

**NATIONAL COUNCIL**  
FOR BEHAVIORAL HEALTH

# **COVID-19 Office Hours**

## Promoting Organizational and Self-Care Strategies for —— African Americans ——

**Thursday, June 11, 2020**  
3:00-4:00pm ET



Center of Excellence for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration  
Operated by the National Council for Behavioral Health

# Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

[www.samhsa.gov](http://www.samhsa.gov)



# Other CoE Activities

**Looking for free trainings and credits?**

[Check out integrated health trainings from Relias here.](#)

## Upcoming Office Hours:

Stay tuned for messages about other upcoming session!

**COVID-19 Office Hours: Telehealth for Groups during COVID-19**

Thursday, June 18, 3:00-4:00pm ET

[Register here](#)

**Past Session Recordings:**

[Found on our website here](#)

# Resources

- National Council's COVID-19 Resource Page:  
<https://www.thenationalcouncil.org/covid19/>
- Previous session recording: COVID-19 Office Hours; [Health Equity & Addressing the Disproportionate Impacts](#)
- [The 5 Languages of Appreciation in the Workplace](#)
- [Organizational Self-Care Training Activity Worksheet](#)
- [Cultural Humility Scale](#)
- [Harvard Project Implicit](#)
- [Anti-Racism Resources](#)
- [Diversity, Equity, and Inclusion Framework](#)
- [Systematic Racism Video](#)
- **Questions? Email: [integration@thenationalcouncil.org](mailto:integration@thenationalcouncil.org)**