

# COVID-19 Office Hours; Staff Wellness and Retention

**Thursday May 14, 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).



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

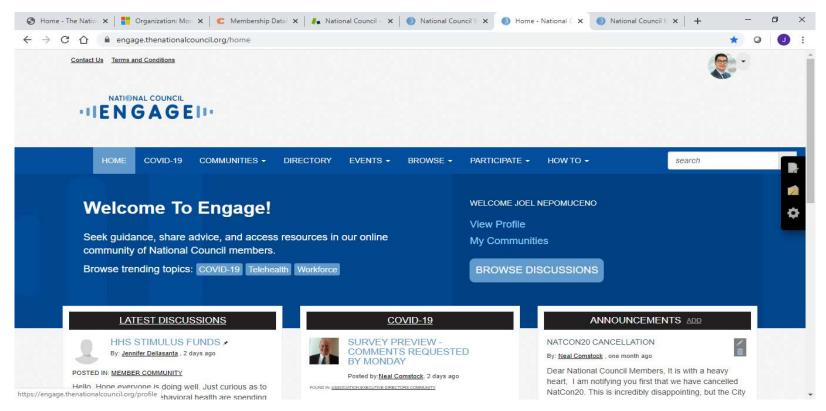
Self-care and Promoting Post-traumatic Growth and Management During COVID-19 Wednesday, May 27, 2-3:30 p.m. ET: Register here

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



# Resources

# National Council Engage Engage.TheNationalCouncil.org



**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
- <u>5 min meditation</u> 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/



