

## **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 pleased to announce a new webinar series starting on Thursday October 29, the BHA/MedChi Behavioral Health Webinar Series: Helping the Helpers and Those They Serve.

These webinars are for Maryland's community and hospital health care workers of all disciplines. 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.

The below webinars are open for registration. Registration for future webinars will be available on the [BHA COVID-19 webpage](#), and they will be on the 2nd and 4th Thursdays of each month from 5-6pm.

**October 29: Coping with the COVID-19 Pandemic.**

Hinda Dubin, MD. Moderator: Stephanie Slowly, MSW, LCSW-C.

Register for this webinar at this link:

[https://zoom.us/webinar/register/WN\\_BJu4ntcxS2iQLy7Ghc5ong](https://zoom.us/webinar/register/WN_BJu4ntcxS2iQLy7Ghc5ong)

**November 12: Stress Management During COVID-19 with Attention to Financial Distress.**

Richard Silver, MD. Moderator: Alexander Chan, PhD, LMFT.

Register for this webinar at this link:

[https://zoom.us/webinar/register/WN\\_JpVkaE9ESHGm6w7NFdOBGQ](https://zoom.us/webinar/register/WN_JpVkaE9ESHGm6w7NFdOBGQ)

**December 3: Coping with the Ambiguous Losses and Stress of the Pandemic.**

Alexander Chan, PhD, LMFT. Moderator: TBD.

Register for this webinar at this link:

[https://zoom.us/webinar/register/WN\\_mpKfaqQvR6CMYRbodp3L8Q](https://zoom.us/webinar/register/WN_mpKfaqQvR6CMYRbodp3L8Q)

**December 17: The Impact of Racial Trauma on Providers.**

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

Register for this webinar at this link:

[https://zoom.us/webinar/register/WN\\_kLD\\_IQoqQSOVIJ-mbdQPhg](https://zoom.us/webinar/register/WN_kLD_IQoqQSOVIJ-mbdQPhg)

**January 14: The Approach to Impaired Clinicians.**

Martin Rusinowitz, MD. Moderator-TBD.

Register for this webinar at this link:

[https://zoom.us/webinar/register/WN\\_KiWRoALKRcyhuIUUGpNp3Q](https://zoom.us/webinar/register/WN_KiWRoALKRcyhuIUUGpNp3Q)

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