

Register for a NEW CTAC/CPI Webinar! Wellness Self-Management for the COVID-19 Crisis

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To: Rita Cronise <rmc277@shp.rutgers.edu>

**Join Us For Our Upcoming
CTAC/CPI Webinar!**



**Wellness Self-Management for the
COVID-19 Crisis**

(WSM-COVID-19)

Presented by:

Anthony Salerno, PhD (CTAC, McSilver Institute)

Paul Margolies, PhD (Center for Practice Innovations)

Thursday, May 7th

2-3 PM

[Click here to register!](#)



Many practitioners and recipients are familiar with Wellness Self-Management (WSM), a curriculum-based clinical practice designed to assist adults to effectively manage serious mental health problems. WSM lessons focus on recovery, mental health wellness, relapse prevention and more.

In response to the COVID-19 crisis, six new WSM lessons have been developed which can be used remotely (or face-to-face) in individual and group meetings. The topics are:

- **Understanding the Coronavirus and COVID-19**
- **Why Is It Important to Understand Our Stress During the COVID-19 Crisis?**
- **Identifying Your Personal Signs of Stress During the COVID-19 Crisis**
- **Coping with COVID-19: What works? What doesn't?**
- **Being Connected with Other People is More Important Now than Ever**
- **Staying Physically Healthy During the COVID-19 Crisis**

Please join us for this hour-long webinar focusing on these new WSM-COVID-19 lessons!

[Click here to register!](#)

For regular updates and offerings regarding the COVID-19 Crisis, please visit the [CTAC COVID-19 Resources](#) page.

Some Quick Telemental Health Tip Sheets:

[Virtual Group Therapy \(NEW!\)](#)

[Holding Virtual Appointments: Setting Up Your Technology](#)

[Tips for Interacting with Clients During Virtual Appointments](#)

[Transitioning to Telehealth: Your First Appointment](#)

[Conducting Appointments Via Phone](#)

Stay safe & well!

If you have any questions or would like to provide feedback, please contact us at ctac.info@nyu.edu.



Visit ctacny.org for more information

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