

“The Emotional Challenges of COVID-19: A Survival Kit for Employees of the State of Connecticut”

This webinar provides information regarding the range of emotional challenges posed by COVID-19 these past months and currently, the impact on people’s work and personal lives, and strategies for coping with the ongoing challenges and sustaining well-being both at work and at home. The objectives of the training include:

- A review of where we’ve been and where we are now related to the pandemic.
- Recognizing the types and sources of stress associated with the pandemic.
- Understanding pandemic fatigue and recognizing it in our day to day lives.
- Understanding why we all need to be diligent about self-care.
- Employing effective stress control practices.
- Providing tools that can assist in self-assessment and promoting self-care.
- Introducing supports that can be provided by supervisors and management structures.
- A review of resources in Connecticut available to support people during the pandemic.

Although this live webinar event was held for Connecticut state employees, this recorded version is available to the public to access and view. Please feel free to share this webinar link with interested parties.

About the Guest Presenter

Steven Crimando, MA, CHPP, CTM, is the principal and founder of Behavioral Science Applications. He is an internationally-known consultant and educator focused on the human element in disasters, mass violence and public health emergencies. Steven is a Certified Threat Manager, Certified Homeland Protection Professional, and a Board Certified Expert in Traumatic Stress, with more than 30-years of experience in emergency management and the behavioral sciences. He was deployed to the 9/11 and 1993 World Trade Center attacks, as well as New Jersey’s anthrax screening center and other acts of international terrorism. He is a published author who is frequently called upon as an expert in the prevention and response to disasters and crisis events. He provides training and support to many law enforcement, intelligence and military agencies, as well as NGO’s and multinational corporations.

Co-Sponsors

This webinar is co-sponsored by the Connecticut Department of Mental Health and Addiction Services (DMHAS), the Connecticut Department of Children and Families (DCF) and the Connecticut Disaster Behavioral Health Response Network (an initiative of DMHAS and DCF).

Any questions or comments about this webinar can be directed to Michael Giralmo at michael.giralmo@ct.gov.