

**University of Rochester Medical Center**  
**2019-2020 Medical Faculty and Clinician Wellness Series**  
*Co-Sponsored by URSMD Office for Faculty Development and  
URMC Medical Faculty and Clinician Wellness Program*

**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=FE8AFA7EJT>**

**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 URM 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)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.