

THE PANDEMIC AND MENTAL HEALTH ECHO Via Zoom

	Speaker	Topic
Session 1: Friday May 15 12 noon to 1 pm	Petros Levounis, MD, MA	THE PANDEMIC AND PSYCHOLOGICAL FIRST AID <ul style="list-style-type: none"> ✓ What are the essential skills for psychological and physical well-being that all of us could use in a crisis? ✓ How do we motivate our patients—and ourselves—when everyone is feeling “blah”? ✓ How do we keep people engaged in virtual treatments?
Session 2: Friday May 22 12 noon to 1 pm	Rashi Aggarwal, MD	THE PANDEMIC AND LIFE IN THE FRONT LINES <ul style="list-style-type: none"> ✓ What was it like fighting the pandemic in emergency rooms, intensive care units, inpatient psychiatric units, and nursing homes? ✓ What are the “lessons learned” for our own wellness?
Session 3: Friday May 29 12 noon to 1 pm	Cheryl Kennedy, MD	THE PANDEMIC, CHILDREN, AND FAMILIES <ul style="list-style-type: none"> ✓ Students seems particularly anxious, lonely, bored, and impulsive these days. What do we help them? ✓ How can we best prepare as a family for school “re-entry”?
Session 4: Friday June 5 12 noon to 1 pm	Petros Levounis, MD, MA & Rutgers NJMS Senior Medical Students	AFTER THE PANDEMIC: REBUILDING AND RECOVERY <ul style="list-style-type: none"> ✓ Robert (Rob) Brumer, MS-4 - Telemedicine and Global Health ✓ Jacob (Jack) Reep, MS-4 - Normalization of Video-Chatting ✓ Priya Kantesaria, MS-4 - Physician Presence on Social Media ✓ Grace Ro, MS-4 - Music and Mental Health

Register at: NJMS.Rutgers.edu/Psychiatry