

# Navigating Resources for the 2020-2021 School Year



August 28, 2020

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**S.D.M.F.C.**  
SAN DIEGO MILITARY  
FAMILY COLLABORATIVE

## Today's Information & Materials

Please utilize this link below to access resources for today's convening:

<https://sdmilitaryfamily.org/august2020-convening>

- Today's Sign-In Sheet
- SDMFC August 2020 PowerPoint
- SDMFC Post-Convening Survey

# SDMFC Membership



**Next Members-Only  
Training:  
September 2020**

**Renew or Become a Member:**

<http://sdmilitaryfamily.org/sdmfc-membership-2020/>

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## SDMFC's 2020 Call to Action

In 2020, SDMFC is celebrating its **10-year** anniversary!  
To commemorate the year, we are asking all of our participants to tell us how they have collaborated and grown with other partners by using the hashtag,

### **#HowISDMFC**

*How can you share your collaborative stories?*

1. Film a 20-30 second video on **#HowISDMFC**
2. Share how SDMFC created a collaborative opportunity for your org
3. Upload your file to SDMFC's Google Drive by contacting [aedquid@saysandiego.org](mailto:aedquid@saysandiego.org)

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## Convening Tutorial

Today's convening will feature the following segments. Please follow along in order to learn how to get the most out of today's experience:

- 1. Show Video-** If possible, please show your face today!
- 2. Breakout Rooms-** To start connecting
- 3. Chat Box-** Please share for the greater good, individual chats are fine too

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# Breakout Room Welcome Activity

## Directions

1. Soon, you will all be filtered into smaller rooms.
2. Please introduce yourselves, sharing your name and agency (if connected)
3. Following introductions, you will discuss: **“DUE TO COVID-19, WHAT DO YOU BELIEVE TO BE THE BIGGEST CHALLENGE TO STUDENTS, PARENTS, & SCHOOLS THIS SCHOOL YEAR?”**
4. If you finish early, you are welcome to write down your group responses in the chat box.

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# Navigating the 2020-2021 School Year

## VIDEO TESIMONIAL

A Military Spouses/Teacher's understanding of the challenges that lie ahead for the upcoming school year...



<https://youtu.be/fKScfi0bJN8>

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# Navigating the 2020-2021 School Year

# PANEL DISCUSSION

Please utilize this link below to access resources for today's convening:

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# Navigating the 2020-2021 School Year

*INTRODUCING:*

**Dr. Becky Porter, President & CEO  
Military Child Education Coalition**  
<https://www.militarychild.org/contact>



**Michelle Einspar, Program Manager  
Office of Children and Youth in Transition San Diego  
Unified School District**



**San Diego Unified  
SCHOOL DISTRICT**

[meinspar@sandi.net](mailto:meinspar@sandi.net)

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# Navigating the 2020-2021 School Year

*ALSO INTRODUCING:*

**Denise Maxwell, Faculty Educator  
Ashford University**

**[Denise.Maxwell@ashford.edu](mailto:Denise.Maxwell@ashford.edu)**



**Ashley Flores, School Liaison Officer  
MCCS-MCRD**

**[Ashley.Flores@usmc-mccs.org](mailto:Ashley.Flores@usmc-mccs.org)**



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## Navigating the 2020-2021 School Year

- **Panelist: Dr. Becky Porter (MCEC), Michele Einspar (SDUSD), Denise Maxwell (Ashford), Ashley Flores (SLO)**
- **Panel Questions**
- **Audience Questions: Please feel free to use the chat box**
- **Panelists final takeaways/resources for the audience**



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## Stretch Break

**Refill that coffee, we'll be back in 5 minutes!**



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## Managing Parental Stress

**Wendy Panagos, FOCUS Site Director, NBSD,  
FOCUS (Families OverComing Under Stress)**

[wpanagos@focusproject.org](mailto:wpanagos@focusproject.org)

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# Families OverComing Under Stress Workshop

*Action Plan for a Successful School Year*

Presented By: Wendy Panagos, LMFT, Site Director

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# Workshop Goals

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- Learn tools to increase family resilience in midst of school transitions
- Engage strategic emotion regulation skills to support student success
- Model resilience through positive thinking
- Learn goal setting techniques
- Approach the new school year with confidence
- Learn more about FOCUS



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# Ice Breaker

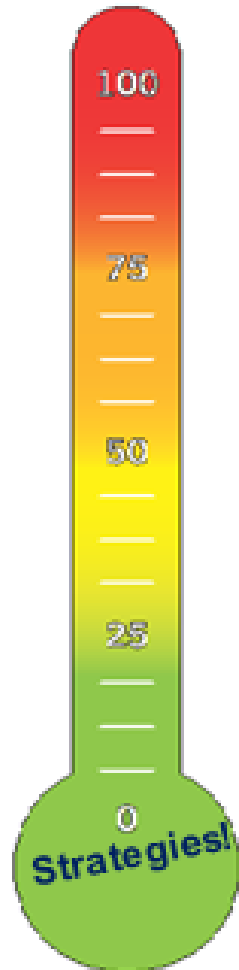
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# Feeling Thermometer

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Very Uncomfortable (sad, mad, hopeless)

**REACTING**: *emotion-driven*

Uncomfortable (frustrated, worried, overwhelmed)

Slightly Uncomfortable (bored, tired, confused)

Comfortable (happy, calm, relaxed)

**RESPONDING**: *thought-driven*

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# Barriers to Getting to the Green

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- Not feeling in control
- Dealing with the *unknown*
- Not feeling capable or prepared
- Setting unreasonable expectations
- Miscommunication
- Lack of self care
- Lack of support
- Negative Mindset



# Ways to Support Family Emotion Regulation

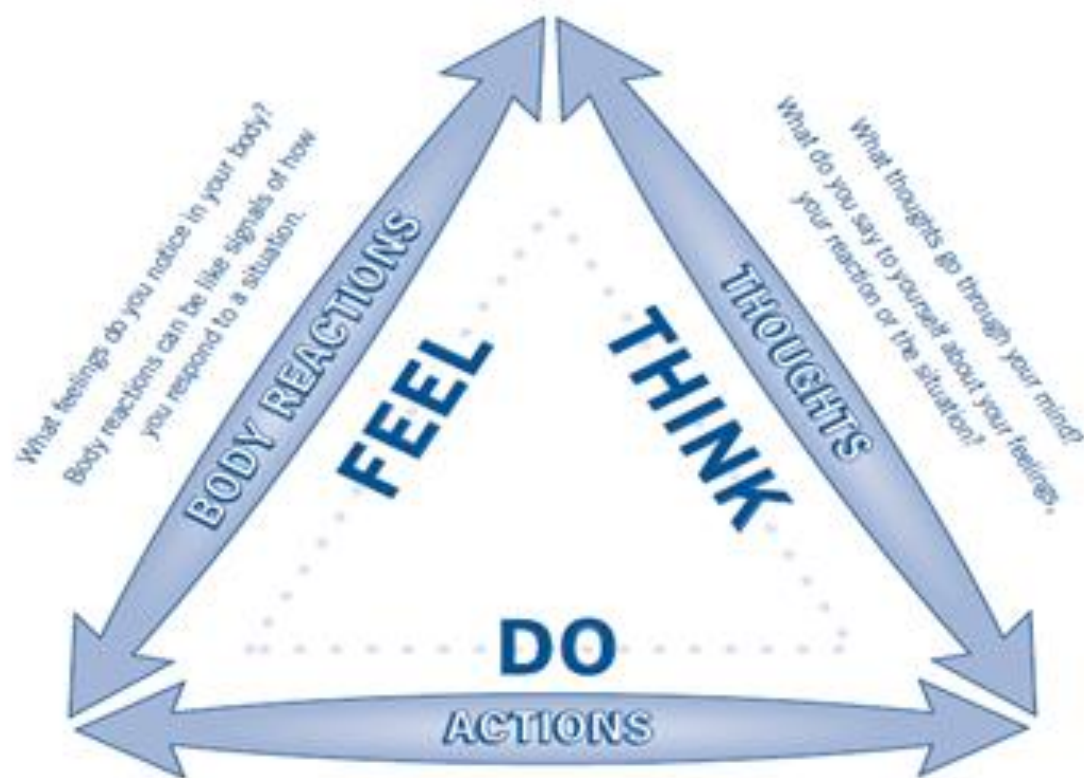
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1. Take a reading of your “temperature”
2. Recognize the feelings you are having
3. Challenge negative thinking
4. Utilize a cool down strategy
5. Teach & model healthy coping skills for your children



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## Feel Think Do Triangle



*What feelings do you notice in your body?  
Body reactions can be like signals of how  
you respond to a situation.*

*What thoughts go through your mind?  
What do you say to yourself about your feelings,  
your reaction or the situation?*

What do you do in response to how  
you are feeling and thinking?

What are your behaviors?

Are your behaviors helpful?

Do you think before you act?

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# Managing Negative Thoughts Thought Swapping For Parents

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- Thought Distortion: **Forecasting**

- *Original thought: Homeschooling for another year is going to be a disaster.*
- *Replacement thought: We know what to expect this school year and we will figure out how to make this work!*

- Thought Distortion: **Should Statements**

- *Original thought: We've been working from home for 5 months now, I should've been able to figure out how to balance work and home by now.*
- *Replacement thought: I'm doing the best I can with this difficult situation, and I've made gains along the way.*



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# Thought Swap for Kids

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## Stinkin' Thinkin'



I can't do this!

I won't make any new friends.

This school year is going to be awful again.

I Can  
Choose  
My  
thoughts

## Helpful Thoughts



I may not know how to do this now, but I will figure out how to do this.

I have friends and I can make more.

I am a good student. I can make a plan for a successful year.

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# Goal Setting: What does a successful school year look like for you?



# Goal Setting: Using SMART Goals

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A goal is most helpful if it is:

## **S**pecific

State in one sentence: *What* you are going to do; *Why* you are doing it and *How* you will do it.

## **M**easurable

Set specific criteria so you can see that you are making progress toward your goals and know when the goal has been achieved

## **A**chievable

Know what steps must be taken to achieve it

## **R**ealistic

Can you reasonably expect to complete it? make sure the goal is not too easy or too hard... the goal should be challenging but not impossible

## **T**imely

Set a time frame for when the goal will be achieved

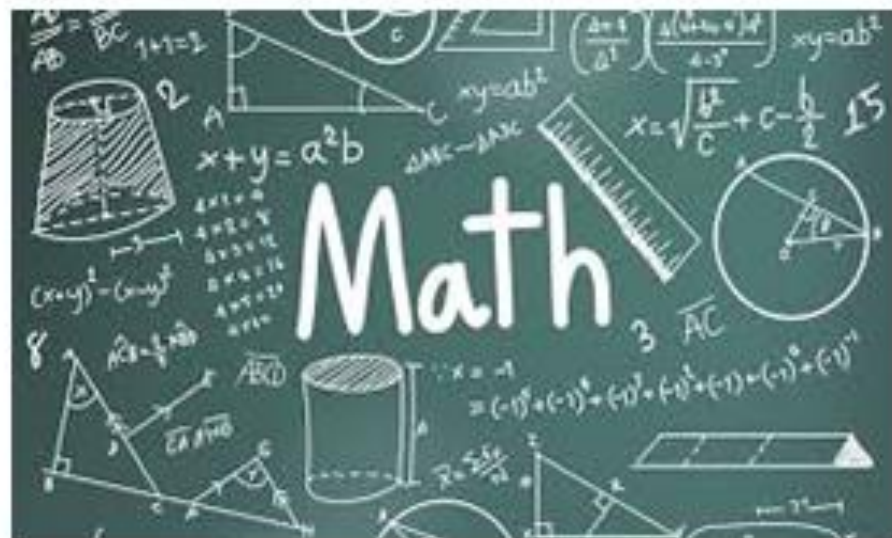
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## SMART Goals: Example

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- **Specific:** make sure my child submits homework each week.
- **Measurable:** check in day before homework is due every week for 1 month.
- **Achievable:** set time each day for child to complete homework; check in with teacher.
- **Realistic:** Yes! Look at child's strengths to encourage motivation/completion
- **Timely:** I will accomplish this routine/goal by 1 month.



# FOCUS for Military Families

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**Awareness + Action = Resilience**

**Coping with and overcoming adversity through:**

- Open and effective communication
- Managing emotional ups and downs
- Collaboration and problem solving
- Development of a shared sense of meaning
- Effective mobilization of support



# FOCUS Skills Build Stronger Families

## Managing Feelings:

Naming how you feel and calming yourself down



## Communication:

Saying what you think, feel, and need and using good listening skills when someone talks to you



## Goal Setting:

Making a plan to achieve something that you want to do



## Problem Solving:

Identifying problems and creating solutions to them



## Coping with Reminders:

Learning how to manage challenging thoughts and experiences



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# TeleFOCUS

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*Resilience Training available at a distance!*



[www.focusproject.org/TeleFOCUS](http://www.focusproject.org/TeleFOCUS)

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# Upcoming Workshop

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Organization Skills to Promote Student Success

## Back to School Workshop



Thursday  
9/17 4-5pm  
or  
Tuesday  
9/22 4-5pm



- We will:
- Practice goal setting skills (SMART Goals)
  - Develop a plan with action items to achieve academic success
  - Organize your planner/calendar to meet your goals
  - Enhance skills for overcoming obstacles
  - Learn more about FOCUS

\*Bring your syllabi & a planner/calendar for our interactive planning activity

This virtual workshop for students ages 11 to 14 & their parents is open to military families in Southern California. RSVP to [sandiego@focusproject.org](mailto:sandiego@focusproject.org)

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# Thank You

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For additional information about  
TeleFOCUS:  
[sandiego@focusproject.org](mailto:sandiego@focusproject.org)

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## SDMFC Announcements

SDMFC will continue to post updates and information through our Facebook page. Follow us at [facebook.com/sdmilfam](https://facebook.com/sdmilfam) for the latest information.

- Members-Only Training: Sept 2020 (Members will receive more info)
- Annual Summit Planning: Sept 7<sup>th</sup> and 21<sup>st</sup> at 10am-11:30am
- Feel Good Fridays: Sept 4<sup>rd</sup> and 18<sup>th</sup> at 1pm
- MTSE: Action Team Meeting, Sept 10<sup>th</sup> at 9am-10am
- WIWMPK: *TENATIVELY* Sept 22nd from 5:30pm to 7:30pm
- CPSA: Action Team Meeting, Sept 24<sup>th</sup> at 11am-12pm
- MTSE: Virtual Workshop, Sept 29<sup>th</sup> at 10am-12pm

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# SAVE THE DATE REMINDER

## SDMFC's 10th Annual Summit:

**FRIDAY, OCTOBER  
23RD\***

**Help Us Celebrate 10  
years of service to the  
community**

**\*This will take the place  
of Monthly Convening**

**CELEBRATE 10 YEARS WITH**

★ ★ ★  **S.D.M.F.C.** ★ ★ ★  
SAN DIEGO MILITARY  
FAMILY COLLABORATIVE



★ ★ ★ **SAVE THE DATE!** ★ ★ ★

**10TH ANNIVERSARY ANNUAL SUMMIT & FUNDRAISER**  
JOIN THE MILITARY-CONNECTED COMMUNITY  
VIRTUALLY ON OCTOBER 23, 2020  
MORE DETAILS TO COME!

3487 SANTO ROAD  
SAN DIEGO, CA 92124  
SDMILITARYFAMILY.ORG  
INFO@SDMILITARYFAMILY.ORG  
f i SDMILFAM

## **VIRTUAL EVENT WILL INCLUDE:**

- **Interactive Networking**
- **Panel Discussions**
- **Inspirational Speakers**
- **Active Duty Service Members & their families will be admitted for free**
- **Sponsorships Available**

Please utilize this link below to access resources for today's convening:

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# ANNUAL SUMMIT HEADS UP

## Next Month Stay Tuned to SDMFC Website & Facebook Updates:

- SDMFC Sponsorship Package Will Go Live September 1st
- Please Support SDMFC by purchasing a \$10 to celebrate our 10th Anniversary Going Live September 1st
- Active Duty Free Family Sign Ups Will Go Live on SDMFC Website (September 8th)
- Scholarship Forms Will Go Live for Government Employees (September 8th)
- Jimmy Valentine Service Nominations ARE NOW Live...(More on Next Slide)

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# JIMMY VALENTINE SERVICE NOMINATIONS

## SDMFC IS NOW ACCEPTING SERVICE NOMINATIONS FOR 2020 ANNUAL SUMMIT

- Do you know someone who goes the extra mile for military families?
- We want to know who is making a difference in the military-connected community.
- Whether you will be in attendance or not, we ask you to please put forth your Jimmy Valentine nominations by **October 9th!**
- The brief nomination takes less than 5 minutes and can be accessed by visiting the SDMFC website for the direct apply link provided!
- You are welcome to nominate more than 1 individual. Thanks!

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# SDMFC's Survey Feedback

**Please fill out our survey at this link:**

**<https://www.surveymonkey.com/r/sdmfc2020convening>**

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**THANK YOU!**

Thanks for attending our Virtual Monthly Convening!

**Please fill out our survey at this link:**

<https://www.surveymonkey.com/r/sdmfc2020convening>

Our next Monthly Convening:

**Friday, September 25, 2020**

**10:00am-12:00pm**

Please utilize this link below to access resources for today's convening:

<https://sdmilitaryfamily.org/june-2020-virtual-convening>