



# MENTAL HEALTH AND SUBSTANCE USE IN COMMUNITY HEALTH



**CENTER OF EXCELLENCE**  
FOR INTEGRATED CARE



**North Carolina Community Health Center Association**

## THREE-PART WEBINAR SERIES

Please join us for this opportunity to learn about mental health and substance use in this three-part webinar series.

We hope to increase awareness and understanding about how mental health and substance use affect our patients and communities and learn ways to better support patients through our work and in our organizations.

## TARGET AUDIENCE

- Community health workers
- Enrollment specialists
- Care managers
- Farmworker health outreach
- WIC specialists
- Behavioral health clinicians
- Behavioral health interns



*Click on each session title to register for that session and to receive log-in details.*

### [Part 1: Introduction to Mental Health and Substance Use](#)

**Monday, August 31, 12:00 -1:30 PM**

**Speaker: Lisa Tyndall, PhD, LMFT**

This webinar will provide an overview of mental health and substance use conditions, behavioral health stigma, and self-care for coping with stressors as a health care worker.

At the end of the webinar session, participants will be able to:

1. Identify the prevalence of mental health and substance use diagnoses.
2. Examine previously held assumptions or beliefs around mental health/substance use.
3. Analyze personal experience with increased stress and apply that increased awareness to professional work.

### [Part 2: Creating an Inclusive Setting for Behavioral Health](#)

**Tuesday, September 22, 3:00 - 4:30 PM**

**Speakers: Amelia Muse, PhD, LMFT & Abbie Szymanski**

During this webinar, participants will review and identify changes in their own roles and health care practices due to COVID-19, learn about how to create an inclusive environment for behavioral health in face-to-face, telephonic, and telehealth settings, and develop a plan for incorporating the statewide resource platform, NCCARE360, into their work.

At the end of the webinar session, participants will be able to:

1. Identify ways that COVID-19 has impacted practice, and how it impacts patients with mental health and substance use conditions.
2. Discuss how to create an inclusive setting (virtual and face-to-face) for patients with mental health and substance use conditions.
3. Plan how to incorporate NCCARE360 into referral and coordination practices to support patients with social determinants of health.

### [Part 3: Recognizing and Managing Behavioral Health Crises](#)

**Friday, October 23, 9:00 - 10:30 AM**

**Speaker: Sara Herrity, MS, LMFT**

This webinar will cover how to identify “red flags” indicating crisis in safety or functioning related to behavioral health, how to respond to crises both as an individual supporting a patient during crisis and as an organization, and personal self-care following a crisis event.

At the end of the webinar session, participants will be able to:

1. Identify warning signs that indicate a patient is in a mental health or substance use crisis.
2. Discuss implicit bias and how it informs interactions with patients, and review skills to minimize the negative impact of implicit bias during crisis response.
3. Evaluate best practices for organizational protocol and patient management of crisis response.