

The Rest of Us Part 1: Resilience and Self Care

Michael A. Lindsey, MSW, PhD
New York University's McSilver Institute for Poverty Policy and Research

Linda G. Mills, JD, LCSW, PhD
New York University's Center on Violence and Recovery

June 1, 2021



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network

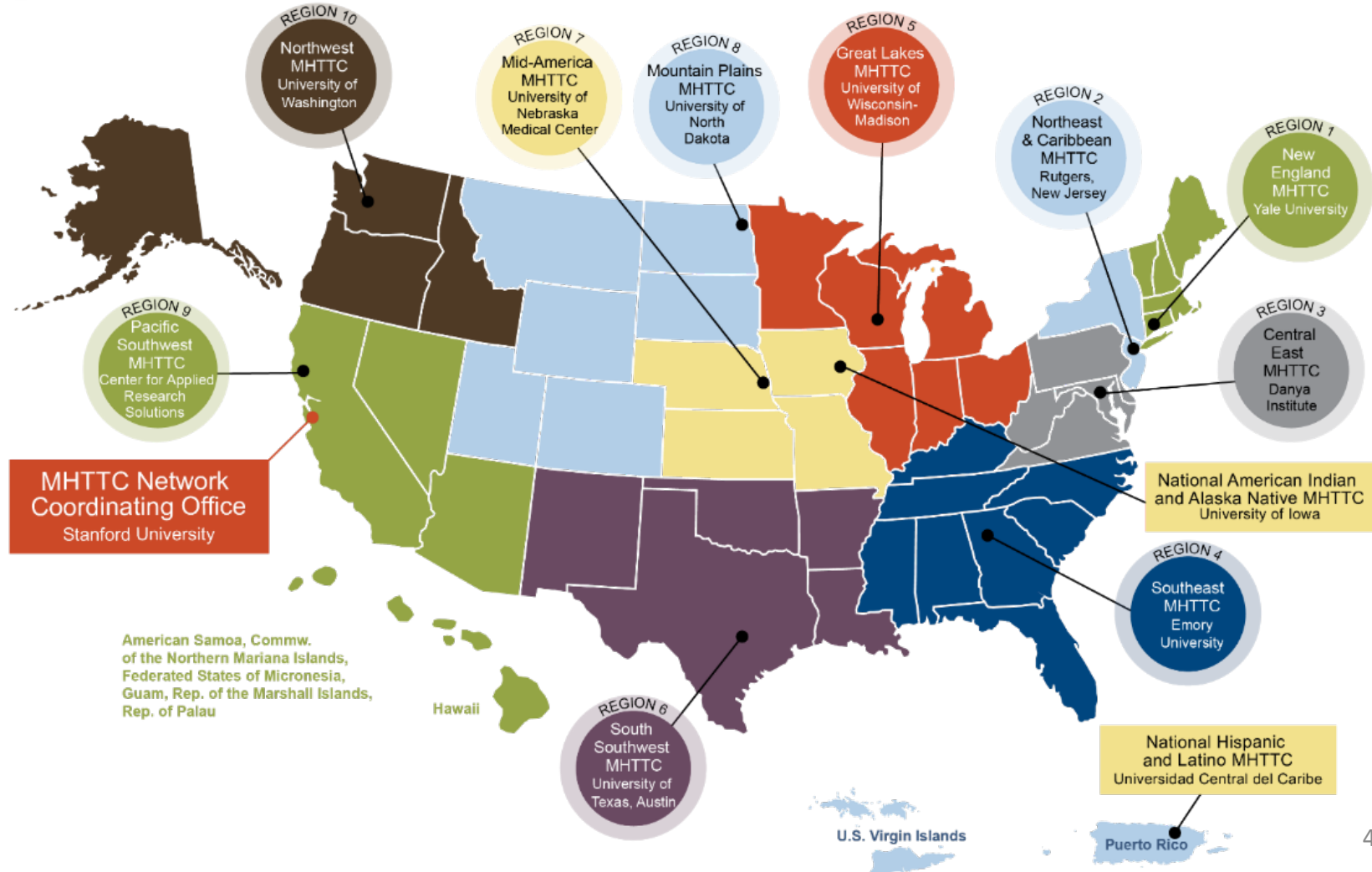


MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



MHTTC Purpose

The MHTTC Network vision is to unify science, education and service to transform lives through evidence-based and promising treatment and recovery practices in a recovery-oriented system of care.

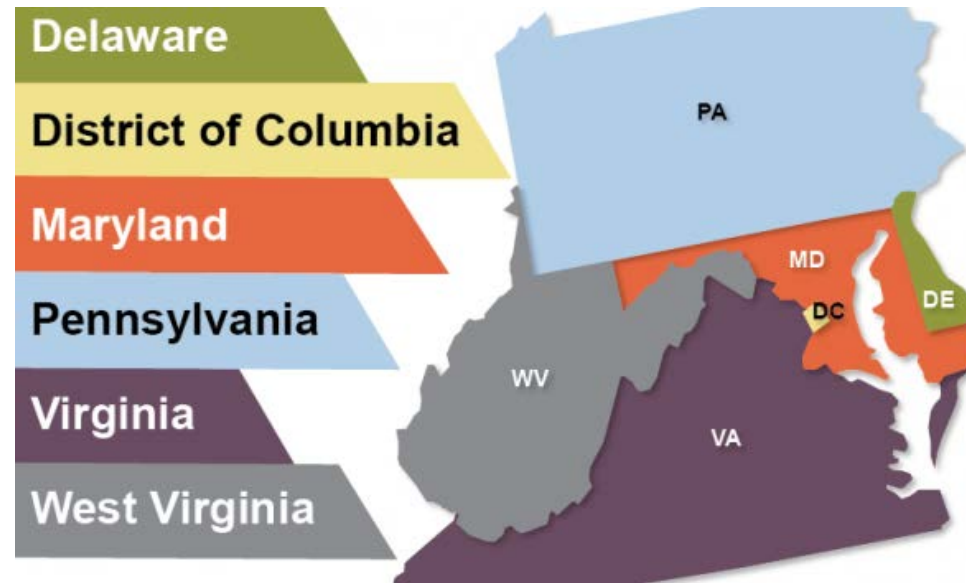


Central East MHTTC Goals

Funded by SAMHSA to:

- **Accelerate** the adoption and implementation of mental health related evidence-based practices
- **Heighten** the awareness, knowledge, and skills of the behavioral health workforce
- **Foster** alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance

Central East Region 3



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

DISCLAIMER

This presentation was prepared for the Central East Mental Health Technology Transfer Center under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Central East Mental Health Technology Transfer Center. This presentation will be recorded and posted on our website.

At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

Evaluation Information

As part of receiving funding through SAMHSA to provide this training, the Central East MHTTC is required to submit data related to the quality of this event. At the end of today's presentation, please take a moment to complete a brief survey about today's training.

The Rest of Us Part 1: Resilience and Self Care

Presenters:

Michael A. Lindsey, MSW, PhD

New York University's McSilver Institute for Poverty Policy and Research

Linda G. Mills, JD, LCSW, PhD

Director of *The Rest of Us*; New York University's Center on Violence and Recovery

Moderator:

Hediya Sizar, MBA

**Producer of *The Rest of Us*; Senior Manager of Special Projects, New York University's
Global Programs & University Life**

THE REST OF US



Questions



The Rest of Us Webinar Series:
Fostering Mental Health Among College Students of Color



Part 1: Resilience and Self Care
June 1, 2021. 2:00pm - 3:00pm ET

Part 2: Combating Loneliness
June 14, 2021. 2:00pm - 3:00pm ET
[Register](#)

**Part 3: Communication and
Technology, Then and Now**
June 30, 2021. 3:00pm - 4:30pm ET
[Register](#)

Appreciation



Contact Us



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

a program managed by



[Central East MHTTC website](#)
[Oscar Morgan, Project Director](#)

[Danya Institute website](#)
[Email](#)
240-645-1145