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HOLIDAY STRESS**

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Stress is a natural occurrence for most people in the United States. For many, stress is as a result of financial difficulties, family discourse, medical problems and simply daily responsibilities. Just when you think you cannot be more stressed, the holidays arrive. It is a time of year frequently exacerbated by the frenzy associated with commercialism, as well as the anxiety, loneliness and loss which for many is associated with the holidays. The winter doldrums and stress of cold weather further contributes to stress. The need to focus on reducing stress and developing the necessary coping mechanisms is paramount to our well-being and enjoyment of the holiday season.

Research on holiday stress has determined that people in the United States experience increased stress during this time, however it is important to raise awareness on ways to manage and stay focus on what matters!

December's Behavioral Health Awareness Campaign focuses on Coping with Holiday Stress. This issue raises awareness and identifies resources that are available to help address and manage this issue. [Happy Stress Free Holidays to Everyone!](#)

Sincerely
Jayne Greene, N.P.
Acting Director

[Download Agency Contribution Request Form](#)

What's News in Nassau?

**Want Less Stress in the New Year?
Free Workshops Helping Couples and Individuals**

With life-improving impact even beyond a holiday stress reducer or a good New Years' resolution, a free nonprofit program is changing the way county residents cope with stress.



Project FORWARD, a grant-funded project of CN Guidance & Counseling Services, is helping people feel and use their strengths more easily. By building strong, new relationship and communication skills and by

coaching each person toward their unique goals, the multi-week workshop is reducing stress, revitalizing joy, increasing people's chances of finding and maintaining meaningful employment, and helping individuals and couples be better friends, partners, and (co-)parents.

The acronym FORWARD, stands for "Facing Obstacles in Relationships and Work with Action, Resources, Direction. It is led by trained staff using a curriculum proven to work.

Eligible participants enter into one of two workshops depending on their age and relationship status. *Love Notes*, for single teens and young people, provides a greater understanding of each individual's values; education on healthy and unhealthy relationships; communication skill building; and greater awareness about unplanned pregnancy and safe sex practices. *Family Wellness*, for couples (married or otherwise committed) individuals, provides a strengthening of each couple's bond through understanding the values of each person, skills to resolve conflict as a team, parenting training (for those with children

To Participate or
Ask Questions: text
"Happier" to 31996

Contact Us
Nassau County Department
of Human Services, Office
of Mental Health,
Chemical Dependency and
Developmental Disabilities
Services
(516)-227-7057
[Email](#)



or planning to have children), tips/skills about how to manage through life's challenges, and ways to keep the romance alive and exciting.

Along with these workshops, each participant receives **customized individualized coaching** to support their unique personal goals. Based on each person's need, the program will link people to additional support services, including optional **financial wellness** and **employment stability services** and peer mentoring.

Criteria to receive the Project FORWARD experience—all **free of charge**—are: being age 14 (high school age) through 29, for single participants; or ages **16-40** for coupled participants. **Nassau County** residence is required. No insurance is needed.

Transportation and childcare assistance is provided to allow participants to attend the workshops more easily. Each participant also will receive incentives (up to \$125 per person) for attendance and candid completion of evaluation surveys.

Participant feedback so far has included many statements of satisfaction and gratitude. One said, "This program is very informative and applies to real life issues. I will miss the class, wish it was longer." Explained another: "Project FORWARD is an amazing program. For me, I learned that it is okay to say no to things that I don't want or am uncomfortable with. This workshop taught me so much, like dealing with relationships, friendships, and family relationships. I learned who I was, and I'm happy I chose to try this workshop out."

Project Forward is designed for variety and customization: providing different participants with different benefits, depending closely on what their particular situation, location, motivation, and needs are.

"There is nothing 'cookie-cutter' about the Project FORWARD experience," said Sherri Kaplan, Division Director at CN Guidance & Counseling Services. "Even with many curriculum components shared across all participants, the unique individual coaching that we offer to each participant lets people make the program work for them in customized ways that change their lives meaningfully—and for the better! For people who are not sure this is for them, please do ask. We can figure out if it's a fit or not. If not, we have other programs too."

Funding for Project FORWARD is provided by the United States Department of Health and Human Services, Administration for Children and Families.

To participate, ask questions, or learn more: Text "**Happier**" to 31996 or call **516-704-3255**.

This brief public service announcement shares more: <https://vimeo.com/234718790>.

Did You Know?

- Some people may feel anxious or **depressed** around the winter holidays due to **seasonal affective disorder** (SAD), sometimes referred to as seasonal **depression**. ([Melissa Conrad Stöppler, MD](#), 2016)
- People who do not become depressed may develop other stress responses, such as: headaches, excessive drinking, over-eating, and difficulty sleeping. Even more people experience post-holiday let down after January first (The National Mental Health Association, 2017)
- During the holidays people in the United States are much more likely to say they behave in sedentary ways like watching TV, sleeping, eating and drinking to manage their stress.
- Many individuals engage in comfort eating and other unhealthy behaviors to cope with their stress levels. (Greenberg Quinlan Rosner, 2006)

- Stress around the holidays is disproportionately felt by women. Women are more likely to feel that stress increases around the holidays (44 percent of women report an increase of stress during the holidays versus 31 percent of men). For women, stress may be a function of greater family responsibilities during the holidays. Women say they have a harder time relaxing during the holidays and are more likely to take on all of the tasks associated with family celebrations, such as shopping, cooking, and cleaning. . (Greenberg Quinlan Rosner, 2006)
- During the holiday season, work remains the primary cause of stress for most people in the United States. The majority (56 percent) feel that work is their greatest source of stress, versus 29 percent who feel the stress primarily comes from home. (Greenberg Quinlan Rosner, 2006)
- 64% of people with mental illness report holidays make their conditions worse (NAMI, 2014)
- Employees are 70 percent more stressed during the holidays (Jeff Miller, 2017)
- According to the U.S. Center for Health Statistics, the suicide rate is highest between April and August. The months of November, December and January actually have the lowest daily suicide rates. (Evidence-Based Living, 2017)
- "The Holiday Blues" is a condition that begins around the Thanksgiving holiday, causing stress and anxiety throughout the winter and until after New Year's. According to the National Alliance on Mental Illness, the feelings may be associated with extra stress, unrealistic expectations or sentimental memories. During this time, people may feel lonely, frustrated or tense. (Kimberly Leonard, 2014)
- There is a difference between the holiday blues, which typically go away when the holiday season ends, and more severe depression, which lasts longer and interferes with activities of daily living (Evidence-Based Living, 2017)

Agency Spotlight

The Greatest Gift This Holiday Season is You

The holidays are often envisioned as a time of celebration and merriment, a time to be with family and friends. However, for those living with a substance use disorder, the holidays can be a time of increased stress, isolation and unforeseen triggers to relapse. Studies have shown there are four main stressors which impact recovery efforts during the holidays; family, finances, expectations and time demands. Each of these stressors can create an external (environmental) or internal (emotional) challenge to the resolve of the recovering individual. Success is not only maintaining your recovery, but also strengthening it. This means, needing to understand what makes the holidays a challenge for you and implementing a plan to manage it.



The best way to keep yourself on track and untriggered is to focus on diligent self-care from now through January. This means taking the time to put protection in place before being confronted by challenging situations. Endless parties, time spent with family members and the desire to find that perfect gift can increase stress and decrease your ability to resist temptations. The key is to look ahead. Being proactive in your recovery efforts allows you to identify potential pitfalls, make healthy choices and take needed action.

By implementing boundaries, you are able to safeguard your recovery and approach the holidays from a position of strength; determining what will or will not work for you. Perhaps there are a few gatherings that you would rather not attend. Maybe there's family member you prefer not to spend time with. There might be that perfect gift that will not destroy your budget. Take time to decide what solutions are right for you and then create the steps necessary to execute them.

Another essential element to a sober holiday season is to enlist the help of others. Be honest and open about the challenges you are facing and engage family and friends who support your recovery to help you meet goals. Maintain your connections to sober supports by attending 12-step meetings and contacting your sponsor on a regular basis. Give back, an act of service can be especially meaningful during the holiday season.

You can also look to community supports. **Family & Children's Association (FCA)** is a not for profit organization that understands the impact of substance use, not only on the individual but also their family and community. FCA provides multiple services to assist individuals to obtain and maintain recovery. At our two Family Treatment and Recovery Centers in Hempstead and Hicksville, we offer treatment by licensed and caring staff who provide a welcoming environment for individuals working towards achieving and maintaining recovery, as well as services to support family members and significant others. At the Hempstead location, we also offer prevention services including substance use education, parenting classes, counseling, and outreach; as well as our newest initiative, HER TURN, which offers women who are struggling with or at risk of substance use and/or HIV the opportunity to better themselves through low threshold case management. THRIVE, the first Recovery Center on Long Island, helps individuals and families to find, maintain, and strengthen their recovery through peer based support, navigation assistance and referral services.

One last thought as you embark on this holiday season, make yourself a priority; be sure to eat well, rest well and exercise your body and mind. Keep your recovery a priority; know your triggers and have a plan to overcome them, have the courage to ask for support and rely on the people who share in your journey. Most importantly, remember, YOU are this season's greatest gift.

Family & Children's Association (FCA)
180 Broadway, Hicksville, NY 11801
Phone: (516) 935-6858
www.familyandchildrens.org

Agency Spotlight



The Hispanic Counseling Center (HCC) has served as a resource to Long Island since 1977, and has the distinction of being the only agency in the region which is licensed by both the New York State Office of Alcoholism and Substance Abuse Services (OASAS) and the New York State Office of Mental Health (OMH) to provide bilingual, bicultural behavioral health services. Program services are available to anyone, regardless of race, ethnicity, or economic status and include culturally competent treatment and prevention services for chemical dependency, mental illness, and youth and family services. Based in Hempstead, HCC also offers supported housing for the mentally ill, respite for parents of children with serious emotional disturbances, case management for children and adults with developmental disabilities, and mental health services for people affected by HIV/AIDS.

The Mental Health Clinic

The Mental Health Clinic provides mental health treatment to children, adolescents, adults, seniors and families, to enable individuals with chronic mental illness or emotional distress to reach the highest level of functioning possible. The Mental Health Clinic Team is staffed with two bilingual, bicultural psychiatrists, and licensed clinicians.

The Children's Mental Health Program treats children diagnosed with depression, suicidal history and/or severe psychiatric features, those who experienced severe abuse, neglect, or domestic violence, and children with learning disabilities, or conduct disorders, in groups specialized in ADHD, adjustment disorders, depression, and anxiety, among others.

The Adolescent/Teen Mental Health Program treats adolescents with suicidal gestures or attempts, self-injurious behaviors, explosive outbursts, mood swings, defiance, antisocial conduct, severe phobia, depression, and anxiety, make healthy choices and engage in nonviolent conflict resolution and supports teens and helps them to adapt to the stress of immigration, family reunification, and a culturally different academic and social environment.

The Adult Mental Health Program treats adults with chronic and severe mental illnesses such as schizophrenia, depression, anxiety, and overwhelming stress, and older adults with medical and aging concerns.

The Chemical Dependence Program

The Chemical Dependence Outpatient Program assists individuals to achieve sobriety and to live a substance free lifestyle. In addition to therapeutic services, which include individual, group, and family interventions, clients are provided with educational and prevention services to address the cycle of addiction.

The Chemical Dependency Prevention Program serves at risk children and youth through prevention activities at the agency and in the Hempstead School District. Prevention activities include evidence-based programs such as Too Good for Drugs, Life Skills, Strengthening Families, and Teen Intervene, among others.

The Domestic Violence Batterers Accountability Program serves individuals referred by courts and child welfare agencies due to charges stemming from domestic violence and child abuse, and provides an opportunity to change learned behaviors through education, to take responsibility for their actions and their impact on victims, and to reduce the potential for family violence.

The Nurturing Parenting Skills Program builds nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices, to prevent recidivism in families, to reduce the rate of juvenile delinquency and reduce the abuse of alcohol/drugs, and to stop the intergenerational cycle of child abuse.

New initiatives include the **Care Coordination Program**, to connect clients with the healthcare system and assure that appropriate care is provided, and create effective communication to avoid unnecessary emergency room visits and hospitalizations; the **Intensive Behavioral Health and Crisis Stabilization Services**, to provide intensive and rapid behavioral health services for those in need of intensive services; and the **Partners in Prevention (PIP) Program**, to provide substance abuse prevention services to unserved and underserved, hard to reach youth and other at-risk populations in afterschool and weekend program settings in Hempstead, Rockville Centre, and Hicksville.

Our Services

Each service is available to all individuals and families without regard to race, religion, ethnicity, or economic status.



Hispanic Counseling Center
344 Fulton Avenue
Hempstead NY 11550 516-538-2613
www.hispaniccounseling.org

Coping with Holiday Stress

The holiday season can be both stressful and joyful. It can be particularly challenging for individuals who have a history of substance use, and (or) mental health conditions. There are a number of contributing factors that can lead to feeling overwhelmed during the holiday: The season is a time for celebrating, gathering with family and friends, preparing celebratory meals, and at times overspending. Some individuals are disconnected from family, reside in inadequate housings and have limited financial means; for them, the holiday can be a time of increased isolation and loneliness. Individuals may experience an increased focus on their losses and broken relationships.

This may place them in a heightened emotional state that can trigger an increased desire to engage in substance use to numb feelings and manage symptoms, or may lead them to ruminate on negative thoughts that can lead to increased depression, anxiety and suicide ideation or attempt.



Recommendations for Coping with Holiday Stress

- (1) Identify alcohol and drug free social events to engage in. Nassau Intergroup (516-292-3045) will be hosting the Christmas Alkathon and the New Year's Alkathon. Check websites such as lifeonlongisland.com; events.longisland.com; mommypoppins.com to see listings of events that are scheduled in various communities.
- (2) Recognize and validate your feelings, reach out to your support system, utilize the Nassau County Behavioral Health Helpline at 516-227-8255.
- (3) Budget yourself, know your limitation, keep aware of your credit card usage, shop for deals, and resist overspending.
- (4) Manage your time, make a list of the things you have to do, prioritize the list and cross off each activity once completed.
- (5) If you are planning a get together with family and (or) friends, resist taking on the responsibility of preparing the full meal. Get help in planning the menu, and ask your guests to bring a dish.
- (6) If you have the urge to drink or use other drugs, don't dwell on the urge, it will intensify the desire. Think about something else, do something else, call your sponsor, call a sober friend, go to a meeting.
- (7) Identify high risk situations and your plan for managing those situations.
- (8) Take time for yourself, take a walk, enjoy the holiday decorations around the community and the store displays, listen to a mixture of your favorite music, take a scented bath (add your favorite oils), eat a favorite meal, get a manicure and pedicure, enjoy a massage. Practice relaxation techniques such as deep breathing, meditation and guided imagery to decrease your stress.

Roosevelt Educational Alcoholism Counseling Treatment Center (REACT) is an outpatient substance abuse treatment program. Our newly designed building is located at 27A Washington Place, Roosevelt, NY 11575. The facility is open Monday to Thursdays 9AM - 9PM, and Fridays 9AM - 5PM. Our mission is to provide quality, comprehensive treatment and related services to individuals and families affected by substance use and co-occurring disorders. We incorporate evidence based interventions to effect positive behavior changes that support abstinence and positive lifestyle changes. Services are provided in English and Spanish. We provide group and individual counseling, which includes DWI, Sexual Offenders and Perpetuators of Domestic Violence Group. Our goal for 2018 is to expand programming to include day treatment and Veterans services. Anyone needing assistance can contact us at 516-623-7741. If you are a victim of sexual or domestic violence, call the 24 hour Domestic/ Date Violence Hotline at 516-542-0404.

Roosevelt Educational Alcoholism Counseling Treatment Center, Inc.
27A Washington Place, Roosevelt, New York 11575
Tel: 516.623.7741
www.reactcenterinc.org

Story of Hope: Coping with Holiday Stress

The Holiday season is filled with anticipation of spending time with family and friends and can include preparation of meals and shopping. As we enter the stores we hear sounds of holiday carols and other sounds and smells that create the mood of cheer. While it's a special and happy time of the year, it can also be stressful and anxiety provoking. There are many factors that can lead one down the path of anxious moments. Some of the main stressor include but not limited to finances, illness, lack of or no connection to family and friends, death of loved ones and overall uncertainty of world events that is outside of our control. There is no one singular approach to resolve or eliminate increased anxiety and or seasonal depression. The following suggestions if applied consistently may lead to a significant reduction in increased anxious moments and provide for a calmer and joyous atmosphere.

- Adopt an attitude of gratitude. Begin each morning by acknowledging what you consider are gifts and blessings in your life. Allow yourself a few moments to reflect on the value that these blessings and gifts add to life on a daily basis.
- Limit the amount of exposure to social media and television. There is a bombardment of marketing advertisements whose goal is to persuade the general public that their products are necessary in order to have a fulfilling holiday experience. These ads are repeated often enough to create a subliminal message to buy items that may not be needed nor have ever been considered to purchase.
- Take time to listen to soothing music.
- Increase the amount of exercise. Add additional steps daily by parking further away or if feasible walking to the intended destination.
- Try to increase natural levels of vitamin D such as exposure to sunlight.
- Set a realistic budget and stick to it. The memories built and time shared with others will last longer than most material products.
- Create new traditions or improvise on some older ones. Life is linear and will continue to evolve forward in spite of life events such as a death of a loved one or change in a family dynamic.
- Volunteer in settings that can use assistance such as food pantries, shelters, hospitals and skilled nursing facilities. Helping others in need fosters a sense of purpose and reduces the sense loneliness.
- Practice meditation daily by centering thoughts focused on the present moment. Extend the time meditating incrementally so that it can become a part of a daily lifestyle. Many problems cannot be resolved immediately. Meditation may help to alleviate stressful thoughts and bring about a new clarity to pending issues.



Remember that today is the best day of your life. It's a new day that has never been experienced before and it is filled with infinite possibilities and challenges. Choose your thoughts which will lead to how you feel. The way you feel will dictate your actions and deeds. Actions and deeds will subsequently become a way of life.

-Diana Johnson-

Opioid Epidemic Information

- [3% of High-School Seniors Have Used K2 or Spice in the Past Month](#)
- [From Teddy Roosevelt to Trump: How drug companies triggered an opioid crisis a century ago](#)
- [Governor Cuomo Announces Aggressive New Actions to Combat the Fentanyl Crisis](#)
- [Why Are So Many New York Counties Suing Big Pharma Over The Opioid Crisis?](#)
- [Washington Post / 60 Minutes Investigation: The Drug Industry's Triumph Over the DEA](#)
- [New Study Compares Opioid Dependence Relapse Treatments](#)
- [New Care Model Improves Addiction Treatment](#)
- [New App Maps Overdose Epidemic in Real Time](#)
- [Poll: 1 in 4 Americans Directly Impacted by Opioid Misuse](#)
- [Long-awaited study finds monthly Vivitrol as effective as daily pill for opioid addiction](#)
- [Over 100 counties lining up to sue big pharma - NACo](#)
- [6 Things to Know About Uninsured Adults with Opioid Addiction](#)
- [NYC program trains peer advocates to combat opioid crisis](#)
- [Study finds providers lack resources to stem opioid crisis](#)
- [REBOOT Intervention Reduces Opioid Overdose Rates](#)

Need Assistance!
Search for Programs in Your Community:

<https://www.oasas.ny.gov/accesshelp/index.cfm>

New York State HOPEline 1-877-8-HOPENY and Other Services



Offering help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling.

All calls are toll-free, anonymous and confidential.

[Read more about Hopeline Services](#)

Office of the Aging

It's no secret that this time of year, 'the holidays', can be filled with laughter, joy, and new beginnings for many. However, for numerous people, especially Older adults, this can be a time of real stress and sadness. Coping with losses, financial, familial, etc. can be difficult throughout the entire year, but may be amplified during this time. During the holiday, in which most people spend with their respective families, those who have lost their significant other, or anyone close to them can be especially difficult. As many seniors age, end-of-life thoughts may also become more prevalent. Such as, 'is this the last holiday I will be spending with my family?' It is imperative to be aware of these stressors, and learn ways to help older adults cope as they age.

During a time in which many events are surrounded by plentiful amounts of food, dietary concerns can also be overwhelming. Many seniors have limited/specific diets due to health reasons. They can no longer eat many of the foods that they once used to. Limited mobility can also be a factor to consider, as new environments may be difficult to navigate. Those 10 steps up to the house, or the bathroom downstairs may become more difficult to complete or no longer be feasible for them as they age.

So, how can we help seniors cope?

- Talk about it. Most people may fear that bringing up a lost loved one may make them more upset, however, it has been shown that sharing stories about their lost loved one, can help them grieve (Mental Health America). Asking them to share in happy memories of their loved ones can also be a way to connect with them.
- Discussing death can be difficult for many people. If you feel your loved one may be suicidal, it is important to ask them specifically if they are considering ending their life. If you feel that they are having normative end of life concerns, you can relieve some anxieties for them by asking them how you can make the holiday special for them. This allows for them to make specific suggestions as to how they would like to spend their holiday.
- In regard to dietary needs, ask them what their restrictions are in advance. Many factors can contribute to their limited diets, such as ability to chew, diabetes, side-effects from certain medications. By asking in advance, it can relieve anxieties knowing that there will be food there that they can eat.
- As for mobility, many seniors who have a history of falls, or use a cane or walker, unfamiliar locations can be a source of worry during the holiday season. Spending time at a family members house where they do not often visit can be overwhelming. We can help them cope by laying out the landscape for them. Describe the environment, such as stairs, long walks up to the house, etc. This way, they can be more prepared to navigate the terrain, or they may decide that it would be safer for them to attend another more familiar location.

Some other tips:

<https://www.rush.edu/health-wellness/discover-health/holiday-grief-and-stress>

<https://www.aclsonline.us/articles/the-guide-to-overcoming-holiday-depression-for-the-elderly-and-their-caretakers/>

<https://www.care.com/c/stories/5708/holiday-health-for-seniors/>

Innovation Corner

[New Telehealth Law Boosts Access to NY Schools, Day Care Centers](#)

September 25, 2017

[3 Technology Features To Improve Behavioral Health Environments](#)

September 28, 2017

[The Growing Role of Technology in Mental Health: How Silicone Circuits are Changing Neural Ones](#)

September 27, 2017

[SHIN-NY 2020 Roadmap: How Health Information Exchange Improves Healthcare](#)

October 3, 2017

[Looking beyond technology to shape the emergency department of the future](#)

September 27, 2017

[Teenage suicide is extremely difficult to predict. That's why some experts are turning to machines for help](#)

September 26, 2017

[Web-based treatments helping people with severe mental illness return to work](#)

October 11, 2017

[Could a Machine Identify Suicidal Thoughts?](#)

October 30, 2017



Community Bulletin

Events	Dates	Location	Register
CTACT	12-14-17	Beyond Kübler-Ross: New Perspectives in Death, Dying and Grief	Register (12:00pm-1:00pm)
Justice Center	12-12-17	Practical Considerations Related to Release and Sentencing for Defendants Who Have Behavioral Health Needs: A Judicial Guide	Register (2:00pm-3:30pm)
PsychU	12-13-17	Tools To Assess & Address Medication Adherence In Patients With Serious Mental Illness	Register View Flyer (12:00pm-1:00pm)
North Shore Child and Family Guidance	12-15-17	DIFFERENTIAL DIAGNOSIS OF ADHD IN SCHOOL-AGED CHILDREN: AN INTRODUCTORY WORKSHOP <u>Fee:</u> \$50 Registration including Social Work CEUs \$40 Registration without CEUs	Register (9:30am-11:30am)
MCTAC Principles of Revenue Cycle Management and Utilization Management Training for Children's Providers	12-15-17	NYU Kimmel Center - Eisner & Lubin Auditorium (4th floor) 60 Washington Square South New York, NY 10012	Register (9:30am-12:30pm)
CASA/MCTAC Introducing LOCADTR Concurrent Review Module: The Connection to VBP, Metrics, and Clinical Standards	12-18-17	OASAS Office 501 7th Ave, 8th floor New York, NY 10018	Register (9:30am-3:00pm)
CASA/MCTAC Introducing LOCADTR Concurrent Review Module: The Connection to VBP, Metrics, and Clinical Standards	12-20-17	OASAS Office 501 7th Ave, 8th floor New York, NY 10018	Register (9:30am-3:00pm)
CASA/MCTAC Introducing LOCADTR Concurrent Review Module: The Connection to VBP, Metrics, and Clinical Standards	12-21-17	The National Center on Addiction and Substance Abuse (CASA) 633 Third Ave, 19th floor New York, NY 10017	Register (9:30am-3:00pm)

Justice Center	12-20-17	Supporting People with Serious Mental Illnesses and Reducing Their Risk of Contact with the Criminal Justice System	Register (1:00pm-2:20pm)
Nassau County Adult Art Expression	Oct. 13 - Dec. 4 2017	Lakeview Public Library 1120 Woodfield Road Rockville Centre, NY 11570 Reception: Nov. 9 th 10:30am-12noon	Would you like to submit your art work? Jeff McQueen at 516-489-2322 x 1202 Email: jmqueen@mhanc.org
Vivitrol Education & Support Group (7pm- 9pm)	Every Tuesday	St Bernard Parish School, 2 nd floor, Room 207 3100 Hempstead Turnpike, Levittown NY	
Mental Health Association	Dec.-2017	Please see calendar of training opportunities	
CTAC	Pre-Recorded 1-18-18 2-8-18	We strongly encourage school-based MH providers and pupil personnel staff to invite teachers, school administrators, and other school-based staff to participate in this series. In the Face of Adversity: Promoting Resilience Through Trauma-Sensitive Schools Part 4: Providing Services to Students with Clinically Significant Difficulties Following Trauma Exposure Part 5: Restorative Justice: A Trauma-Informed Approach to Discipline in School	Part 1: Trauma-Sensitive Schools Part 2: Tier 1 – Trauma-Informed Care for All Part 3: Tier 2 – Trauma-Informed Interventions for Students in Need Register (12:00pm-1:00pm) Register (12:00pm-1:00pm)
MCTAC	Pre-Recorded	Substance Use Disorders: What You Need to Know Part I	View Webinar
MCTAC	Pre-Recorded	Part 1: Finding Our New True North Part 2: From Volume to Value: Shifting the Paradigm Part 3: Back to Basics: Improving Access Part 4: Integrated Care: Re-Thinking Our Role	View Part I View Part II View Part III View Part IV
DOH Value Based Payment (VBP) Learning Resources	Online	VBP University is designed to be an academic resource to raise awareness, knowledge and expertise in the move to VBP	VBP University
MCTAC	Online	Resources from the Tools to Support the Development of a Performance Driven Culture Trainings	Resources
MCTAC	Online	Recovery-Oriented HCBS Training: Challenges and Opportunities Slides Available	Resources
MCTAC	Pre-Recorded	Children's SPA Service Webinar: Family and Peer Supports	View Webinar
MCTAC	Pre-Recorded	2016 Family Peer Advocate Credential Application Overview	View Webinar
MCTAC	Pre-Recorded	Introduction to Family Peer Support Services	View Webinar
MCTAC	Pre-Recorded	Family Peer Support Services: Partnering with Hospitals	View Webinar
SAMHSA	Pre-Recorded	Financing Peer Support Services through Medicaid - Billing Codes and Other Factors	View Webinar
ASAP NY Peer Recovery Institute	Fall 2017	An innovative new 60-hour blended learning program for individuals interested in becoming	Click here for details

		certified and employed as peer recovery professionals in New York State	
MCTAC Webinar	Pre-Recorded	Training Series for Designated Adult BH HCBS Providers	View Webinar
OPEN MINDS	Online	What Does 'Value-Based' Look Like In The I/DD Field?	Click here for details
SAMHSA	Pre-Recorded	Financing Peer Support Services through Medicaid - Billing Codes and Other Factors	View Webinar
MCTAC OASAS Certified Part 822 Programs	Pre-Recorded	In-community guidance for OASAS certified Part 822 programs	Introductory Webinar Q&A Billing Guidance "Benefits and Opportunities" Webinar
CTAC OASAS 820 Implementation Videos	Pre-Recorded	Providers discuss their experiences in transitioning to a Part 820 from an administrative and billing perspective	Chapter 1: Administrative Readiness Chapter 2: Clinical Readiness
MCTAC Pre-Recorded Webinar	Pre-Recorded	The DSM 5 and the Cultural Formulation Interview: What It Is and How to Implement It	English Spanish
MCTAC Follow the Yellow Brick Road	Pre-Recorded	Steps for a Smooth Transition into the Electronic Health Systems World	Presentation slides Webinar recording Project plan

Additional Resources

[The Association of School Prevention, Intervention, Resource and Educational Professionals \(ASPIRE\)](#)

[Disaster Preparation Brochure](#)

[Long Island Advocacy Center](#)

[Long Island Families Together LIFT](#)

[National Alliance on Mental Illness NAMI Queens/Nassau](#)

[Nassau Alliance for Addiction Services NAFAS](#)

[Nassau County Local Community Coalitions](#)

[Nassau Suffolk Law Services](#)

[Suicide Prevention Brochure](#)

[Long Island Family Support Services Advisory Council](#)

New Grant Opportunities

Due date

SAMHSA	FY 2018 Opioid State Targeted Response Technical Assistance (STR TA) Pre-Application Webinar Announcement for this RFA	12/26/17
SAMHSA	Opioid State Targeted Response (STR) Supplement (STR Supplement)	01/16/18
SAMHSA	Grants to Expand Substance Abuse Treatment Capacity in Family Treatment Drug Courts (Family Treatment Drug Courts)	01/16/18
SAMHSA	Offender Reentry Program (ORP)	01/26/18

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