

# The Zoom Interface

The screenshot shows the Zoom Webinar interface. At the top, it says "Zoom Webinar" and "You are viewing David Terry's screen". Below this is a "View Options" dropdown and a "Click here to maximize your session view" button. The main content area displays the TTC logo (Technology Transfer Centers, Funded by Substance Abuse and Mental Health Services Administration) and a large message: "Thank you for joining us today! You will not be on video during today's session". A "Select a Speaker" menu is visible in the bottom left, showing "Speakers (Realtek(R) Audio)" selected. The bottom toolbar includes "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave" buttons. A "Question and Answer" window is open in the center, showing a test question and a text input field. A "Zoom Webinar Chat" window is open on the right, showing a "To: All panelists" field and a text input area. Callouts provide instructions: "Click here to maximize your session view" points to the maximize button; "Enter Full Screen" points to the full screen button; "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; "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above." points to the "Type your question here..." field; "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: All panelists" field; "Click Here to adjust your audio settings" points to the "Audio Settings" button; "Click here to leave the session" points to the "Leave" button.

All attendees are muted. Today's session will be recorded.

# PAUSE, BREATHE, MOVE: SELF-CARE FOR HEALTHCARE PROVIDERS

## SESSION 1: PAUSE

Michelle Zechner, Ph.D., LCSW, CPRP &

Peggy Swarbrick, Ph.D, FAOTA

Rutgers University

April 29, 2021



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# About Us ...

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

- 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:

- Support school teachers and staff to address student mental health
- Support healthcare providers in wellness and self-care activities



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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 future trainings that are relevant to your professional needs. Therefore, your feedback counts!

# 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.

# Disclaimer

This presentation was prepared for the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) 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 Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC). 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.

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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).
- Note: 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.

# Our Presenters

- Michelle Zechner, PhD, LSW, CPRP

Assistant Professor, Rutgers School of Health Professions, Department of Psychiatric Rehabilitation and Counseling Professions

- Peggy Swarbrick PhD, FAOTA

Associate Director of the Center of Alcohol & Substance Use Studies and a Research Professor, Graduate School of Applied and Professional Psychology; Collaborative Support Programs of New Jersey

# Welcome







## Learning Objectives:

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At the end of the session participants will be able to:

- Define “pause.”
- Identify how to take a few minutes daily to practice pausing.
- Focus on their breathing.
- Describe physical sensations related to the pause practice.
- List at least one benefit of taking time to pause during the day.



# Take a self-care break!

In a few minutes, you can  
**PAUSE** to recharge yourself





# Pause



When you  
pause you  
may...

Relax.

Become more aware of how you  
feel and what you need.

Not react too fast to a situation.

Become more aware of how  
others feel.

Feel more kind and caring  
towards both yourself and others.



*How can pausing help you?*





Pause

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# Defining Pause

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*just be*

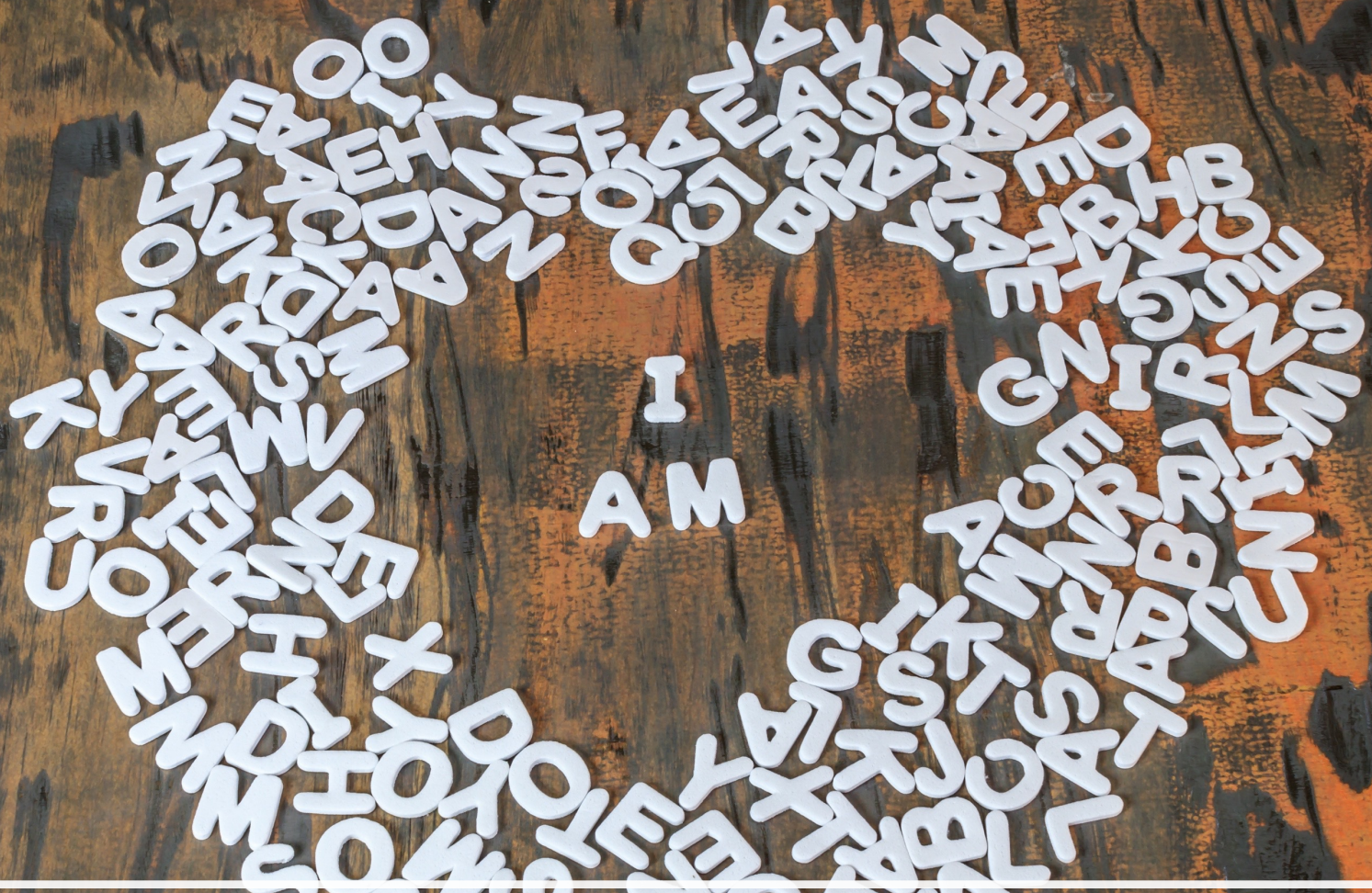




# Pause Practice

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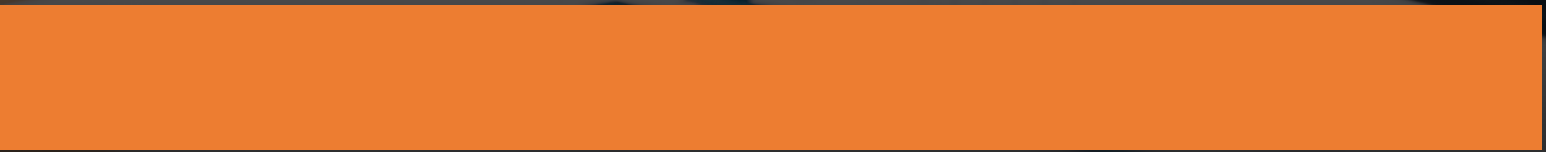


Describe physical sensations related to the pause practice





# Pause Benefits



# Using Pause





Try pausing right before and right after undertaking a new action, even something simple like putting a key in a lock to open a door. Such pauses take a brief moment, yet they have the effect of decompressing time and centering you.

—*Brother David Steindl-Rast*



Pause







PAUSE

# References

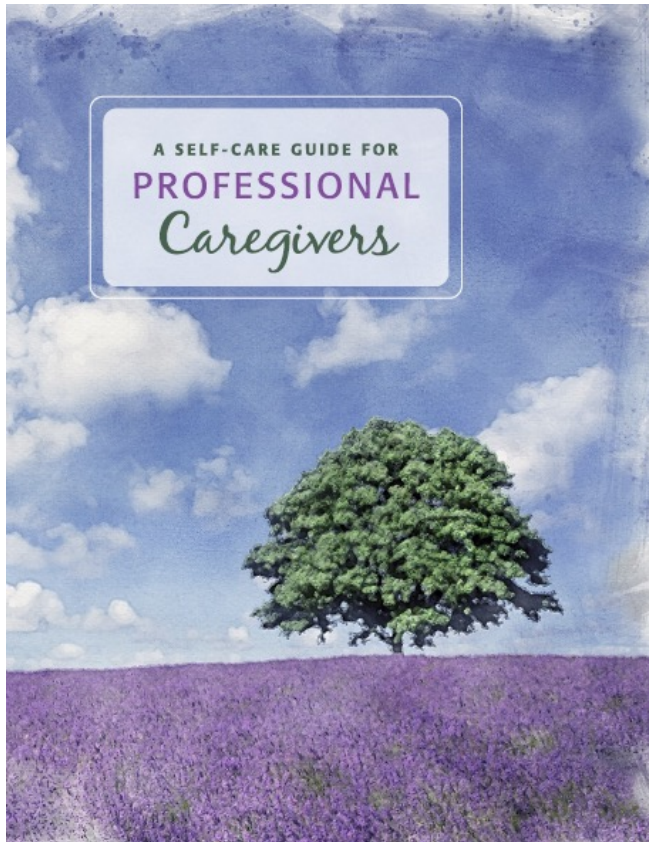
[www.care2caregivers.com/self-care](http://www.care2caregivers.com/self-care)

Swarbrick, M., Lundquist, M. C., Nemec, P., Gould Fogerite, S., & Zechner, M. Pilch, E, Tonwsend, M. (2020). *Self-Care Program Implementation Manual*. Piscataway, NJ: Rutgers University Behavioral Health Care.

Lundquist, M. C., Swarbrick, M., Gould Fogerite, S., Nemec, P., & Pilch, Ed. (2019). *A Self-Care Guide for Professional Caregivers*. Piscataway, NJ: Rutgers University Behavioral Health Care.

For more information:  
<https://www.care2caregivers.com/self-care/>

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## A Self Care Guide: Pause, Breathe and Move

0:16 / 20:40



# Question and Answer



Thank you!



# 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.



<https://bit.ly/3xu6c8p>

# Connect With Us!

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