

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH

# CoE Office Hour: Whole Health, Wellness and Resilience

**Thursday, September 17, 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)



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# Upcoming CoE events:

## **Addressing Trauma, Racism and Bias in Behavioral Health Service Delivery**

[Register here for webinar](#) on Sept. 23, 3-4pm ET

[Register here for the Office Hour](#) on Sept. 30, 2-3pm ET

## **Reentry for Citizens Needing Substance Use Disorder Treatment**

[Register here for webinar](#) on Oct. 7, 3-4pm ET

## **Looking for free trainings and credits?**

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

## **Interested in an individual consultation with the CoE experts on integrated care?**

[Contact us through this form here!](#)



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# Resources

## AOTA Resources

- [Practitioner Well-Being](#)
- [Addressing Acute Stress and Anxiety](#)
- [Applying Trauma-Informed Approaches Across OT Settings](#)

## Whole Health Resources:

- [Whole Health Basics](#)
- [VA Employee Whole Health](#)
- [Whole Health Library](#)
- [#LiveWholeHealthBlog](#)

## Trauma-Informed, Resilience-Oriented Resources

- [Organizational Self-Care Training Activity Worksheet](#)
- [TI-ROC Client and Family Post-COVID Readiness and Well-Being Assessment](#)
- [TI-ROC Staff Re-Entry Readiness and Well-Being Assessment](#)

## Additional Resources

- [16 Simple Ways to Relieve Stress and Anxiety](#)
- [Tips to Manage Anxiety and Stress](#)
- [Compassion and Resilience Toolkit during COVID-19](#)
- [COVID-19 Stress, Distress, and Trauma Series](#)

Questions? Email: [integration@thenationalcouncil.org](mailto:integration@thenationalcouncil.org)



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