

The Zoom Interface

The screenshot shows a Zoom Webinar window. The main content area displays the TTC logo (Technology Transfer Centers, Funded by Substance Abuse and Mental Health Services Administration) and a message: "Thank you for joining us today! You will not be on video during today's session". A "Select a Speaker" menu is open, showing options like "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...". A "Question and Answer" window is open, showing a test question and a text input field. A "Zoom Webinar Chat" window is also open, showing a message and a "To:" field. Callouts with arrows point to various elements: "Click here to maximize your session view" points to the "Enter Full Screen" button; "Click here to adjust your audio settings" points to the "Audio Settings" button; "Click here to leave the session" points to the "Leave" button; "You can use the Q&A feature to ask questions of the host and presenters..." points to the Q&A window; "You can switch between questions you've asked and those asked by others using these buttons." points to the "All questions (1)" and "My questions (1)" tabs; "The chat feature will allow you to talk with other people in today's webinar." points to the chat window; "The To field will tell you who will receive your message. Be mindful of who you are chatting to." points to the "To:" field; and "Your text can only be seen by panelists" points to the bottom of the chat window.

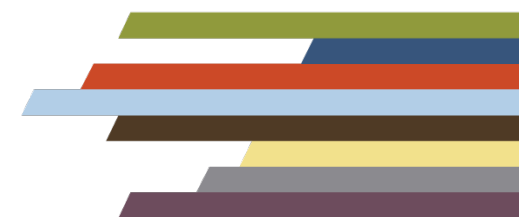
**All attendees are muted. Today's session will be recorded.
A link to the presentation slides and a recording of the webinar will be emailed.
Certificates of Attendance will be emailed.**



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Strategies for Those Grieving Though The Holidays

Douglas C. Smith, MDiv., MA, MS



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About Us ...

The Northeast and Caribbean MHTTC provides 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

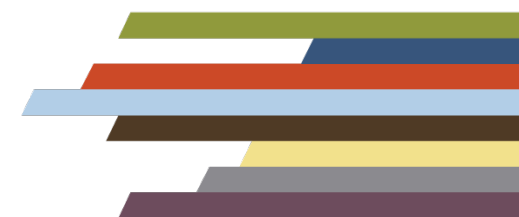
Supplemental funding to work with school teachers and staff to address student mental health.



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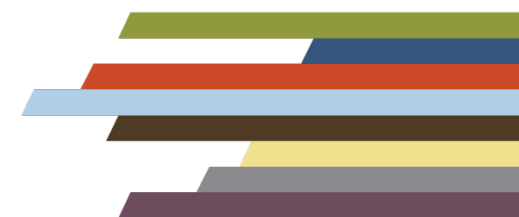
<https://bit.ly/2mpmpMb>



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We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

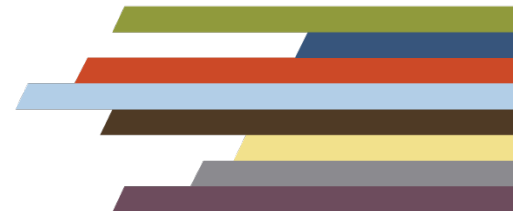
Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. Therefore, your feedback counts!



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Video Recording Information

Please Note:

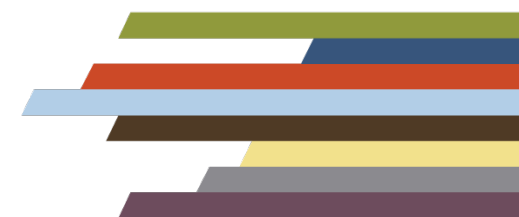
We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.



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Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Be aware: your question is visible to all participants.

Chat and Polls

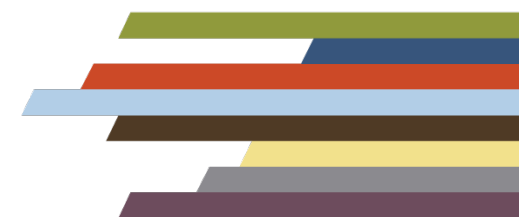
- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.



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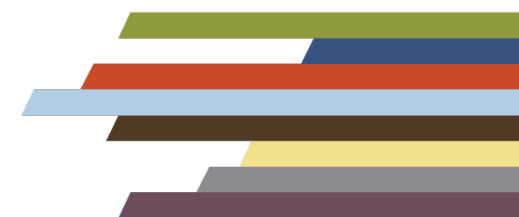
At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the presenters, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



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Our Presenter



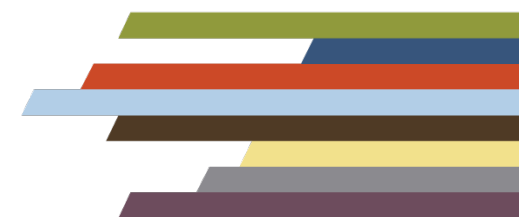
Douglas C. Smith, MDiv., MA, MS



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STRATEGIES FOR THOSE GRIEVING THROUGH THE HOLIDAYS

Douglas C. Smith, MDiv., MA, MS

“I See In You” activity

Story of Jason

“I See In You” activity rules

Three More Activities

- Remembrance Collage
- Holiday Tablecloth
- Ongoing Gift-Giving

Inventing a Celebratory Ritual

- Story of Marjorie and Marjorie's Vineyard
- Story of Alice and Happy Bird Day

“Writing a Virtual Dream” activity

- The Concept of a Virtual Dream
- Example:
 - (1) You
 - (2) Lost loved one
 - (3) A reunion party
 - (4) Invited guests
 - (5) Gift given to your loved one
 - (6) Gift given from your loved one

“Letter to Finish the Unfinished” activity

- Contents of letter
 - (1) Apologies given
 - (2) Forgiveness offered
 - (3) Pleasant memories
 - (4) Wishes
 - (5) Final thoughts
 - (6) Saying goodbye

“Sharing Happy or Funny Dreams” activity

Concluding Poem

“Playing With Three Strings”

by Rabbi Harold M. Schulweis

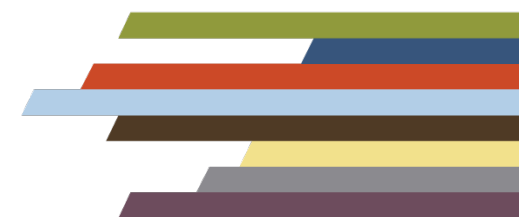
Q and A



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Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

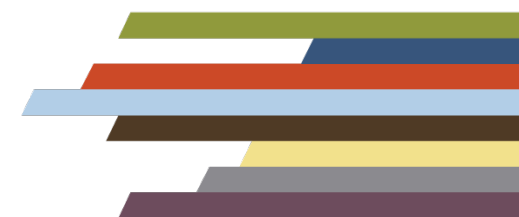
At the end of today's training please take a moment to complete a **brief** survey about today's training.



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Website:

<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

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