



## Disaster Mental Health: How Long Has Your “Check Engine” Light Been On? Enhancing Your Understanding of Yourself and Stress During COVID-19 (HPP Deliverable 3)

### Background

Welcome to the seventh disaster mental health training the New York State Department of Health has produced in collaboration with the New York State Office of Mental Health and SUNY New Paltz Institute for Disaster Mental Health.

Understanding our own early warning signs of emotional trouble (like the check engine light in your car), our personal responses to adversity and the current state of our overall wellbeing are essential components of being able to help others cope and heal. However, **compounded stressors related to the pandemic such as social distancing, facility surges, and limited resources have created challenges for recognizing these early signs of stress and have led to an increase in complex behavioral health risks, including compassion fatigue, caution fatigue, moral injury and complex grief.**

This virtual yet interactive workshop will examine current impacts of stressors and stress as influenced by the COVID-19 environment. The workshop will provide participants the opportunity for self-assessment and activities to encourage consideration of individual mitigation techniques that promote well-being and enhance professional performance. Participants will also be given a tool to help them anticipate and plan for how to address stress threats going forward to better prepare them to meet the challenges that lie ahead.

### Hospital Preparedness Program Contract Note

This virtual training meets the requirements for HPP Hospital Deliverable 3: Disaster Mental Health Annual Webcast. While live attendance is strongly encouraged, a recording will also be available and counted for deliverable completion.

### Live Stream Virtual Training

Thursday, December 17, 2020 - 1:00PM - 2:30PM

### Target Audience

Mental health, hospital, public health workers, or anyone likely to become involved in the disaster response in their communities.

### Faculty

**Rachel Kaul**, Behavioral Health Lead, Department of Health and Human Service’s Office of the Assistant Secretary for Preparedness and Response.

**Kayla Sivi**, Behavioral Health Program Analyst, Department of Health and Human Service’s Office of the Assistant Secretary for Preparedness and Response.

### Registration

To enroll in the training, please go to [www.NYLearnsPH.com](http://www.NYLearnsPH.com) and either register or login to the LMS. Search Course Catalog for: **OHEP-DMH-2020** OR click this shortcut to the course enrollment page on the [LMS](#).

### Questions Regarding NYSDOH Learning Management System (LMS)

Direct questions to [edlearn@health.ny.gov](mailto:edlearn@health.ny.gov) or 518-473-4223 Ext 4.

### Questions Regarding Training

Direct questions to [prepedap@health.ny.gov](mailto:prepedap@health.ny.gov) or 518-474-2893.

