



## Provider Alert

### COVID-19 Resources and Webinars

January 12, 2021

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) regularly updates resources and information related to COVID-19. Here is the latest information:

#### [January BHA Letter from Deputy Secretary](#)

Read the latest updates from Dr. Aliya Jones, Deputy Secretary of Behavioral Health

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#### **NEW: Operation Courage offers free MH help for frontline workers**

MDH just announced Operation Courage, a new support services program designed to address the long-term mental health care needs of frontline workers and first responders amid the COVID-19 pandemic.

Operation Courage offers an online assessment followed by a free consultation, which includes an initial 15-20 minute conversation, de-escalation for people experiencing an immediate crisis, and may include recommendations for self-care or referrals to other services, depending on the level of need. After the initial call, people who decide to engage are then offered up to six-weeks of therapy consisting of an evaluation, treatment plan, psychotherapy and ongoing assessments as needed.

Learn more: <http://bit.ly/OperationCourage>

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#### **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. Visit the website to [learn more](#) and register.

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#### **Mental Health Support for Providers and the Public**

BHA created [extensive lists of webinars, trainings, support groups, and info guides](#) for clinicians and the general public, which are regularly updated on the BHA webpage. If you see a resource that we have not included, let us know: [bha.inquiries@maryland.gov](mailto:bha.inquiries@maryland.gov).

*BHA continues to update behavioral health COVID-19 related resources on the [BHA website](#). Please submit COVID-19 related questions [here](#) or email [bha.inquiries@maryland.gov](mailto:bha.inquiries@maryland.gov).*

Thank you,

Optum Maryland Team