



## **Defense Health Agency J-7 Continuing Education Program Office**

### **Clinical Communities Speaker Series (CCSS) Operation Strong Families: Strong Families, Strong Force**

#### **CCSS S06: Sleep Under Fire: A Multi-Disciplinary Approach to Sleep Issues in Military Children**

**Live, May 7, 2026, MS Teams**

#### **Continuing Education (CE)/Continuing Medical Education (CME) Information**

This CE/CME activity is accredited by the DHA J-7 Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician associates/physician assistants, pharmacists, pharmacy technicians, optometrists, social workers, psychologists, dentists, dental hygienists, dental technicians, athletic trainers, registered dietitians, dietetic technicians, occupational therapists, occupational therapy assistants, certified counselors, kinesiotherapists, case managers, audiologists, and speech language pathologists across the Military Health System (MHS). A certificate of attendance is available for other attendees.

#### **2026 MAY CCSS S06: Sleep Under Fire: A Multi-Disciplinary Approach to Sleep Issues in Military Children (1.0 clock hour)**

**Course Description:** This session explores common sleep issues and risk factors in children and adolescents, with a special focus on the unique challenges faced by military families. Participants will learn the developmental importance of sleep, the consequences of insufficiency, and practical, multidisciplinary strategies to improve pediatric sleep health.

**1445 – 1545 (ET)**

#### **Learning Objectives:**

1. Identify common sleep issues and risk factors affecting children and adolescents, particularly in military families.
2. Explain the developmental importance of sleep and consequences of sleep insufficiency across pediatric domains.
3. Apply multidisciplinary strategies to improve pediatric sleep outcomes.

#### **Faculty:**

Air Force Major Adam Hodge, USAF, BSC, PhD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Air Force Lieutenant Colonel Justyna Wadolowski, DO, MS. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

All relevant financial relationships have been resolved.

**Disclosures:** DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Portions of this activity were developed with assistance from OpenEvidence on April 1, 2026, for educational purposes. All AI-assisted outputs were reviewed and verified by presenters Lt Col Justyna Wadolowski, Maj Hodge, and DHA J-7 CEPO for accuracy, balance, and independence prior to release. Prompts/outputs were stored outside the organization.

## Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA J-7 CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

## Physicians (ACCME)



DHA J-7 CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DHA J-7 CEPO designated this live course, for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Nurses (ANCC)

DHA J-7 CEPO is accredited by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education live course, for a maximum of 1.0 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

## Pharmacists (ACPE)



### **UAN JA4008136-0000-26-070-P**

No valid paper/electronic statement of credit will be offered. DHA J-7 CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacists. This knowledge based activity will provide a maximum of 1.0 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

## Pharmacy Technicians (ACPE)



### **UAN JA4008136-0000-26-070-T**

No valid paper/electronic statement of credit will be offered. DHA J-7 CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacy Technicians. This knowledge based activity will provide a maximum of 1.0 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

## Physician Associates/Physician Assistants (AAPA) – Live



DHA J-7 CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credit. PAs should only claim credit commensurate with the extent of their participation.

### Optometrists (ARBO/COPE)



DHA J-7 CEPO designates this synchronous virtual activity for a maximum of 1.0 COPE credit hour.

**COPE Course ID #: 104466-PB      COPE Activity/Event #: 132890**

### Social Workers (ASWB)



As a Jointly Accredited Organization, DHA J-7 CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.0 clinical continuing education credit.

### Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the program. Participants earned 1.0 credit for attending this activity.

### Dentists and Allied Dental Staff (ADA CERP)



DHA J-7 CEPO is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education (CDE). ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at [ADA.org/CERP](http://ADA.org/CERP).

DHA J-7 CEPO designates this activity for 1.0 continuing education credit.

### Athletic Trainers (BOC)



DHA J-7 CEPO (BOC AP #: JA4008136) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 1.0 Category A hour/Continuing Education Unit (CEU). ATs should claim only those hours actually spent in the educational program.

### Dietitians/Dietetic Technicians (CDR)

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| The logo for the Commission on Dietetic Registration (CDR), featuring the text "Commission on Dietetic Registration" in a large font, "the credentialing agency for the Academy of Nutrition and Dietetics" in smaller text, and the "eat right." logo below it. | <p>Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU).</p> <p>If the activity is dietetics related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU).</p> <p>RDs and DTRs are to select activity type 102 in their Activity Logs.</p> |
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DHA J-7 CEPO is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.0 Continuing Professional Education unit (CPEU) for completion of this activity/material.

## ACCME Non-Physician CME Credit

DHA J-7 CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. ACCME Non-Physician CME Credit providers may receive a maximum of 1.0 hour for completing this course.

## Speech-Language Pathologists and Audiologists (ASHA)

Course # is ABIT2605



Defense Health Agency, J-7,  
Continuing Education Program  
Office

Intermediate Level  
0.1 ASHA CEU

DHA J-7 CEPO is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology, and audiology. ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures.

## Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA J-7 CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 16034. This live, distance learning-interactive is offered at 0.1 CEU introductory, OT service delivery, professional issues. AOTA does not endorse specific course content, products, or clinical procedures.

## Certified Case Managers (The Commission)



This program has been pre-approved by The Commission to provide continuing education credit to CCM® Board-Certified Case Managers. The course is approved for **1.0** CE contact hour.

**Activity Code: S00067037 Approval Number: 260001116**

To claim these CEs, log into your dashboard at [www.yourcommission.org](http://www.yourcommission.org).

## Kinesiotherapists (COPSKT)

Provider# is 050726



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 0.1 contact hour. CEU. DHA J-7 CEPO accredits enterprise-wide continuing education activities for military and civilian health care professionals. These courses are critical to DHA's goal of providing the best possible quality care to active-duty service members, veterans, and their families.

## Certified Counselors (NBCC)



DHA J-7 CEPO has been approved by NBCC as an Approved Continuing Education Provider, **ACEP No. 6955**. Programs that do not qualify for NBCC credit are clearly identified. DHA J-7 CEPO is solely responsible for all aspects of the programs.  
**NBCC Credit Hour: 1.0**

### If you need special accommodations or have questions, please contact us:

ACEP Contact Information, Defense Health Agency J-7 Continuing Education Program Office  
7700 Arlington Boulevard, Suite 5101, Falls Church, VA 22041  
Phone number: 571.835.6536  
Web Address: <https://www.dhaj7-cepo.com>  
Email Address: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil)

### Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

### Commercial Support:

No commercial support was provided for this activity.

### Participation Costs:

There is no cost to participate in this activity.

### CE/CME Inquiries:

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil).

### How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 21 May 2026 at 1159 ET at the following URL: [www.dhaj7-cepo.com](http://www.dhaj7-cepo.com).