



CalOptima's Partnership For Health

## VIRTUAL EVENT DETAILS:

**Wednesday,  
December 9, 2020  
9–11 a.m.**

**REGISTER NOW**



**REGISTER BY MONDAY,  
DECEMBER 7, 2020**

There is no charge for this event. Pre-registration is required.

For more information, contact Lisa Nguyen at 657-236-8500 or [lisanguyen@caloptima.org](mailto:lisanguyen@caloptima.org).

## Mental Health and Self-Care During Uncertain Times

- Learn about Be Well OC, the Regional Wellness Hubs and efforts to create a countywide system to support the mental health needs of Orange County residents.
- Learn how CalOptima is collaborating with community partners to promote Adverse Childhood Experiences (ACEs) Aware in Orange County.
- Understand the impacts of provider fatigue, the importance of self-care and how to practice and maintain self-care.

### **Presentations by:**

Dr. Lauren Brand, Director of Operations  
Mind OC

Dr. Clayton Chau, Director and acting County Health Officer  
Orange County Health Care Agency

Betsy Ha, Executive Director of Quality and Population Health Management, CalOptima

