

## **BHA/MedChi Behavioral Health Webinar Series: Helping the Helpers and Those They Serve**

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) and MedChi jointly sponsor a webinar series, the BHA/MedChi Behavioral Health Webinar Series: Helping the Helpers and Those They Serve.

These webinars are for Maryland's behavioral health and medical health care workers of all disciplines, whether working in community or hospital settings. They are designed to enhance both health care worker self-care and resultantly the care they provide, as health care workers combat numerous stressors including the COVID-19 pandemic, social justice issues, and other stressors that can potentially impact delivered care.

CMEs will be available at no cost, as will Participant Certificates, which for other disciplines may qualify for CEUs or other continuing education credit, although these are not approved for CEUs by the Maryland Board of Social Work Examiners. Participants should check with their certifying organizations to see how these would apply.

For questions, or if you are interested in delivering a presentation, being a moderator, or have self-care topics/presenters to suggest, contact Steve Whitefield at [steven.whitefield@maryland.gov](mailto:steven.whitefield@maryland.gov).

The below webinars are open for registration. All webinars are from 5-6pm. Registration for future webinars, which are also on the 2nd and 4th Thursdays of each month, will be posted on the [BHA/MedChi webinar webpage](#), where webinar recordings and slides are also archived.

### **July 22: Stretching and Exercise for Stress Reduction.**

Cathy Mahon, PT, MS. Moderator: Kelley Stefancik, CRNP.

Register for this webinar at this link:

[https://us02web.zoom.us/webinar/register/WN\\_ery01KHRH2lc0Q7j238pQ](https://us02web.zoom.us/webinar/register/WN_ery01KHRH2lc0Q7j238pQ)

### **August 12: Moral Distress Experienced in Health Care.**

Suzanne J. Best, BSN, MS, RN. Moderator: Chaplain Dennis Dupont.

Register for this webinar at this link:

[https://us02web.zoom.us/webinar/register/WN\\_XbvOyxYTSvSDn3VSoVFdgQ](https://us02web.zoom.us/webinar/register/WN_XbvOyxYTSvSDn3VSoVFdgQ)

### **August 26: Effective Self-Help Strategies and When Therapy is Still Needed.**

Alexander Chan, PhD, LMFT. Moderator: TBD.

Register for this webinar at this link:

[https://us02web.zoom.us/webinar/register/WN\\_NgosWgrWRj2xHIGwNrb\\_nw](https://us02web.zoom.us/webinar/register/WN_NgosWgrWRj2xHIGwNrb_nw)

### **September 9: Ten Strategies on Building Resilience and Preventing Burnout.**

Michelle Pearce, PhD. Moderator: TBD.

Register for this webinar at this link:

[https://us02web.zoom.us/webinar/register/WN\\_WafrF9bWQ9yCmDaPW8wH-w](https://us02web.zoom.us/webinar/register/WN_WafrF9bWQ9yCmDaPW8wH-w)

### **September 23: Dealing with Compassion Fatigue and Burnout.**

Sarah E. Frazell, LCSW-C. Moderator: TBD.

Register for this webinar at this link:

[https://us02web.zoom.us/webinar/register/WN\\_CPh3Y6EKsQONk7k2LSY7Dg](https://us02web.zoom.us/webinar/register/WN_CPh3Y6EKsQONk7k2LSY7Dg)

October 14: **“So Often and So Casually”**: Recognizing and Responding to LGBTQ Workplace Microaggressions.

Courtney Resnick, EdD. Moderator: TBD.

Register for this webinar at this link:

[https://us02web.zoom.us/webinar/register/WN\\_Yw\\_0WHA1Qt6Ys-0XB14geQ](https://us02web.zoom.us/webinar/register/WN_Yw_0WHA1Qt6Ys-0XB14geQ)



Webinars jointly sponsored by the BHA and MedChi

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MedChi, The Maryland State Medical Society and the Behavioral Health Administration of the Maryland Department of Health. MedChi is accredited by the ACCME to provide continuing medical education for physicians. MedChi designates this webinar educational activity for a maximum of *1 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity, as should other disciplines who claim credit for Participant Certificates.