

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

COVID-19 Office Hours

Navigating the New Normal;

Taking Time for

Self-Compassion

Thursday, April 23, 2020

3:00-4:00pm ET



COE

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





Neil Webb
@neilmwebb



"You are not working from home; you are at your home during a crisis trying to work."

I've heard this twice today. I think it's an important distinction worth emphasizing.

11:39 · 3/31/20 · [Twitter Web App](#)

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Dan Sheehan
@ItsDanSheehan



The quarantine state of mind is having 3 solid days where you feel pretty well adjusted, followed by a sudden, unexpected dip into what we call "the hell zone"

Upcoming COVID-19 Office Hour Calls

Hold time on your calendars every **Tuesday and Thursday 3:00-4:00pm ET** for COVID-19 Office Hours on different topics, including:

- Staff Wellness & Retention
- Peer Support
- Rural Health
- Children and Families
- Telehealth
- Substance Use Disorders

Up Next – COVID-19 Office Hours; Health Equity Considerations

Thursday April 30, 3:00-4:00pm ET

Register here: https://zoom.us/webinar/register/WN_ApgLezt-QXKf9tUHVzbx8Q

COVID-19 Finance Response Strategy ECHO Series

Session 1 – April 21, [View the recording here](#)

Session 2 – April 28, 1pm ET: [Register here](#)

Session 3 – May 5, 1pm ET: [Register here](#)

Webinar - Med Adherence for Behavioral Health Providers

April 28, 1pm ET

[Register here](#)

Recordings from previous sessions here: <https://www.thenationalcouncil.org/integrated-health-coe/training-events/>

Resources

- National Council's COVID-19 Resource Page:
<https://www.thenationalcouncil.org/covid19/>
- If interested in learning more about this or other topics please visit National Council's Consulting Page:
<https://www.thenationalcouncil.org/center-for-consulting-training/consulting-training-services/>
- Terrible First Time Information: Cadence13. (Producer). (2020, March 20). *Brene on FFTs*. [Audio Podcast]. Retrieved from
<https://brenebrown.com/podcast/brene-on-ffts/>