

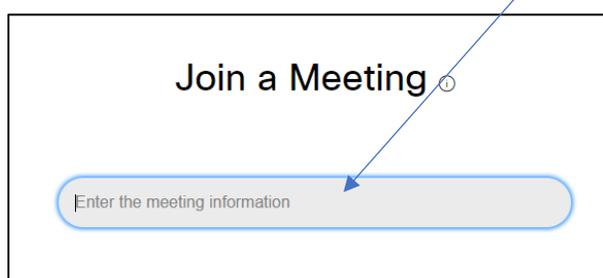
HSD Psychosocial Support Programs During COVID-19

Winter 2020

This document will be continuously updated

How to Join (Cisco Webex)

1. [Click this link](#) when you're ready to join the meeting.
2. Enter the Meeting number (access code) for the specific session (listed below for each session).



3. When prompted, enter the Meeting password for the specific session.



Addiction & The Family: When COVID, Addiction, and Isolation Intersect

So many aspects of our lives have been impacted by the COVID-19 crisis: our careers, our children's schools, our relationships, our finances, among other things. The likelihood of spending more time isolating with our immediate household has also increased. The isolation and need for human connection has been extremely taxing for many, and for some, turning to drugs and alcohol have served as a means to cope. Unfortunately, many who are most susceptible to a substance use disorder are now becoming dependent on their drug of choice to get through the day, while the rate of relapse for those who are in recovery continues to rise. During this presentation, we will look at addiction through the lens of the COVID-19 pandemic. How have the additional stressors we are facing created a "pandemic within a pandemic"? How has the pandemic affected our mental health? How has it impacted our families? And most importantly, for those most at risk for substance use disorder and relapse, what can they do to get through this? (Webinar – 60 minutes)

Hosted by: Stuart Fisher

Speaker: Kate Appleman, Caron Foundation

THU: 03/04/2021: 1:00 pm Wash DC, 9:00 pm Nairobi

Meeting number: 180 610 2888

Password: qbKM5wfmQ33

Bio:

Kate Appleman is the Senior Clinical Director of Men's Treatment Services at Caron Treatment Centers and has been with Caron since 2005 and has been active in program development, supporting the creation of evidence-based clinical programming for executives, healthcare professionals, attorneys, and opioid addiction. Kate's areas of expertise include men's addiction treatment and recovery, as well as relapse treatment and prevention, motivational interviewing, and working with family systems impacted by addiction. Her tenure at Caron has allowed her to receive training in addiction interaction disorder (AID) and professional development. She is a certified clinical supervisor and a certified advanced alcohol and drug counselor and holds C-SAT and C-MAT certifications.



Beyond the Pandemic: Building our New Normal

The COVID-19 pandemic has caused massive changes to our daily lives; changes that happened rapidly and abruptly, the after-effects of which continue to be felt and will be felt for some time to come. Our experiences during the past few months may have ranged along a continuum of anxiety to fear/panic, sadness to deep grief. As communities and countries re-open, adjusting to yet another change of the "new normal" may be daunting for many. This session with HSD's Megha Gore, psychological counselor, will address the impact of and coping around post-COVID transition, there will be open Q & A, ending with a mindfulness meditation practice. (Webinar – 60 minutes)

Hosted by: Megha Gore & Frozan Esmati (01/21) | Megha Gore & Melanie Cashdan (02/25)

THU: 01/21/2021: 9:30 am Nairobi, 12:00 pm (Noon) Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Meeting number: 180 930 1867
 Password: pPphGgw255

THU: 02/25/2021: 9:00 am Wash DC, 5:30 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 180 858 2086
 Password: 2KbMmcpB7K7



Book Club: The 5 Love Languages

This is a regular book club that reads and discusses contemporary subjects related to mental health that is of use to the general public. The first suggested book is *The 5 Love Languages: The Secret to Love that Last*, by Gary Chapman, due to its popularity and simplicity of use. It is expected that participants will have read the book *prior to attending* this and future book club sessions. Purchase the book: [Amazon](#) | [Apple Books](#). (Webinar with Q&A – 60 minutes)

Hosted by: Makon Fardis

WED: 02/10/2021: 1:00 pm Wash DC, 9:00 pm Nairobi

Meeting number: 180 216 9558
 Password: 8R5qnPR3xnw



Boundaries as an Act of Love: Overcoming Emotional Overfunctioning

This is a series of talks on the topic of boundary setting for those who find it challenging to assert their needs and ask for what they want and have a tendency to feel responsible for the feelings of others. Recommended reading: *The Dance of Anger*, by Harriet Lerner, Ph.D. (Workshop – 60 minutes)

Hosted by: Claudia Salazar

Part 1: FRI: 02/05/2021: 12:00 pm (Noon) Wash DC, [8:00 pm Nairobi](#)

Part 2: FRI: 03/05/2021: 12:00 pm (Noon) Wash DC, [8:00 pm Nairobi](#)

Part 3: FRI: 04/02/2021: 12:00 pm (Noon) Wash DC, [7:00 pm Nairobi](#), [9:30 pm Delhi](#)

Part 4: FRI: 05/07/2021: 12:00 pm (Noon) Wash DC, [7:00 pm Nairobi](#), [9:30 pm Delhi](#)

Meeting number: 180 634 9009

Password: 4hcF6M3HZpa



Enhancing your Psychological Wellbeing during the COVID-19 Pandemic

This is an informational support group that seeks to provide practical information, resources and know-how to address stress and mental ill health using the PERMA model and five pillars of wellbeing. In this first session, we will explore concept of wellbeing, assess your current levels of wellbeing using the PERMA+ R Model and develop strategies that will help you find balance, build resilience and enhance your psychological wellbeing. (Informational Support Group – 60 minutes)

Hosted by: Catherine Waithira Mwaniki

Part 1: WED: 02/10/2021: 6:00 **am** Wash DC, 2:00 **pm** Nairobi, 4:30 **pm** Delhi, 6:00 **pm** Bangkok, 10:00 **pm** Sydney

First session will be the introduction.

Meeting number: 180 196 6316

Password: 4dgHPEApN44

Part 2: WED: 02/24/2021: 6:00 **am** Wash DC, 2:00 **pm** Nairobi, 4:30 **pm** Delhi, 6:00 **pm** Bangkok, 10:00 **pm** Sydney

The second session is designed to explore three pillars: cultivating positive emotions, increasing engagement, and developing quality relationship. Participants will reflect on how you can take action to maintain and improve their wellbeing on daily basis.

Meeting number: 180 167 7127

Password: GdWguh6MR56

Part 3: WED: 03/10/2021: 6:00 **am** Wash DC, 2:00 **pm** Nairobi, 4:30 **pm** Delhi, 6:00 **pm** Bangkok, 10:00 **pm** Sydney

In the last session, we will explore the last two pillars encouraging achievement and ways of creating meaning and purpose in our lives. Participants will reflect on how they can take action to maintain and improve their wellbeing on a daily basis.

Meeting number: 180 095 4616

Password: pJUg5NEqU57



DAPP Event: Love & Conflict

Scientific evidence strongly suggests that emotional and social connection are core psychological needs essential to feeling satisfied with your life. This can be more intensified in our most intimate relationships. Couples may face different challenges over the course of their relationship which can promote growth, deepen connection and transform the relationship. Alternatively, some conflicts can create fractures within the relationship that distance and disconnect us from one another. This session with HSD's Malahat Baig-Amin, psychological counselor, will explore different skills to negotiate couples relationships with techniques and strategies to diffuse and deescalate conflict. (Webinar – 60 minutes)

Hosted by: Malahat Baig-Amin

WED: 02/10/2021: 8:30 am Wash DC, 4:30 pm Nairobi, 7:00 pm Delhi, 8:30 pm Bangkok

Meeting number: 180 878 5849

Password: r8BsJGrZK22



Mindful Moment Sessions

Come join us for 12 mindful moments in 2021! In these brief sessions we will highlight a mindfulness concept combining both knowledge and practice. We hope this serves as a pause in your day, to check-in with yourself and leave with a tool that promotes wellbeing. The first three sessions are listed below. (Workshop – 30 minutes) **Hosted by:** Melanie Cashdan

Moment 1: Breathing: There is nothing more essential to our physical and emotional health than breathing. Although we breathe thousands of times a day, we tend to not do it in a way that sustains and refuels us. For this mindful moment, we will highlight the benefits to mindful breathing, review a few techniques and end with a breathing exercise. (Workshop – 30 minutes)

WED: 01/27/2021: 10:00 am Wash DC, 6:00 pm Nairobi, 8:30 pm Delhi, 10:00 pm Bangkok Meeting number: 180 719 6197 | Password: NBb8XMaRx67

Moment 2: Body Scan: One of the most accessible mindfulness practices is a body scan, during which you bring your awareness to the sensations in your body. Along with the breath, it serves to anchor us back into the present when our thoughts and emotions carry us elsewhere. For this mindful moment, we will discuss the benefits of focusing inward on sensation, review a few techniques and aptly end with a body scan. (Workshop – 30 minutes)

WED: 02/24/2021: 10:00 am Wash DC, 6:00 pm Nairobi, 8:30 pm Delhi, 10:00 pm Bangkok Meeting number: 180 213 6766 | Password: gxR2jk7MmJ3

Moment 3: Grounding: Within the field of mindfulness, 'grounding' refers to the ability to return to the present moment with sustained attention. It is key to building resilience and weathering life's storms. One usually does this by returning the focus to the breathe, bodily sensations or your environment. An alternate way to ground is through a calming, centering visualization. For this mindful moment, we will review the concept of grounding and practice it through a mountain meditation. (Workshop – 30 minutes)

WED: 03/31/2021: 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok Meeting number: 180 263 7988 | Password: WHpNV7xua46



Raising Empowered and Tolerant Children in a Diverse World

This interactive presentation will address the challenges and benefits of parenting in a diverse world and offer strategies to raise culturally competent children. (Webinar – 60 minutes)

Hosted by: Diana Mayer & Stephanie Asare Nti

TUE: 02/09/2021: 1:00 pm Wash DC, [9:00 pm Nairobi](#)

Meeting number: 180 481 2151

Password: HZeisatj567



DAPP Event: The Strain that the COVID-19 Pandemic has Placed on Couples

Relationships require work and they need to be nurtured. At the end of the day, we all want to feel connected and loved. However, there are some situations, which are often triggered by negative feelings, where we become emotionally disconnected from each other. This COVID-19 pandemic has upended our lives, and many people now live under the same roof 24/7 with their partner. For many, this new version of coexistence with their partner has proved challenging. Couples have had to learn to interact with each other in a different way when handling work, children, and household chores. In this webinar, Roxanna and Sandra will address the challenges that many couples are facing due to pandemic stress, and they will also discuss coping strategies, including ways to improve communication with your partner. Specifically, they'll talk about how to break negative cycles of interaction and how to prevent escalation that could lead to increased stress and detachment. (Webinar – 60 minutes)

Hosted by: Roua Hijazi

Presenters: Roxanna Losada-Radley MA, LCPC and Sandra Cohen MS, LCPC

WED: 02/24/2021: 12:00 pm (Noon) Wash DC, [8:00 pm Nairobi](#)

Meeting number: 180 076 6904

Password: sTp23FCzVU3

Bios:

Roxanna is a Clinical Psychotherapist with over 30 years of experience, working with individuals, couples and families. She is licensed as a Clinical Professional Counselor in the State of Maryland and in Washington, DC. She has studied and trained at the University of Belgrano, Buenos Aires; Massachusetts Mental Health Center, affiliated with Harvard Medical School, Boston; Massachusetts Institute of Spain, Madrid; The Ackerman Institute for the Family, New York; and the Washington School of Psychiatry, Washington, DC; and the Washington Baltimore Center for Emotionally Focused Therapy. Drawing from her training, Roxanna employs an Attachment Theory approach to couple's therapy. Her goal is to help couples reconnect with the feelings that brought them together, creating new strong connections, and changing negative patterns that create distress and detachment. For 11 years, Roxanna worked in the Counseling Unit at the World Bank Group and IMF. These opportunities have helped her gain a deeper understanding of the challenges and richness of living in a different culture.

Sandra is a Licensed Clinical Professional Counselor in the State of Maryland and Washington, DC. She has practiced psychotherapy since 1990, and has experience working with adults, adolescents, couples, and families in a wide range of settings. She received her Master's degree in Marriage, Family, and Child Counseling from San Francisco State University. She trained at the Mental Research Institute in Palo Alto and the Family Therapy Institute of Washington, DC. Most recently, she trained at the Washington Baltimore Center for Emotional Focused Therapy. Sandra has worked in a variety of settings including The Family Therapy Institute, Montgomery County Social Services, in public schools, and in private practice. She has been in the Washington, DC area for the last 28 years where she established her practice and continues to learn. Sandra was born in Argentina and came to the United States in 1986. As an immigrant, she appreciates the complex process of adaptation many people go through when they come to this country.

DAPP Event: Talking Money: Helping Couples Manage Financial Conflict

Financial issues are one of the most common sources of disagreement between couples. This workshop will offer practical strategies to handle money related conversations to increase marital satisfaction and long lasting relationships. (Webinar – 60 minutes)

Hosted by: Diana Mayer

Presenter: Dr. Mariana Falconier

FRI: 02/19/2021: 12:00 pm (Noon) Wash DC, [8:00 pm Nairobi](#)

Meeting number: 180 096 6745

Password: 94m7X67wvZm

Bio:

Dr. Mariana Falconier is an Associate Professor in the Department of Family Science at the University of Maryland, College Park and an affiliate faculty at Virginia Polytechnic Institute and State University. She completed her master's degree in Marriage and Family Therapy and her doctoral degree in Family Studies at the Department of Family Science at the University of Maryland, College Park. Her research focuses on how couples cope with stress, primarily economic and immigration stress in Latino couples. She has developed and pilot-tested TOGETHER: A Couple's Model to Enhance Relationship and Economic Stability. She is the Program Director and Principal Investigator of TOGETHER, an interdisciplinary program designed to help couples improve their communication, coping, and financial management skills.





Understanding and Managing Burnout During the COVID-19 Pandemic

As COVID-19 continues to impact our lives, many of us are now adjusting to working from home and balancing the pressures of work and our other demands which may leave us feeling exhausted and overwhelmed. You may even be wondering if you're experiencing burnout. This webinar explores what burnout is, causes and early warning signs of burnout and what can help prevent and manage burnout. (Webinar – 60 minutes)

Hosted by: Catherine Waithira Mwaniki

WED: 02/03/2021: 6:00 am Wash DC, 2:00 pm Nairobi, 4:30 pm Delhi, 6:00 pm Bangkok, 10:00 pm Sydney

Meeting number: 180 897 3822

Password: ABs5MgpFp36

WED: 02/17/2021: 6:00 am Wash DC, 2:00 pm Nairobi, 4:30 pm Delhi, 6:00 pm Bangkok, 10:00 pm Sydney

Meeting number: 180 509 6868

Password: 9d97MnMNq3e



DAPP Event: Unmasking Abusive Behavior: What's Behind It?

"How do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?" – bell hooks

This webinar will discuss common misconceptions, traits, behaviors and characteristics of individuals who use abuse in their intimate partner relationships. Participants will learn about the root causes of intimate partner violence and how it differs from common or situational couple violence, as well as, promising strategies for motivating behavior change. Discussion will also focus on the latest trends in transformative justice strategies and progressive accountability framework approaches. Find out what works, what doesn't and what is on the horizon. (Webinar – 60 minutes)

Hosted by: Stephanie Asare Nti

Presenter: Lisa Nitsch, House of Ruth Maryland

FRI: 03/26/2021: 1:00 pm Wash DC, [8:00 pm Nairobi](#)

Meeting number: 180 896 4147

Password: ipYmAmFT665

Bio:

Lisa Nitsch, Director of Training & Education, House of Ruth Maryland. Lisa is responsible for House of Ruth Maryland's intervention services for abusive partners and the Training Institute, which coordinates professional development for staff, external community education, and professional technical assistance. She has been with House of Ruth Maryland since 1998 and has advanced through a variety of positions, including overseeing the agency's Clinical Services for survivors and their children, the Teen Initiative, and the Developmental Childcare Center. Her depth of knowledge and her humor make her a dynamic and highly sought-out trainer and facilitator with a strong grasp of the history of the violence against women movement and nonprofit leadership. Lisa is an appointed member of the Maryland Governor's Family Violence Council and is on the Board of the National Resource Center on Domestic Violence. She served as Vice President of the national organization, Women in Fatherhood, and as Co-Chair of Maryland's Abuse Intervention Collaborative. She has been training faculty for notable organizations such as Futures Without Violence, Battered Women's Justice Project, Women of Color Network, Institute on Domestic Violence in the African American Community,

	<p>and the National District Attorneys Association. She has served as an advisor to the Obama Administration's White House, the National Institutes of Health, the US Department of Justice's Office on Violence Against Women, and the US Department of Health & Human Services' Administration for Children & Families. Her current, but ever-changing, interests include developing programs for abusive partners within disinvested communities that address the dual experience of holding privilege and perpetrating oppression, engaging intended service audiences in program design & development, and exploring community-based accountability models for abusive partners beyond the criminal legal system.</p>
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Mindfulness Relaxation Sessions

HSD offers a variety of resources for staff members who would like help developing a better life-balance strategy, including:

Weekly Mindfulness Relaxation Sessions: Did you know that the Relaxation Response is recognized as being the opposite of the physiological stress response? Relaxation is an easy tool, doesn't cost anything and it works!

Guylaine Dion, Megha Gore and Melanie Cashdan of the Counseling Unit, facilitate a free ongoing weekly class (available online) called "The Power of Relaxation" - ([Click here for a direct link](#)):

- **Tuesdays - English:** 12:00pm Washington, DC
- **Wednesdays - English:** 9:30am Nairobi / 12:00pm Delhi
- **Thursdays - Spanish:** 12:00pm Washington, DC / 6:00pm Madrid