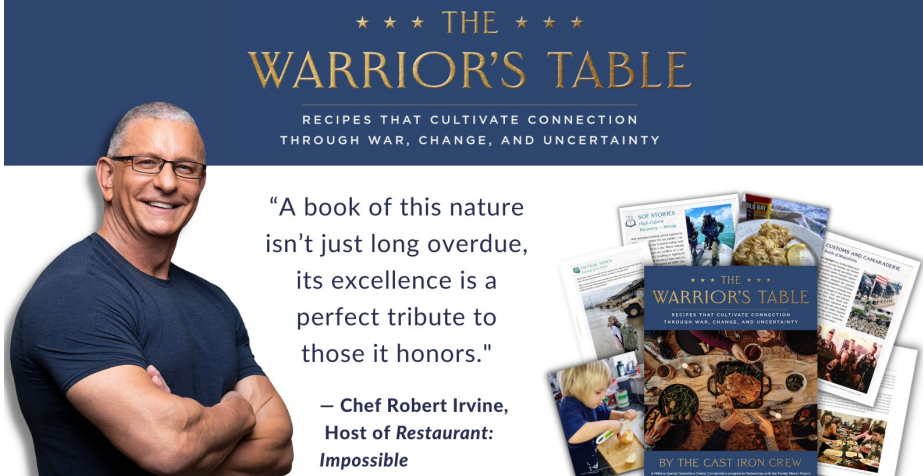
MSOFC Announcements

Mark your calendars for this fall's Ripples of Wellness: SOF Community Wellbeing Auction! We're on a mission to raise \$50,000 to support SOF Youth & Family Wellness research and programs. Let's create ripples of positive change together, so save the date and join us in making a lasting impact! Email development@msofc.org to donate in-kind auction items or sponsor the event.



Our family dinner cookbook is [now available for individual order at the Ballast Books website](#). Be among the first to see how we're helping to build strong families and friendships through shared mealtime – whenever and wherever possible amid the demands of SOF life. Whether you're a SOF family member, veteran family, or community supporter, will you join us at *The Warrior's Table*? **All proceeds will be used to support our nonprofit charitable mission to enable the sustained success of SOF warriors and families.**

Order "The Warrior's Table"



Resources for the Special Operations Community

Retreat Resources

- If you need a recommendation for a marriage or individual retreat, please email our team at home@msofc.org
- All Secure Foundation's Camp Homefront, Oct 21-22 in Southern Pines, NC. [Learn More and Register](#).

Health & Performance Resources

- [Check-In](#) is a tool designed by the [George W. Bush Institute](#) for veterans and their families to easily connect to no-cost, high-quality, compassionate mental and brain health care through a Care Coordinator.
- Visit [Connecting SOF](#) to search for programs and resources recommended by MSOFC Advisory Boards. Entries include clinical programs, marriage retreats, family building resources, and much more. Use the feedback form to submit a new resource for consideration, or to update an existing entry.

Education & Conference Opportunities

- AUSA 2023 A Professional Development Forum: Be All You Can Be. Oct 9-11. Washington, DC. [Learn More](#)
- Business Beyond the Battlefield provides collaborative, hands-on, interactive learning opportunities. Oct 4-6. Arlington, TX. [Learn More](#)
- Military Influencer Conference: Leaders, entrepreneurs, content creators, creatives and brands who shape and support the military community. Nov 7-10. Las Vegas, NV. [Learn More](#)
- Modern Warfare Week convenes the SOF community to both educate and connect through discussions about the future of warfare from a SOF perspective. Fort Liberty, NC, Nov 13-16. [Learn More](#)

Family Life

- Announcing expanded coverage for the DoD's Child Care in Your Home Program. [Learn More about the In-home Fee Assistance Program](#). Program locations now include: Washington, D.C./National Capital Region, Hawaii, San Diego, CA, Norfolk, VA, San Antonio, TX, Colorado Springs, CO, Seattle/Tacoma, WA, Jacksonville/Mayport, FL, Fort Walton Beach, FL, Fayetteville, NC, Las Vegas, NV
- Dependent Care Flexible Spending Accounts (DCFSA) for Service Members. The DCFSA initiative provides accounts that allow eligible service members to set aside up to \$5,000 per household in pre-tax earnings for qualified dependent care expenses. Enrolling during the Nov/Dec 2023 Open Season to utilize this new benefit in Jan. 2024. Learn More: [Office of Financial Readiness](#), [Military One Source](#), [FSA Feeds Explore Your Options](#)
- [The Welcoming Table](#): Help and advice for families whose meals are impacted by autism, ADHD, sensory processing disorder, and other unique challenges from The Family Dinner Project, with the support of the Peter and Elizabeth Tower Foundation.
- [Free Special Education Advocacy Curriculum](#). Learn to navigate resources for youth with special needs, offered by the National Military Family Association.
- [Operation Childcare](#): A childcare search tool designed for military families.
- [ChildCare Aware](#): Child care fee assistance and respite relief.
- Caregiver Resources. Check-out [DHA's E-Caregiver Directory](#).

SOF Youth Resources

- Air Force Office of Special Investigations article: [Protecting children online: a military family guide to safe online gaming](#)
- Sesame Street [resources for military families](#).
- [Bloom](#): A resource by and for military teens to connect and share their experiences of military life.
- [United Through Reading](#) provides service members with the opportunity to record and save story time moments for their families to enjoy, no matter the distance.

Job, Employment, and Financial Resources

- Service members and spouses with professional licenses or certificates - Learn about the new SCRA license portability provision. Read the [Fact Sheet](#) and [Letter to State Licensing Authorities](#)
- New Military Spouse Pathway to Business in person or virtual classes will offer additional resources for accessing startup capital, receiving technical assistance, earning contracting opportunities, and more. For more info, contact the local [Veterans Business Outreach Center](#) or [SBA District Office](#). [Learn about SBA programs and resources for military spouses](#).
- Hiring Our Heroes. Offering career services including events, [fellowships](#), programs, and career counseling dedicated to connecting world-class military community talent with American businesses of all sizes. [Event Calendar](#)



988 Suicide & Crisis Lifeline

Simply calling or texting 988 or chatting 988Lifeline.org will connect you to free, confidential, and compassionate care for mental health-related distress.



The Military Special Operations Family Collaborative is a nonprofit public health initiative for the special operations community. We enable the sustained success of SOF Warriors and Families through collaborative health and well-being research and programs.

MSOF
COLLABORATIVE

I want to help!



The Military Special Operations Family Collaborative is a 501(c)3 nonprofit public health initiative.
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