



DO YOU KNOW SOMEONE?

A **Launch Your Life** Mini Retreat

Last year, UMB initiated “Do You Know Someone?” as a commitment to health and well-being in a community of care and support. Let’s keep talking. Let’s keep fighting the stigma. Let’s continue the conversation about well-being and happiness.

Learn how to cope, uplift, and educate yourself, family, and others about available resources and services.

NOV. 7 | SCHOOL OF SOCIAL WORK AUDITORIUM AND ATRIUM

10 a.m. to 10:10 a.m.

INTRODUCTION

*Christine Barnabic, MS, education program management specialist,
Center for Integrative Medicine, School of Medicine*

10:10 a.m. to 11:10 a.m.

WORKPLACE SELF-CARE

Presented by Maria Ronda, MSW, LCSW-C, CEAP

11:10 a.m. to 11:15 a.m.

RELAXING ACTIVITY

11:15 a.m. to 12:15 p.m.

NURTURING YOUR MIND IN THE DIGITAL AGE

Presented by Gina Cook, LMSW '12

12:15 p.m. to 12:45 p.m.

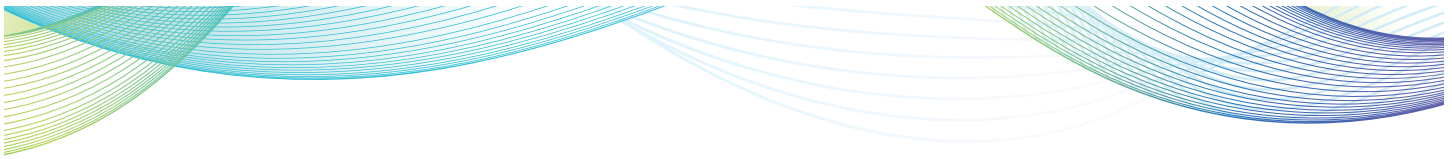
LUNCH

12:45 p.m. to 1:45 p.m.

NAMI – IN OUR OWN VOICE (VIDEO PRESENTATION)

1:45 p.m. to 2 p.m

CONCLUSION AND ANNOUNCEMENTS



INTRODUCTION

Christine Barnabic, MS, education program management specialist, Center for Integrative Medicine, School of Medicine

WORKPLACE SELF-CARE

The World Health Organization defines self-care as “what people do for themselves to establish and maintain health and to prevent and deal with illness.” If you’re looking to improve overall well-being, it is vital to bring self-care into the workplace. Attend this workshop and develop understanding of stress response and importance of self-care. Learn ways to build resiliency by practicing self-care at work.

Presented by Maria Ronda, MSW, LCSW-C, CEAP

Ronda, a full-time employee assistance program counselor, has provided employee assistance services to government, nonprofits, and corporate organizations since 2002. She obtained her MSW from Fordham University in New York City and is licensed in Florida and Maryland. In 2005, she completed a training certificate program in Corporate Crisis Response: Critical Incident Stress Management in the Workplace and Advanced Group Crisis Intervention from the University of Maryland, Baltimore through the International Critical Incident Stress Foundation, Inc. She has taught behavioral health courses to undergraduate students, presented on employee wellness and resiliency, and provided consultation to organizations on organizational development.

NURTURING YOUR MIND IN THE DIGITAL AGE

With advancements in technology, research has identified advantages and disadvantages to mental health treatment and support. This workshop will identify benefits to accessing care, community support, and resources while exploring detriments linked to addiction, bullying, and social media.

Presented by Gina Cook, LMSW '12

Cook, a full-time employee assistance program counselor, earned her Master of Social Work from the University of Maryland, Baltimore and is experienced in helping people cope with mood disorders through use of cognitive behavioral therapy and dialectical behavior therapy. She helps clarify goals, identify barriers to wellness, and promotes well-being through skills training, behavioral strategies, and creative problem-solving. Cook is committed to helping people overcome addiction issues and is effective among high-risk populations and health care professionals.

NAMI — IN OUR OWN VOICE (VIDEO PRESENTATION)

Step into the lives of real people with mental health conditions for a chance to allow a deeper understanding of this misconceived health topic, and be impacted by their powerful personal stories. The National Alliance on Mental Illness’ (NAMI) In Our Own Voice presentations change attitudes, assumptions, and stereotypes by describing the reality of living with mental illness.

QUESTIONS?

Please contact HRWell@umaryland.edu

Presented by
Employee Assistance Program
NAMI

Sponsored by
Human Resources and
Center for Integrative Health