



**Defense Health Agency, J-7, Continuing Education Program Office
Clinical Communities Speaker Series**

**Operation Ready Families: Strong Families, Strong Force
7 May 2026
0745 – 1545(ET)**

Purpose

This event will explore the evidence-based practices in the care of the pediatric patient through educational content created by military and civilian subject matter experts specializing in bioethics, research, healthcare, and academia. Each session is designed to refine the quality of care, achieve the best outcomes, and improve population health in children and youth. Attending this continuing education opportunity will advance the practice, skills, and knowledge of the pediatric care provider across the MHS in service to children and families.

Target Audience

This activity is designed to meet the educational needs of Physicians, Nurses, Pharmacists, Pharmacy Technicians, Physician Assistants, Optometrists, Social Workers*, Audiologists*, Speech Language Pathologists*, Psychologists, Dentists, Dental Hygienists, Dental Technicians, Registered Dieticians, Dietetic Technicians, Athletic Trainers, Case Managers, Certified Counselors, Occupational Therapists, Occupational Therapist Assistants, Kinesiotherapists, and Healthcare Executives across the MHS*.

Program Overview

The Clinical Communities Speaker Series aims to advance the skills, strategies, and competence of healthcare providers and teams across the military health system. Virtual presentations draw on military and civilian experts from academia, government, and clinical care settings to address professional practice gaps among a wide range of healthcare professions. By focusing on clinical best practices, interprofessional learning, and military readiness, participants are empowered to optimize health outcomes for uniformed service members and their families through better individual and collaborative care practices.

Program Agenda

| Time (ET) | Titles/Speakers | Learning Objectives |
|------------------|---|--|
| 0745-0750 | <p><i>Welcome Remarks</i></p> <p>David Smith, MD Deputy Director Defense Health Agency</p> | |
| 0750-0800 | <p><i>Moderator</i></p> <p>Dr. Gregory A. Leskin, Ph.D. Director, National Center for Traumatic Stress Network (NCTSN) Military Veteran Families and Children UCLA-National Center for Child Traumatic Stress Los Angeles, Calif.</p> | |
| 0800-0900 | <p><i>Session 01: Mental Health Strategies for Pediatric Providers Working with Military Children and Youth</i></p> <p>Scott Cyper, PhD EDIS Supervisory Psychologist Educational and Developmental Intervention Services U.S. Naval Hospital Rota, Spain</p> | <ol style="list-style-type: none"> 1. Identify key diagnostic features and clinical presentations of anxiety in children and adolescents. 2. Apply a comprehensive, developmentally appropriate approach to assessing overall mental health in youth. 3. Demonstrate the use of non-stigmatizing, person-centered language when discussing mental health with pediatric patients and families. 4. Analyze evidence-based strategies and skill-building interventions for the treatment and management of anxiety in youth. |
| 0900-0910 | Break | |
| 910-1010 | <p><i>Session 02: Shifting Boundaries of Viability: Ethics, Innovation, and the Overton Window in the Care of Extremely Preterm Infants</i></p> <p>Army Lt. Col. Jeanne Krick, MD, MA Associate Professor, Department of Pediatrics, USUHS Consultant to the Surgeon General, Medical Ethics Deputy Consultant to the Surgeon General, Pediatric Subspecialties Program Director, Neonatology-Perinatology Fellowship Brooke Army Medical Center</p> | <ol style="list-style-type: none"> 1. Describe the ethical debates surrounding resuscitation at extremely premature gestational ages. 2. Explore how uncertainty affects decision-making for these infants. 3. Recognize the potential for bias when counseling at extremely premature gestational ages and mitigation strategies. |
| 1010-1020 | Break | |
| 1020-1120 | <p><i>Session 03: Shaping Tomorrow's Force: Addressing Pediatric Obesity Today</i></p> <p>Navy Lt. Cmdr. Kristan E. (Betsy) Madison, MD, MS, FAAP, DABOM, DipABLM Assistant Professor, Pediatrics</p> | <ol style="list-style-type: none"> 1. Describe current trends in pediatric and active-duty obesity and explain their implications for future military readiness. 2. Identify gaps in early recognition and diagnosis of pediatric obesity, including delays highlighted in recent research and |

| | | |
|------------------|--|--|
| | <p>Director of Pediatric Grand Rounds Uniform Services University Director of the Healthy Habits Child Obesity Clinic Walter Reed National Military Medical Center Bethesda, Md.</p> | <p>clinical practice.</p> <ol style="list-style-type: none"> 3. Apply evidence-based, family-centered counseling strategies—including lifestyle medicine principles—to improve nutrition and weight management in pediatric populations within military settings. |
| 1120-1130 | Break | |
| 1130-1230 | <p><i>Session 04: Clinical Care Considerations for Military Children and Families: Unique Stressors and Developmental Impacts of a Parent's Service</i></p> <p>Army Col. Daniel C. Hart, MD Command Psychiatrist U.S. Army Special Operations Command Fort Bragg, N.C.</p> <p>Ms. Faith Belt Soldier and Family Wellness Division Chief U.S. Army Special Operations Command Fort Bragg, N.C.</p> | <ol style="list-style-type: none"> 1. Describe how the sense of purpose in military service impacts the prioritization of family throughout the course of a career in the military. 2. Explain through a developmental lens how parental and military stressors can result in predictable trends in military children. 3. Define age and developmentally appropriate strategies for mitigating the negative impacts of a parents military service and harnessing the benefits for resilience. |
| 1230-1330 | Break | |
| 1330-1430 | <p><i>Session 05: Bridging Systems: Supporting Mental Health in Military Children Across School and Healthcare Settings</i></p> <p>Ruth D. Boadi, MSW, LCSW-C School-based Clinician Child and Family Mental Health Services Clinic Department of Mental Health Kimbrough Ambulatory Care Center Fort Meade, Md.</p> | <ol style="list-style-type: none"> 1. Recognize how mental health concerns present in military-connected children, particularly internalizing symptoms and layered stress response. 2. Differentiate between diagnostic codes and how they help shape treatment of mental health disorders. 3. Apply a context-first approach to assessment and collaboration using psychosocial history and cross system coordination to guide care. |
| 1330-1440 | Break | |
| 1440-1445 | <p><i>Administrative Remarks</i></p> <p>Alna Gopez, MSN, BSN, RNC-OB Training Specialist J-7 Education and Training, DHA</p> | |
| 1445-1545 | <p><i>Session 06: Sleep Under Fire: A Multi-Disciplinary Approach to Sleep Issues in Military Children</i></p> <p>Air Force, Lt. Col. Justyna T. Wadolowski, DO, MS Regional Director Developmental and Behavioral Family Readiness Center – Pacific Air Forces (PACAF) Kadena Air Base, Japan</p> | <ol style="list-style-type: none"> 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. |

| | | |
|--|--|--|
| | Air Force Maj. Adam S. Hodge, PhD Chief of Psychology Developmental and Behavioral Family Readiness Center - PACAF Kadena Air Base, Japan | |
|--|--|--|

This agenda is subject to change.

Continuing Education

This CE/CME activity is provided through the DHA J-7 CEPO and is approved for a total of 6.0 CE/CMEs.

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 us at: dha.ncr.j7.mbx.cepo-cms-support@health.mil