



Disaster Mental Health: How Are You Now? Exploring Emerging Stressors and Evolving Approaches to Coping

Background

This interactive virtual workshop is a follow-up to last year's "How Long Has Your "Check Engine" Light Been On". Together we will explore the individual stressors that have persisted or emerged since the start of the pandemic. This workshop will present emotional intelligence as a wellness tool and highlight evidence-based coping strategies to include intentional boundary setting, successful juggling of work and personal obligations, and revisiting values within professional and personal domains to achieve alignment and improve overall wellbeing.

Target Audience

Mental health, hospital, public health workers, or anyone likely to become involved in the disaster response in their communities.

Faculty

Rachel Kaul, Behavioral Health Lead, Department of Health and Human Service's Office of the Assistant Secretary for Preparedness and Response.

Kayla Sivi, Behavioral Health Program Analyst, Department of Health and Human Service's Office of the Assistant Secretary for Preparedness and Response.

Live Stream Virtual Training

[Thursday, June 23, 2022 - 1:00PM - 2:30PM](#)

Registration

To enroll in the training, please go to www.NYlearnsPH.com and either register or login to the LMS. Search Course Catalog for: [OHEP-BP3-20220623](#) OR click this shortcut to the course enrollment page on the [LMS](#).

Questions Regarding NYSDOH Learning Management System (LMS)

Direct questions to edlearn@health.ny.gov or 518-473-4223 Ext 4.

Questions Regarding Training

Direct questions to prepedap@health.ny.gov or 518-474-2893.

