

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 are jointly sponsoring 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 can qualify for continuing education credit. Participants should check with their certifying organizations to see how these would apply.

The below webinars are open for registration. All webinars are from 5-6pm. Registration for future webinars, which will be 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 11: Balancing Work and Parenting During the COVID-19 Pandemic.

Kelly Coble, LCSW-C. Moderator: Shanta Powell, MD.

Register for this webinar at this link:

https://zoom.us/webinar/register/WN_i6hcmCcVSxer7Nj-1SJtuA

February 25: How to Address, Manage, and Heal from the Racial Microaggressions Experienced by Health Care Workers in Everyday Life.

Stephanie Slowly, MSW, LCSW-C. Moderator: Shanta Powell, MD.

Register for this webinar at this link:

https://zoom.us/webinar/register/WN_XwmBPqF4TfWEE0GNdLc8pw

March 11: Self-Compassion and Self-Care as Buffers Against the Stress of the Pandemic.

Monica Neel, Psy.D. Moderator: TBD.

Register for this webinar at this link:

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

March 25: The Stigma for Health Care Workers Seeking Behavioral Health Care.

Crystal Greene, DNP and Megan Buresh, MD. Moderator: Consuelo Green, CPRS.

Register for this webinar at this link:

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

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. For questions about continuing education credit contact Sherrie Noonan at sherrie.noonan@maryland.gov.



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.