

Tele-Mental Health during Turbulent Times: Practical Tools to Enhance Your Practice



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Description

A global epidemic, social unrest, racial tensions, economic uncertainty -- these are just a few of the widespread stressors impacting you and your patients as you navigate the challenges of adapting your practice to safely engage individuals who at baseline face stressors and adversity. Mental health clinicians have adapted to COVID-19 with increased use of telehealth, aided by relaxed regulatory constraints and increased willingness to adopt new technology. But how are you really doing? Dr. Glenda Wrenn will provide an overview of the unique challenges created by the pandemic that impact mental health and present ways to mitigate provider fatigue and burnout while providing both telepsychiatry and in person care. She will also discuss how the intersection of mental health and current racial tensions may impact your practice, with helpful tools to navigate the discomfort and uncertainty of these unprecedented times.



Meet the Expert

Dr. Glenda Wrenn is a psychiatrist and mental health policy expert with a focus on building resilience and advancing mental health equity. She currently serves as Chief Medical Officer of 180 Health Partners, an Associate Professor of Psychiatry at Morehouse School of Medicine, and was the founding Director of the Kennedy Satcher Center of Mental Health Equity in the Satcher Health Leadership Institute until 2018.