



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

True North+ Course

Operational Support Teams: It's Complicated

Live, 26-30 January 2026 Dayton, OH

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 social workers and psychologists. A certificate of attendance is available for other attendees.

Operational Support Teams: It's Complicated (1.5 clock hours)

1500 - 1630 (ET)

Learning Objectives:

1. Comprehend how the pace of work and our personal lives is taking a toll at the individual level and on the Air Force mission.
2. Describe best practices from the field that have worked in improving fitness and mental health.
3. Know the specifics on how to embed and how to set up a schedule.

Faculty:

Kirk Rowe, Ph.D., ABPP. Presenters have 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.

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 general continuing education credits.

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.

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.

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 13 February 2026 at 1159 ET at the following URL: www.dhaj7-cepo.com.