



CBC Training Institute Webinars

December 2021 Calendar



Please join us for one of our upcoming trainings. To register for trainings, please click on the desired training, and you will be directed on how to register.

For any registration questions, please contact [Patricia Lucia Quintero](#). For all other training questions, please contact [Emily Grossman](#), CBC's Training Director.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 "I'm A Healer Not A Hero"- Letting Go of The Superhero Syndrome in Healthcare 3:30-4:30pm	3 Specialty Population Focus: HH+ 10:00am-11:00am
6 AfroFlow Yoga 12:00-1:00pm	7	8 How To Have Courageous Conversations 3:30-4:30pm	9 Dr. Belisa Breathing Workshop 1:30pm-2:30pm	10 Utilizing Reports in Foothold Care Management 10:00am-11:00am
13 Self-Care Plan for Residential Staff Part 3 1:30pm-4:00pm	14	15 AfroFlow Yoga 10:00-11:00am	16 Strategies for Navigating Racism as Minoritized Professionals in Healthcare 3:30pm-4:30pm	17 VOH Revenue Cycle Management Q&A 10:00am-11:00am ECHO 1:30pm-3:00pm
20 Self-Care Plan for Residential Staff Part 4 1:30pm-3:00pm	21	22	23	24 OFFICE CLOSED
27	28	29	30	31



CBC Training Institute Webinars Training Descriptions

October 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. 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.

"I'm A Healer Not A Hero"- Letting Go of The Superhero Syndrome in Healthcare

Strong Children Wellness

December 2, 2021

Time 3:30-4:30pm

Trainer: Dr. Omolara Uwemedimo

Training Description: In this masterclass, Dr. Uwemedimo will discuss strategies for shedding the superhero mentality, which occurs at a higher prevalence in the midst of public health crises such as the pandemic. Harboring these complexes can promote healthcare professionals to overlook signs of stress and predispose them to burnout.

Participants will learn:

- how to identify signs of burnout
- the specific components of superhero complex (including emotional suppression, caregiving to one's own self-detriment and being excessively self-reliant)
- how to avoid superhero complex and how to navigate conversations to get support & guidance in the workplace.

Trainer Bio:

Omolara Uwemedimo, MD, MPH (CEO, Founder of Strong Children Wellness) has been a practicing pediatrician for over 14 years in the United States and internationally in several countries across Latin America, Asia and sub-Saharan Africa. Her perspective on delivery of pediatric care is globally-informed, innovative and unconventional healthcare can be effectively delivered in non-healthcare settings in the community and must consider not just the child and the disease but also parents, the household and the larger community. She has served as faculty at Columbia University Medical Center and Cohen Children's Medical Center, conducting research and training resident physicians in community-engaged pediatrics, social determinants of health and care of global/immigrant populations. She received her medical degree from New York University School of Medicine and completed residency training in the Harvard and Boston University-affiliated Boston Combined Residency Program, at Boston Children's Hospital, the nation's number-one children's hospital, and Boston Medical Center, a national leader in care of vulnerable populations. She received her MPH and completed fellowship training in health services research at Columbia.



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October 2021

[SAMHSA COVID Self-Care Training Series](#)

How To Have Courageous Conversations

Strong Children Wellness

December 8, 2021

Time 3:30-4:30pm

Trainer: Dr. Omolara Uwemedimo

Training Description: In this masterclass, Dr. Uwemedimo will share how healthcare practitioners often avoid having high-stakes conversations to get the support they need in the workplace.

Participants will learn:

- how to have "stakeholder dialogues" and build the confidence needed to communicate with key stakeholders
- foster relationships and reduce conflict
- strategies for building skills of communication and have the courageous conversations that keep you motivated.

Trainer Bio:

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Strategies for Navigating Racism as Minoritized Professionals in Healthcare

Strong Children Wellness

December 16, 2021

Time 3:30-4:30pm

Trainer: Dr. Omolara Uwemedimo

Training Description: In this workshop, Dr. Uwemedimo, will share the experience of minoritized professionals in healthcare and the unique obstacles that one faces including isolation, anxiety and self-doubt due to lack of support, mentorship and sponsorship while trying to serve others and not feel drained. Higher rates of burnout are also prevalent due to the concept of stereotype threat, which will be discussed.



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[SAMHSA COVID Self-Care Training Series](#)

Participants will learn:

- the 3 ways that health professionals of color can navigate racism to mitigate stress
- how to recover from trauma and prevent it from stunting our growth and causing burnout
- how organizations can do to support workplace staff

Trainer Bio:

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CBC Training Institute Webinars Training Descriptions November 2021

[New York State Health Foundation Trainings](#)

The **New York State Health Foundation (NYSHHealth)** provided a large grant to CBC to expand and enhance CBC's online resiliency and self-care workshops for the BH workforce in NYS. The goal is to strengthen the resiliency of the BH workforce so they can continue to support the intensifying BH needs of New Yorkers. To achieve that goal, CBC has launched targeted outreach to the most heavily impacted workforce —peers and residential staff—offering a range of self-care and resiliency skills-building opportunities to deal with workplace stress, anxiety and trauma; and address the emotional needs of workers struggling with grief, anxiety and depression to help them juggle the complexities of life in a pandemic.

AfroFlow Yoga

December 6, 2021

Time 12:00-1:00pm

Trainers: Leslie Salmon Jones and Jeff W. Jones

Training Description: Afro Flow Yoga® infuses electrifying dance movements of the African Diaspora with a meditative yoga sequence of gentle yet powerful stretches. Designed for all levels, ages, and abilities. Classes and workshops are led by Founders and spouses, Leslie Salmon Jones and Jeff Jones, and the esteemed team of Afro Flow Yoga® certified teachers. These fun, interactive sessions will instruct attendees, simple, portable, and accessible tools in disciplines such as breathing techniques, dance, stress management, yoga, and mindfulness.

Trainer Bios:

Leslie Salmon Jones, Founder and CEO, Afro Flow Yoga®

Alvin-Ailey trained dancer, yoga instructor, wellness coach, and community activist, Leslie co-founded Afro Flow Yoga® in 2008 with her husband, multi-instrumentalist, composer, and engineer Jeff W. Jones.

Afro Flow Yoga® grew out of Leslie and her husband's explorations of healing and their African American and Caribbean heritage in West Africa, Haiti, and Jamaica.

As a discipline, Afro Flow Yoga® is an embodied practice integrating dance movement of the African diaspora with meditative yoga and live healing music, promoting individual and collective healing in a compassionate, non-judgmental, inclusive, and safe environment.

Afro Flow Yoga® is a unique approach to physical, emotional, and mental wellness.

Leslie was first introduced to yoga through her intensive dance training at the Alvin Ailey School in New York, and 30 years later she remains dedicated to her yoga practice and teaching.

Leslie is also a co-creator and faculty member for the Omega Women's Leadership Intensive and at The Omega Women's Leadership Center and serves on the Board of Directors for the Yoga Alliance.



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[New York State Health Foundation Trainings](#)

Jeff W. Jones Founder, Leslie Salmon Jones, Founder and CEO, Afro Flow Yoga®

Jeff is a professional engineer, multi-instrumentalist, vocalist, composer, and musical director whose musical roots stretch back through generations of Black musicians. For over four decades has traveled the world and worked with musical greats including Little Richard, Al Green, and Zap Mama, to name just a few.

Jeff co-founded Afro Flow Yoga® in 2008 with his wife, Leslie Salmon Jones. Jeff's special love for the bass and healing drums ground and center the yoga practice. Afro Flow Yoga® has delivered workshops and retreats worldwide, including the Kripalu Center, the Omega Institute, and Harvard Divinity School, and has been featured in a recent documentary on Oprah Winfrey's OWN network, "Dark Girls 2."

Jeff creates an intuitive dynamic flow through a stream of consciousness and the mastery of African-inspired rhythms, instruments, and vocals, synergizing the class collective. His use of the djembe, which he brought back from Ghana; congas; bongos; the Sudanese Acholi lyre; Indian bells; tambourine; and an eclectic array of tonal instruments makes for a healing musical journey.

The Ultimate Natural Cure for Stress: Breathing Exercises

December 9, 2021

Time 1:30-2:30pm

Trainers: Dr. Belisa Vranich

Training Description: This workshop from Dr. Belisa Vranich—author of the popular book *Breathe*—offers attendees tips to use the breath to regulate anxiety and stress-related discomfort, such as back pain, digestive disorders, low energy and sleeplessness. Research has demonstrated diaphragmatic breathing has a significant alleviatory effect on stress and anxiety. However, most people are not breathing diaphragmatically—this workshop will help you get the most out of your own breath!

Trainer Bio:

A clinical psychologist and a leading expert in mental health and fitness, **Dr. Belisa Vranich** is the author of *Breathe: The Simple, Revolutionary 14-Day Program to Improve your Mental and Physical Health* (St. Martin's Press/Hay House). She is the founder of www.thebreathingclass.com.

Dr. Belisa is a regular guest on national television; e.g., CNN, Fox News, the Today Show, Good Morning America, and Inside Edition, and has been interviewed by Anderson Cooper, Matt Lauer, Meredith Vieira, Bill O'Reilly, and Nancy Grace. Dr. Oz has recognized her as one of the top US doctors in her field. She has appeared as a guest on Cesar Millan's show, Cesar 911, and has been a guest on podcasts with hosts Robb Wolfe, Ben Greenfield, Joey Diaz, and Dr. Mercola. In addition, Dr. Belisa has been interviewed as an expert in numerous publications, including *Crain's* magazine, *GQ*, *The New York Times*, *The Los Angeles Times*, *The Wall Street Journal*, *Vogue*, *Time Magazine*, and *Cosmopolitan*.



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Dr. Belisa has extensive experience working with first responders: firefighters, military and law enforcement for topics related to endurance, stress reduction, precision, pain reduction, and PTSD. A firm believer in the importance of giving back, she volunteers and supports numerous organizations related to veterans and animal rescue organizations in New York City and Los Angeles. Dr. Belisa is an outspoken advocate of organ donation and dedicated her first book to Liamslife.org

Dr. Belisa was the former Director of Breathing Science at The Ash Center for Comprehensive Medicine in New York City, and has served as an advisor for the Fitness Institute for Gold's Gym. She was previously the Health and Sex Editor at Men's Fitness Magazine, an expert for Men's Health, and Shape magazine, an advice columnist for the New York Daily News, and Foxnews.com. She was the Director of Public Education at the Mental Health Association of NYC; taught at New York University, was a consultant at the National Mental Health Association in Washington, DC; director of an outpatient clinic at Jacobi Hospital Center, Bronx, NY; a school psychologist in the South Bronx; and part of the Brooklyn Aids Task Force supporting parolees and their families.

Dr. Belisa's book for children *The Belly Breath* is available; *Breathing for Warriors* (St. Martin's Press) is due out Spring 2020.

AfroFlow Yoga

December 15, 2021

Time 10:00-11:00am

Trainers: Leslie Salmon Jones and Jeff W. Jones

Training Description: Afro Flow Yoga® infuses electrifying dance movements of the African Diaspora with a meditative yoga sequence of gentle yet powerful stretches. Designed for all levels, ages, and abilities. Classes and workshops are led by Founders and spouses, Leslie Salmon Jones and Jeff Jones, and the esteemed team of Afro Flow Yoga® certified teachers. These fun, interactive sessions will instruct attendees, simple, portable, and accessible tools in disciplines such as breathing techniques, dance, stress management, yoga, and mindfulness.

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Project ECHO: Substance Use Disorder & MAT Treatment Call

December 17, 2021 1:30pm-3:00pm

PROJECT ECHO is a method of sharing knowledge through a video conferencing learning collaborative. The approach focuses on case presentations and recommendations from colleagues in the field and a subject matter expert. In addition to case presentations there is also a brief didactic learning session by the subject matter expert, Dr. Bruce Trigg, who has many years of experience in treating patients with and consulting on Substance Use Disorder. This is an excellent opportunity for prescribers and other mental health professionals in the field to learn about how to best to support clients with Substance Use and Mental Health Disorders.



CBC Training Institute Webinars Training Descriptions November 2021

Health Home Virtual Office Hours

CBC Health Home Weekly Virtual Office Hours (VOH)

These weekly virtual office hours are led by a CBC Health Home staff member and is an open Q&A forum where Health Home CMA staff receive updates and announcements pertaining to the adult and children's Health Home programs. Participants are encouraged to bring questions that can be addressed by a live CBC staff representative.

All sessions are from- 10am-11am

12/3- Specialty Population Focus: HH+

12/10- Utilizing Reports in Foothold Care Management

12/17- VOH Revenue Cycle Management Q&A

Specialty Population Focus: HH+

December 3, 2021 10am-11am

Presenter: Teresa Hill

Description: CBC will provide an overview and updates pertaining to agencies providing SMH and AI HH+ services.

VOH: Utilizing Reports in Foothold Care Management

December 10, 2021 @ 10am-11am

Presenter: Christopher Small

Description: CBC will provide an overview of some of the easy reports readily available in Foothold Care Management.

VOH: VOH Revenue Cycle Management Q&A

December 17, 2021 VOH 10am-11am

Presenter Names/Titles: Suzie Jean-Baptiste , Director, Revenue Cycle Management and Bob Potter, Performance Manager, HH

Description: Review of updates and announcements pertaining to Health Home Billing for the adult and children's programs as well as an open Q+A. All HHSA and HHSC Care management staff as well as Billing/Administrative staff are encouraged to join.