Northwell Health 2nd Annual Back to School Behavioral Health Forum



At Northwell Health, we are here to prepare you and your students to return to school for the 2021-2022 academic year.

Join our experts from Cohen Children's Medical Center, South Oaks Hospital, and Zucker Hillside Hospital for a variety of sessions supporting mental health and pupil personnel staff as they guide students and staff back into their buildings. Please Join Us Virtually on August 31, 2021

Register online:

https://schoolbehavioralhealth.eventbrite.com

If you have any questions, please contact: CCMCCommunityoutreach@northwell.edu

Sessions include:

9:00am - 10:00am - Addressing School Refusal Disorder, Dr. Vera Feuer, Cohen Children's Medical Center

11:00am - 12:00pm - How to Approach Stress & Anxiety, Dr. Sharon Skariah, South Oaks Hospital

2:30pm - 4:00pm - Return to School Behavioral Health Expert Panel, Dr. Vera Feuer, Cohen Children's Medical Center, Dr. Sharon Skariah, South Oaks Hospital, Dr. Victor Fornari, Zucker Hillside Hospital
** Free CEUs offered for this panel. Available to Social Workers Only







Mindfulness Meditation:

Sessions for Clinicians returning to the School Environment

Tuesday September 14th (11am) Thursday September 23rd (12pm)



"Mindfulness" is an English translation of the Pali word, sati, which connotes awareness, attention and remembering. The purpose of mindfulness in its ancient context is to eliminate needless suffering by cultivating insight into the workings of the mind and the nature of the material world" (Siegel, Germer, & Olendzki). Mindfulness helps cultivate other mental qualities – such as alertness, concentration, loving kindness and effort – to skillfully alleviate suffering.

Please register for a 1-hour mindfulness meditation session, led by a Northwell Psychologist, and dedicated to supporting clinicians and administrators returning to the school environment

The goals of each mindfulness session are to:

- Improve understanding of mindfulness
- Learn how to incorporate mindfulness into practice
- Engage in experiential mindfulness activities

Session 1:

Tuesday, September 14th, 2021 11am – 12pm **Register to join this session:**

https://us02web.zoom.us/meeting/register/tZwvceqhr jgtGte8MFuPoqU4wT6_7MCDzxaj

Session 2:

Thursday, September 23rd, 2021 12pm – 1pm **Register to join this session:**

https://us02web.zoom.us/meeting/register/tZcrdeGpr ToiH9afjxb5wFJjqS2oplig8QIQ

Facilitator:

Meghan Downey, PsyD Manager, Behavioral Health OnTrack NY Program South Oaks Hospital

For more information, please contact

Bradley Lewis: <u>blewis@northwell.edu</u>



School Mental Health Partnership Information Sessions

For Pupil Personnel Staff (PPS)



Please join the Northwell School Mental Health Team for an interactive **1-hour virtual information session**, which will describe services offered through the partnership and offer best practices to support front line clinicians in maximizing utilization.

Target Audience: Psychologist, Social Workers and Administrators who actively participate in facilitation of services. Additionally, new PPS team members and newly appointed PPS leaders may benefit from joining.

The objectives of this information session are to:

- Introduce the School-Based Mental Health Program to new staff
- Review process for coordinating in-district consultations/evaluations
- Review process for requesting and supporting appointments for care
- Share best practices found to support effective use of services
- Clarify PPS team member questions

Please register for (1) session using the below link:

Session A

Wednesday September 15th, 2021 10am – 11am

Registration Link:

https://us02web.zoom.us/meeting/register/tZUvf-Ctqz8sHtHLlgYXsz8FHma0xgtC5ttA

Session B

Thursday October 7th, 2021 11am – 12pm

Registration Link:

https://us02web.zoom.us/meeting/register/tZ0qcOGt qz4iHd2VP5ssww2eA-HUpDMMleil



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