

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.

March 24: Stress First Aid: Caring for Yourself and Coworkers in Stressful Times.

Richard Westphal PhD, RN and Patricia Watson, PhD. Moderator: Hinda Dubin, MD.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_49658s3tQcClzPbOm_RVcg

April 14: The Power of Positivity in the Workplace.

LaTanya Eggleston, MA. Moderator: TBD.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_ufE-u3zjSnCENZ82l8njKQ

April 28: Healing from the Traumatic Stress Faced by Health Care Workers.

Bessel van der Kolk, MD. Moderator: TBD.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_lvSPlvffTzORti6Yco2t_A

May 12: Enhancing Self-Care With Ethical Boundaries and Relationships in Health Care.

Vicki Enns, MMFT, RMFT. Moderator: TBD.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_ZhZ4I9gNRZWcCF3IANZ8Yw

May 26: Water the Roots: Strengthen Your Resilience.

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

Moderator: Ann Hoyt, MSW, LCSW-C.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_iszWGJ8ITimrqZkLFyXm4w

June 9th: Managing Stress in Times of Change.

Cheryl Mirabella, MA, NHC. Moderator: TBD.

Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN_z5hddSNYQx2wXVu8GkXLGQ



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.