



## FOR IMMEDIATE RELEASE:

### NYS COUNCIL FOR COMMUNITY BEHAVIORAL HEALTHCARE PARTNERS WITH CBC TRAINING INSTITUTE FOR SAMHSA-SPONSORED SELF-CARE SERIES FOR BEHAVIORAL HEALTH WORKFORCE

The [New York State Council for Community Behavioral Healthcare](#) (NYS Council) has partnered with [Coordinated Behavioral Care](#) (CBC) to diversify and expand the [CBC Training Institute](#) (TI)'s self-care series for NYS's behavioral health workforce. The agreement will allow CBC TI to leverage the expertise of provider members of NYS Council to deliver specific and nuanced workshops that promote collective wellness and inclusion, with the aim of providing supportive resources as staff return to office spaces following a protracted period of remote work. The agreement allows for NYS Council to lead sixteen trainings for CBC TI's expansive audience of behavioral health service providers across NYS.

Since January, CBC TI has leveraged funding from its Substance Abuse and Mental Health Services Administration (SAMHSA) COVID-19 Emergency Grant to develop and host self-care trainings for NYS frontline behavioral health staff impacted by COVID-19. These trainings have been intended to facilitate the establishment of a nonjudgmental community space to grieve and process the traumas of the past 18 months and learn new skills and practices to offset some of the unique stressors the pandemic has placed upon those serving New Yorkers with mental health and/or addiction challenges. Trainings have ranged from practical COVID-19 safety education to holistic mindfulness techniques. In nine months, the CBC TI has brought 53 supportive workshops and Town Halls to nearly 1,300 frontline behavioral health staff spanning over 300 behavioral health agencies across New York State (53% NYC, 47% Rest-of-State).

"CBC TI offerings have widely resonated across our State and risen to meet the personal well-being and professional supports the behavioral health sector has required during a protracted pandemic which has had devastating impacts on marginalized communities", said Amanda Semidey, LCSW, Vice President Care Coordination Services at CBC. "The behavioral health workforce has historically mirrored the communities they serve, and the virtual offerings have offered flexibility, promoted cross-agency collaboration with a consistent focus on participant self-care, wellbeing and resilience."

As CBC TI's audience of self-invested learners has grown over the course of the series, the CBC network of community-based provider agencies remains exclusive to NYC. NYS Council is a statewide, non-profit membership organization whose members offer recovery-focused mental health and addiction treatment programs and services to New Yorkers in need across the state. Through this collaboration, CBC TI has been able to both broaden the gamut of expertise on offer to its community of dedicated attendees and reach new audiences.

“The NYS Council is pleased to partner with CBC on these trainings to both showcase our members and their expertise in this area, and to invite members to attend the wide breadth of training programs being offered,” said Lauri Cole, Executive Director at the NYS Council. “Throughout the pandemic our members not only focused on the individuals seeking care, but on their own staff to ensure wellness and self-care while the staff were working remotely continuing to care for the vulnerable New Yorkers in need.”

To view and register for CBC Training Institute’s array of upcoming self-care training opportunities for NYS behavioral health staff, please visit its [Training Calendar](#).