

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 button to "Enter Full Screen". The main content area displays the TTC logo (Technology Transfer Centers) 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 "To:" field and a text input area. Callouts provide instructions: "Click here to maximize your session view" points to the "Enter 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, and Move for Sleep

Mary Catherine Lundquist
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Rutgers University
May 27, 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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Subscribe to receive our mailings.
All activities are free!

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

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

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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.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Our Presenters

- Mary Catherine Lundquist, Program Coordinator of the COPSA (Comprehensive Services on Aging) Institute for Alzheimer's Disease and Related Disorders, Rutgers Health, University Behavioral Health Care (UBHC)
- 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



Pause, Breathe, and Move for Sleep

Learning Objectives:

Define

Define the benefits of sleeping for personal wellbeing.

Identify

Identify positive thoughts to think while preparing for sleep.

Create

Create a simple intentional plan for incorporating pausing, breathing, moving, and nourishing activities into habits and routines.

Poll Question

How would you describe your sleep these days?

Age	Recommended Sleep
Newborns	16-18 Hours
Pre-School Aged Children	11-12 Hours
School-Aged	10 Hours
Teens	9-10 Hours
Adults (including the elderly)	7-8 Hours

How Much Sleep is Enough?

Inadequate Sleep Implications



Pause | Breathe | Move | Nourish Yourself | Sleep





Using Pause for Sleep

SLEEP HYGIENE

Helps you sleep

Go to bed and get up at the same time every day

Comfortable mattress and bedding

Drink water

relaxation exercises

Spend time outside

Read a book in bed

Have an early light dinner

Avoid caffeine and alcohol at night



Keeps you awake

Coffe and chocolates after dinner

Poor quality bedding

Stay indoors all day and do no exercise

stress and anxiety

Hot bedroom with no air circulation

Go to bed when you're not tired

Lie in bed for hours getting stressed

Use a tablet or phone in bed



Strategies to Improve Sleep

- Meditation
- Guided imagery
- Inspirational reading
- Restful hobby
- Creating mental fatigue
- Sleep journal

Pause | Breathe | Move | Nourish Yourself | Sleep



Chat Question

What strategies do you use for a better night's sleep?



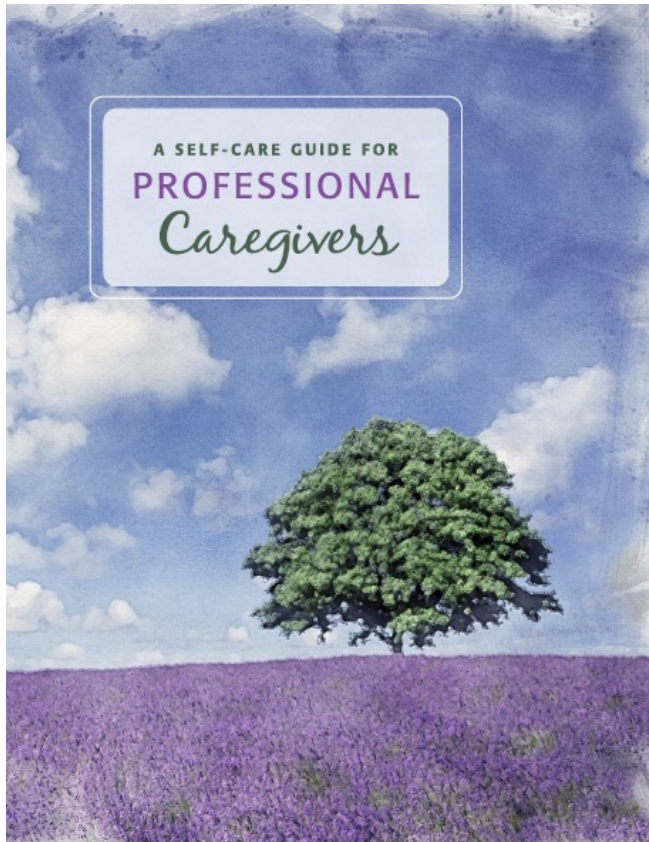
References

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/>



A Self Care Guide: Pause, Breathe and Move

0:16 / 20:40



Pause, Breathe, Move

Self-Care Program Implementation



Join our 1 hour *How To Session*

Learn How To:

- Facilitate self-care and simple daily practices to increase overall wellness
- Encourage strategies to prevent burnout and compassion fatigue
- Implement a self care-program for yourself and your colleagues

We will offer Technical Assistance meetings in July to help you implement a program at your worksite

June 24, from 12 pm- 1 pm EST

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/3yGtatE>

Connect With Us!

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