

[NYAPRS Enews] March and April 2021 SAMHSA COVID Self-Care Training Series

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on behalf of

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Organized by Coordinated Behavioral Care (CBC)



Coordinated Behavioral Care

March and April 2021 SAMHSA COVID Self-Care Training Series

In response to COVID-19, SAMHSA provided Coordinated Behavioral Care with a two million dollar grant to help address the immense unmet mental health needs in NYS. SAMHSA recognized that front line staff, especially those providing behavioral health services, also need support to address their personal and professional experiences with COVID-19. CBC has developed the COVID Self-Care Training Series in response to that gap and as a support for front line staff, in collaboration with The Bridge, CUCS, WellLife, OHEL, and the Kripalu Center. The overall theme of the trainings is *professional* self-care. Through these trainings, agency staff will have the opportunity to master self-care skills, share experiences and process their fears, concerns and anxieties as they provide care during a pandemic.

Between January and August of 2021, agency staff will have the option to select from a large menu of training options to support their wellbeing. The first month of trainings is listed here. We hope that you and your staff take advantage of this incredible opportunity to deepen your/ their own self-care practices.

COVID Town Hall #3 ***March 22, 2021 at 3pm****Presenter- [Brad Hutton, MPH](#)**

As part of the SAMHSA COVID Emergency Grant Award that CBC received, we are excited to announce the third COVID Town Hall Q & A session with an expert in field that will be beneficial to our workforce. This Town Hall will focus on children and returning to school, and will aim to allay parental fears. It promises to provide great information about what to expect, and how to get your children (and yourselves) ready for schooling in COVID.

[Register Here](#)

Coping With COVID-19: Response and Recovery****Trainer: [James Kennedy, LCSW](#) (CUCS)****March 30, 2021 at 9:30am****CEUs Available: 1.5****(for Licensed Social Workers Only)**

This training will provide a forum for discussing and managing the challenges and stressors brought on by Covid-19. The training will recognize how the pandemic, which has hit New York City very hard and has put our lives under large and continuing amounts of stress, makes our important work more challenging than ever. The training will review many of the coping and wellness skills we teach our clients with the goal of helping workers stay safe.

[Register Here](#)

Organizational Ways to Promote Self-Care due to COVID-19 ****(For Supervisors and Managers)****Trainer: [James Kennedy, LCSW](#) (CUCS)****April 1, 2021 at 9:30am****CEUs Available: 1.5****(for Licensed Social Workers Only)**

This training for managers and supervisors is to provide an overview of stress in social services. It will also illustrate principles for management to help reduce job concerns and to cope effectively with the stressors/challenges due to the pandemic (Covid-19). Participants will develop awareness of the impact of new tensions and issues (additional cultural & demographic contexts). We will review organizational issues to address

challenges for supervisors, while providing self care & practical coping skills tips for workers.

[Register Here](#)

Returning to Work**

Trainer: [Max Banilivy, Ph.D.](#), (Welllife Network)

April 12, 2021 at 9:30am

CEUs Available: 1.5

(for Licensed Social Workers and LMHC's Only)

The pandemic has profoundly changed the work environment and work /life balance for many. The socioemotional factors including the impact of stress will be discussed in this context. This workshop aims to discuss the many aspects of managing coming back to work and how it may be an opportunity for growth.

[Register Here](#)

Trauma**

Trainer: [Dr. Norman Blumenthal](#) (OHSL)

April 15, 2021 at 9:30am

CEUs available: 1.5

(For Social Workers, LMHC's, and LCAT's Only)

Trauma occurs when the predictability and stability of one's life is challenged and shattered by an event or series of events that pose a serious threat to the individual's survival or capacity to adequately function. The responses of the traumatized is often heightened levels of fear, anxiety or conversely numbness or withdrawal that may feel destabilizing. In this workshop, the participants will be familiarized with the different types of trauma with a particular focus on the current pandemic. Methods of relieving the adverse effects of trauma and effectively adjusting to ongoing traumatic situations will be both discussed and practiced.

[Register Here](#)

Preventing Burnout and Building Resilience **
Trainer: [Max Banilivy, Ph.D.](#) (WellLife Network)

April 19, 2021 at 9:30am

CEUs Available: 1.5

(For Licensed Social Workers and LMHC's only)

Burnout in its many forms is probably one of the more important factors affecting quality of work experience for individuals in all positions. Knowing what contributes to workplace burnout aside from stress and realizing how to prevent it goes a long way in building everyone's resiliency in coping with the unending challenges that the pandemic has brought forth. It is not just about being prepared. It is among others about how to manage and cope/deal with difficult situations where many times we feel it is beyond one's control.

[Register Here](#)

COVID Town Hall #4 *

April 21, 2021 at 3pm

Presenters- [Dr. Kavita Trivedi](#) and [Brad Hutton, MPH](#)

As part of the SAMHSA COVID Emergency Grant Award that CBC received, we are excited to announce the fourth COVID Town Hall Q & A session with two experts in field that will be beneficial to our workforce. This Town Hall will focus on travel, gatherings, and dating in COVID. Please bring any questions you might have about these unique aspects of the COVID experience.

[Register Here](#)

Greif and Loss**

Trainer: [Dr. Norman Blumenthal](#) (OHEL)

April 22, 2021 at 9:30am

CEUs available: 1.5

(For Licensed Social Workers, LMHC's and LCAT's only)

Grief is a normal, expected and necessary response to the death of a loved one such as a family member or dear friend. The inevitable sadness, psychic

pain and longing for reconnection needs to be processed by the bereaved and validated by those invested in her ultimate consolation. This workshop will convey the universality and function of grief with specific suggestions how both the bereaved and his associates can facilitate the effective expression of loss and pain. This will be accomplished through presentation, discussion, voluntary sharing and exercises.

[Register Here](#)

Emotional Health in Times of Uncertainty *

Trainers: [Michael Blady, LCSW-R](#) and [Patti G Abelson, LCSW-R](#), (The Bridge)

April 26, 2021 at 9:30am

One of the persistent and pervasive features of our experience during the COVID-19 pandemic is a sense of uncertainty. Most of us can manage the feelings that the general level of uncertainty in our lives produces because we have trust in the predictability (perhaps, somewhat misguided) of most aspects of our day-to-day existence. Our experience during the pandemic, when so many of our routines, habits, plans and social connections have been upended with no seeming end in sight, has challenged that sense of predictability and has replaced it with a sense of uncertainty that can lead to anxiety, worry and a sense of being overwhelmed by not knowing what is coming next.

[Register Here](#)

Professional Boundaries for Pandemic Times and Beyond*

Trainer: [Michael Blady, LCSW-R](#) and [Patti G Abelson, LCSW-R](#), (The Bridge)

April 29, 2021 at 9:30am

Maintaining clear professional boundaries in our work with clients in any setting, in-person or remote, is an important part of their ability to benefit from services and our ability to maintain our own emotional health doing this difficult work.

The goal of this training module is to learn the how and why of setting clear professional boundaries, the benefits for clients and ourselves, and the

potential consequences that can occur when we fail. We will look the challenges of maintaining appropriate boundaries when working in-person, remotely and in hybrid situations. The training will be both didactic and experiential with suggestions of resources for future exploration.

[Register Here](#)

*Trainings with a star next to them are hosted via McSilver Institute's website and require a username and password before you can register. If you don't already have a username and password for McSilver's website, you can easily create one.

****For CEU's:** Trainings with two stars next to them offer CEU's.

Please note for CEU credits:

Per the policy set by the NYS Education Department State Boards for Social Work and Mental Health Practitioners, in order to receive CE hours, attendees **must be present for the entirety of the training;** partial Continuing Education credit for partial attendance cannot be awarded.

For OHEL Training CE's Only: The Mel & Phyllis Zachter OHEL Institute for Training is recognized by the NYS Education Department's State Board for Social Work as an Approved Provider of Continuing Education for Licensed Social Workers (#SW-0016), and by the NYSED's State Board for Mental Health Practitioners as an Approved Provider of Continuing Education for Licensed Mental Health Counselors (#MHC-0002) and Licensed Creative Arts Therapists (#CAT-0078).

Coordinated Behavioral Care

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