

[NYAPRS Enews] NYAPRS June Webinar Lineup Focuses on Connection, Community and Self-Empowerment

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on behalf of

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NYAPRS Note: NYAPRS is very pleased to provide details of our weekly webinar series for June.

- *We're very excited to pair national **Community Inclusion** expert Mark Salzer with several leading NYS peer run agencies to explore strategies that foster connection and community during these challenging times.*
- *Don't miss the roll out of a **brand new adaptation of Wellness Recovery Action Plan (WRAP)** entitled the **Wellness Guide to Overcoming Isolation during COVID-19** that was developed out of a partnership between Advocates for Human Potential and the Copeland Center for Wellness and Recovery.*
- *Make sure you're with us when our NYAPRS Collective team presents an inspiring session on **Reclaiming Power and Choice** during times of crisis!*

CEUs are available for all 3 sessions. **Register Today** using the links below!



NYAPRS Announces June 2020 Weekly Webinar Lineup

Keeping Connected While Staying Apart

June 3, 2020 1:00-2:15pm

1.25 CE

Hour

Register at https://us02web.zoom.us/webinar/register/WN_WqZidU2ITFO1KBAudfvrKA

Keeping connected and engaged in meaningful relationships and activities is as important now as it has ever been. This discussion will offer a look at new strategies and resources that two NYAPRS peer operated member agencies are offering to help people to make this happen for themselves during the pandemic. It will also provide opportunities for them to share what they are doing to support themselves and others.

Presented By: Mark Salzer, Director, Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities; Tanya Stevens, Deputy Director, Mental Health Empowerment Project; Isaac Brown, CEO, Baltic Street AEH.

The Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected and Choosing Connection

June 10, 2020 1:00-2:15 pm 1.25 CE hour

Register at https://us02web.zoom.us/webinar/register/WN_A8OHva7LTX-IZ4qim-eswQ

As the COVID-19 pandemic continues, Americans are reporting high levels of emotional distress, with a growing negative impact on mental health and wellness. To support people who are struggling with isolation and loneliness during this difficult time, Advocates for Human Potential adapted their evidence-based Wellness Recovery Action Plan (WRAP) to produce a special publication that addresses these concerns. The *Wellness Guide to Overcoming Isolation During COVID-19* provides practical guidance for overcoming feelings of isolation and loneliness by building connections with oneself and others. It is designed for self-exploration about being connected, staying connected, getting reconnected, and choosing connection even during difficult times.

Presented By: Matt Federici, Executive Director of the Copeland Center for Wellness and Recovery

Empowerment in Crisis: Supporting People to Reclaim their Voice and Make their Choice

June 16, 2020 Noon-1pm 1 CE Hour

Register at https://us02web.zoom.us/webinar/register/WN_pZN8NxAJRP6ki7IQ8oNY3Q

The onset of the coronavirus has swept the world, leading many people toward feelings of isolation and fear. In this period of insecurity, it is important to remember there are things within our control, despite the overall feelings of uncertainty. Shared Decision Making is a method of working together to ensure individuals have control over their Recovery journey. Advanced Directives and Wellness Recovery Action Plans (WRAP) are two additional ways we can assist individuals to regain control of their lives and plan accordingly for the future. Join us for a discussion on ways to take action amongst the backdrop of pandemic and come out even stronger.

Presented By: NYAPRS' Larry Hochwald, CPRP; Robert Statham, BA, CESP; Michael Ballester, MA and Ruth Colón-Wagner, LMSW