

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

COVID-19 Office Hours;
———— Staff Wellness ————
and Retention

Thursday May 14, 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

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 sessions.

COVID-19 Office Hours: Telehealth for Substance Use Services

Tuesday, May 19, 3:00-4:00pm ET

[Register here](#)

COVID-19 Office Hours: Promoting Self-Care as a Leader

Thursday, May 21, 3:00-4:00pm ET

[Register here](#)

How to Lead Through COVID-19 Crisis in a Resilience-oriented Trauma-informed Way,

Monday, May 18, 2-3:30pm ET: [Register here](#)

Self-care and Promoting Post-traumatic Growth and Management During COVID-19

Wednesday, May 27, 2-3:30 p.m. ET: [Register here](#)

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

Resources

National Council Engage Engage.TheNationalCouncil.org

The screenshot shows the Engage website interface. At the top, there are browser tabs and a search bar. The main navigation bar includes links for HOME, COVID-19, COMMUNITIES, DIRECTORY, EVENTS, BROWSE, PARTICIPATE, and HOW TO. A user profile for Joel Nepomuceno is visible in the top right corner. The main content area features a 'Welcome To Engage!' message, a search bar, and a 'BROWSE DISCUSSIONS' button. Below this, there are three featured discussion cards: 'LATEST DISCUSSIONS' with a post about HHS Stimulus Funds, 'COVID-19' with a survey preview, and 'ANNOUNCEMENTS' with a post about NatCon20 cancellation.

Questions? Email: Membership@theNationalCouncil.org

Resources

Meditation & Relaxation Resources

- [3 min meditation](#) - Stay Focused with Deepak Chopra
- [3 min meditation](#) – Guided Imagery to Refresh Yourself
- [5 min meditation](#) – You Can Do Anywhere
- [5 min meditation](#) – Loving Kindness
- [10 min meditation](#) – Guided Imagery/Visualization
- [2 min Mental Break Video](#) – Do Nothing for Two Minutes

Resilience Resources

- [Fostering Resilience and Recovery](#); Change Package for Advancing Trauma Informed Primary Care
- [Compassion Resilience Toolkit](#)

Resources for Grief and Bereavement

- [International Center for Loss](#)
- [Center for Loss & Trauma](#)
- [COVID-19 Greif Support Group](#)
- [COVID-19 Bereavement: Memorializing](#)

[National Council's COVID-19 Resources](#)

[SAMHSA's COVID-19 Training and Technical Assistance Resources](#)

NEW: HRSA Center of Excellence for Behavioral Health Technical Assistance

Integrated Care for Better Health

<https://bhta.hrsa.gov/>