UPCOMING SEMINAR

Understanding Your Own Wellness Needs:
An Opportunity to Learn about EAP & BHP Resources and Discuss Coping Strategies

Friday, April 24, 2020
1:00 PM – 2:00 PM

ZOOM https://rochester.zoom.us/j/95861120954

Presented by

Ann Cornell, PsyD
Assistant Professor of Psychiatry
Director of Employer Based Services

Lacy M. Morgan-DeVelder, MS, LMFT
Assistant Director of Employer Based Services

We will provide an overview of EAP and BHP services and plan to showcase not only the services but what/how others in similar roles take advantage of the resources. Over the past few weeks we’ve all been inundated with a variety of resources and information. Our goal is to outline easily accessible resources and coping strategies that you can take advantage of right away.

At the conclusion of this presentation participants should be able to:
1. Identify two evidence based coping skills
2. Increased understanding of EAP and BHP resources

To register for this seminar: https://redcap.urmc.rochester.edu/redcap/surveys/?s=FE8AFA7EJ7

Faculty, PAs, NPs, Residents, Fellows, Students and Staff are welcome to attend.

The Medical Faculty and Clinician Wellness Series is a qualifying activity for the 2021 URMC Malpractice Premium Differential Program. In-person attendance at the seminar is needed to qualify for malpractice reduction and CME credits.

ACCREDITATION The University of Rochester School of Medicine and Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CERTIFICATION The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 1 AMA PRA Category 1 Credits(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.