The Well-Being Series

Connections During COVID-19:
Mental Wellness Webinars for Families & Educators

Presented by:

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

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Upcoming Events

- Educator Wellness Webinar Series
- School Leader Webinar Series
- DBT in Schools Lessons for Parents and Live Q&A with Jim and Lizz Mazza
- Ambiguous Loss: Grieving in the Time of COVID-19
- Psychological First Aid

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Mental Health Technology Transfer Center (MHTTC) Network

Visit the MHTTC website at https://mhttcnetwork.org/
Get in touch!

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Websites:
• MHTTC: https://tinyurl.com/nwsmh
• UW SMART Center: https://depts.washington.edu/uwsmart/

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• This webinar is being recorded.
• Participants are muted with videos off.
• Use Q & A feature to ask questions.
• Chat feature only allows you to discuss with presenters.
Join Doctors Jim & Lizz Mazza & family in their living room as they teach kids the basics of emotional regulation and specific skills such as mindfulness, distress tolerance and interpersonal effectiveness—essential skills at any time, but even more critical during COVID-19. Our kids -- all of us -- are upended emotionally right now.

Tune in with your kids to help you reduce conflict and to keep this pandemic in perspective.

>>Website: bit.ly/DBTSeries
Weekly Schedule:

- **April 21, 2020 (Lessons 3 & 4):** Core Mindfulness - Wise Mind & What Skills
- **April 23, 2020 (Lessons 4 & 5):** Core Mindfulness - What & How Skills
- **April 28, 2020 (Lesson 17):** Emotional Regulation - Check the Facts
- **April 30, 2020 (Lesson 17):** Emotional Regulation - Opposite Action
- **May 5, 2020 (Lesson 18):** Emotional Regulation - Accumulating Positive
- **May 7, 2020 (Lesson 19):** Emotional Regulation - Building Mastery & Coping Ahead
- **May 12, 2020 (Lesson 21):** Emotional Regulation - Wave Skill: Mindfulness of Current Emotions
- **May 14, 2020 (Lesson 3):** Core Mindfulness - Wise Mind
- **May 19, 2020 (Q&A for Parents):** Requires Registration
- **May 21, 2020 (Lesson 2):** Dialectical Thinking
- **May 23, 2020 (Lessons 27 & 28):** Interpersonal Effectiveness - GIVE & FAST
- **May 26, 2020 (Lesson 26):** Interpersonal Effectiveness - DEAR MAN
- **May 28, 2020 (Lesson 28):** Interpersonal Effectiveness - Evaluating Options
- **June 2, 2020 (Lesson 7):** Distress Tolerance - Self-Soothe
- **June 4, 2020 (Lesson 8):** Distress Tolerance - TIP
- **June 9, 2020 (Lesson 10):** Distress Tolerance - Radical Acceptance
- **June 11, 2020 (Summary Q&A for Students):** Putting It All Together & Preparing for Summer
- **June 16, 2020 (Q&A for Parents):** Requires Registration

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