



## Live webinars for managers & leaders: Learn more about how to support your team's behavioral health!

### Supporting your Team's Behavioral Health Webinar

**Description:** Leaders face challenging times in which rates of depression, anxiety, and substance use are climbing dramatically. Dr. Russ and Coach Jess share clear and practical steps that leaders can take to understand the behavioral health of their employees, recognize when there might be a problem, and guide/support employees who are struggling.

In this webinar, you will:

- Learn about the scope of the behavioral health crisis and barriers to seeking help
- Hear about resources you can use and actions you can take to create a supportive culture
- Learn foundational cognitive behavioral therapy strategies to improve behavioral health

**Dates (click on the date to register):**

[Monday, June 14<sup>th</sup>, 2021: 12-12:30pm CST](#)

[Wednesday, June 23<sup>rd</sup>, 2021: 9-9:30am CST](#)

### Recognizing Potential Behavioral Health Challenges on our Teams Webinar

**Description:** When our team members are struggling, it's natural to make certain assumptions. Effective and supportive leaders look past their own natural biases to recognize the multiple potential causes, including hidden behavioral health issues/problems. Join Dr. Russ and Coach Jess as they use case studies to illustrate and explain how to better understand your team's challenges.

In this webinar, you will:

- Learn how to recognize potential behavioral health challenges in employees and team members
- Understand how to recognize cognitive biases and learn a model to help you change them
- Receive a tool to help you reflect on your learning after the webinar

**Dates (click on the date to register):**

[Wednesday, June 16<sup>th</sup>, 2021: 12-12:30pm CST](#)

[Thursday, June 24<sup>th</sup>, 2021: 9-:30am CST](#)

When registering, please use the access code **PORTICO**. After registering, you will receive a confirmation email from Zoom containing information about joining the webinar.