

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.

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.

February 10: **Nurture Your Well-being: A Roadmap for Resilience.**

Chalarra A. Sessoms, LCSW-C, MSW and Catherine Gray, LCSW-C, MSW.

Moderator: Ann M. Hoyt, LCSW-C, MSW.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_VS_H3CtnSLGmlgEMVMCwqQ

February 24: **Reflections on Emotional Health and Stigma for Health Care Workers.**

Susan Noonan MD, MPH. Moderator: Nathaniel Van Kirk, PhD.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_NSvmm7_HTuC_hqhmiQbW2w

March 10: **Sleep Better by Dealing With Rumination.**

Alex Chan, PhD. Moderator: TBD.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_amtSki2QRviMPhyTuHzOUw



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.