

CE Teams Series
Self-Care in Uncertain Times: Resilience and Recovery for Mental Health Professionals
May 20, 2020, 2:00 to 3:00 PM

Presenter Bio

Jeffrey Magill, MS

Manager, Emergency Preparedness
UPMC Western Psychiatric
Pittsburgh, Pennsylvania

Jeffrey Magill, MS received his bachelor's degree in Criminology from Indiana University of Pennsylvania and went on to receive his master's degree in human behavior from the Capella University. Mr. Magill is currently the Manager of Emergency Preparedness at UPMC Western Psychiatric where he also serves as Manager of the Crisis Training Institute, the Manager of the ASAP Staff Support program and the co-chair of the WPH Suicide Steering Committee. For more than 25 years, Mr. Magill has responded to crisis situations, including the providing of behavioral health support in various settings. Mr. Magill manages operations of Western Psychiatric's Hospital's CISM ASAP Staff Support Team, which actively responds to adverse events throughout the local area and within the hospital. Mr. Magill has been instrumental in building staff support teams throughout UPMC.

John "Jack" Rozel, MD, MSL

Medical Director, resolve Crisis Services
UPMC Western Psychiatric
Associate Professor of Psychiatry,
Adjunct Professor of Law, and
Affiliate Faculty of the Center for Bioethics and Health Law
At the University of Pittsburgh

Dr. Rozel has been working in emergency mental health for over 25 years and has been the medical director of resolve Crisis Services since 2010. He is the President-Elect of the American Association for Emergency Psychiatry, the leading national organization dedicated to the improvement of compassionate, evidence based care for people with psychiatric emergencies. As the medical director of resolve Crisis Services, he leads a team of 150 crisis professionals who deliver over 130,000 services every year to the residents of Allegheny County through phone, mobile, walk-in and overnight programs delivered through a person centered, recovery oriented model. Dr. Rozel trains and consults with teams across UPMC and the country on projects related to violence and threat management, staff injury prevention, and firearm injury prevention. He is board certified in general, child and forensic psychiatry. Dr. Rozel is a Fellow of the American Psychiatric Association and a 2018 recipient of the Exemplary Psychiatrist award from the National Alliance on Mental Illness.

He completed his general psychiatry residency and child and forensic psychiatry fellowships at Western Psychiatric Institute and Clinic of UPMC. Dr. Rozel, along with his colleague Dr. Layla Soliman, runs the @ViolenceWonks feed on Twitter, providing short summaries of new violence research.

Name and Narrative Description of your Presentation - Introductory

Self-care for caregivers can be very different than the self-care we routinely guide our patients and clients. In. The COVID-19 Pandemic has had broad impact on nearly every aspect our lives and put mental health and social service professionals in the unique position of caring for those impacted by this event while being directly impacted themselves.

This presentation will explore some of the issues unique to mental health and social services professionals, provide tailored guidance to self-care, and highlight some topics specific to operational readiness that are particularly relevant.

Target Audience: Physicians, Psychiatrists, Psychologists, Behavioral Health Therapists I, Behavioral Health Therapists II, Behavioral Health Therapists III, Nurses, Social Workers

Three (3) learning objectives

By the completion of this session, participants should be able to:

1. Explain how stress impacts cognitive and emotional functioning
2. Apply the Zunick & Myers Phases of Disaster to their clinical work
3. Identify three coping/wellness tools they can utilize to reduce the impact

Three (3) current (within the past 10 years) *peer-reviewed* publications that support the evidence base for the content of your presentation

1. Chen, Qiongni, Mining Liang, Yamin Li, Jincai Guo, Dongxue Fei, Ling Wang, Li He, et al. 2020. "Mental Health Care for Medical Staff in China during the COVID-19 Outbreak." *The Lancet. Psychiatry* 7 (4): e15–16. [https://doi.org/10.1016/S2215-0366\(20\)30078-X](https://doi.org/10.1016/S2215-0366(20)30078-X).
2. Shanafelt, Tait, Jonathan Ripp, and Mickey Trockel. 2020. "Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic." *JAMA*, April. <https://doi.org/10.1001/jama.2020.5893>.
3. Horesh, Danny, and Adam D. Brown. 20200409. "Traumatic Stress in the Age of COVID-19: A Call to Close Critical Gaps and Adapt to New Realities." *Psychological Trauma: Theory, Research, Practice, and Policy* 12 (4): 331. <https://doi.org/10.1037/tra0000592>.