

**COVID-19 and Similar Infectious Disease Outbreaks:
A Summary of Their Mental Health Impact and Effective Interventions**

DATE & TIME: September 17, 2020

9:00AM – 11:00AM

All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: Online Training – MS Teams
(please see the bottom of this bulletin for registration instructions)

The COVID-19 pandemic is causing a considerable degree of fear, worry, and concern, resulting in elevated levels of stress and anxiety. Public health measures such as social distancing, isolation, and quarantine have been effective in slowing the spread of COVID-19, but have also caused disruption to people's daily activities, routines, and livelihoods and are having a significant negative mental health impact. This presentation will include findings from research literature about the psychological impact of previous infectious disease outbreaks as well as effective mental health interventions on the individual, community, and systems levels. To the extent possible, emerging research was included about COVID-19, most of which is still evolving as we progress through the current pandemic.

TARGET AUDIENCE: DMH and Contracted Providers

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Describe at least two individual-level mental health related interventions/approaches that have shown to be effective during an infectious disease outbreak
2. Describe at least one individual-level mental health related intervention for two special populations who are at higher risk of mental health issues as a result of an infectious disease outbreak.
3. Explain at least two culturally competent community-level mental health related interventions which have shown to be effective during an infectious disease outbreak.

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DEADLINE: When maximum capacity is reached.

CONTINUING EDUCATION: 2 hours of BBS, BRN, CCAPP-EL and CE for
Psychologist

COST: NONE

DMH Employees register at:
<http://learningnet.lacounty.gov> 00475825

Contract Providers register at:
<https://forms.gle/pnuJSaFzVyLbcgbF7>