



Center for Psychiatric Rehabilitation



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Ask Me Anything About Employment!



ASK ME ANYTHING

INTERACTIVE Q & A WEBINARS WITH
AN EXPERT IN EMPLOYMENT

Center for Psychiatric Rehabilitation



Stigma in the Workplace

Q&A with guest expert, Zlatka Russinova, Ph.D.

Thursday, January 28, 2021 at 12:00pm

The stigma associated with a mental health diagnosis can cause challenges for employees and employers in the workplace. What is stigma? How can people effectively overcome stigma in the workplace?

These and other questions will guide an interactive discussion between webinar participants and our guest expert, Dr. Zlatka Russinova.

Read more about the webinar and register at ***Eventbrite***.

Flourishing Families 2021

A monthly listen & learn Sessions for parents & caregivers



Join us for monthly listening & learning sessions to build tools and create a support network with other parents & caretakers of young adults. Panelists include mental health professionals, parents, students, & advocates.

Virtual Zoom Meeting Code: 777-951-1143

6:00 – 7:00 pm EST

Monthly meetings on the third Wednesday

2021 Learning & Listening Session Topics:

February 17: Racial Justice & Mental Health

March 17: Diagnosis Doesn't Predict Prognosis: Holding Hope
April 21: Summer Plans: Creating Belonging over Breaks
May 19: Maintaining Thriving Families
June 16: Step In, or Step Back? How to Address Warning Signs

Participation is free. Register at [Flourishing Families](#).
All supporters and caretakers of young adults are welcome.
For more information contact Program Director,
Courtney Joly-Lowdermilk, 617-483-3827 or cjoly@bu.edu

Learning from Boston? Learning from Anywhere? College Mental Health Programs are There Too!



LEAD for Collegiate Resilience

Free course for building wellness,
community & skills for thriving.
Thursdays 3:30—5:00 pm EST
February 4 – April 29, 2021
LEAD BU PDP HE102

LEAD Español for Collegiate Resilience

Free course for building wellness,
community & skills for thriving.
Mondays 3:30—5:00 pm EST
February 1 – April 26, 2021

Peer-run Activities

A host of weekly outings, activities,
workshops & workouts to build
belonging and community connections.
February 1 – April 30, 2021

Healthy Relationships

Free course for creating meaningful friend, peer, & partner connections.
Wednesdays 4:00—5:00 pm EST
February 3 – April 28, 2021

College Coaching

Individualized, one-on-one support around managing coursework, wellness, and collegiate resilience & skills for thriving.
Available all semester

Get involved:

Text “Spring 2021”
to 617-483-3827
Contact Program Director
Courtney Joly-Lowdermilk
cjoly@bu.edu or 617-483-3827

Mental Health & Employment Issue Brief

This month marks the introduction of a new product from the training and dissemination division. The bi-annual Issue Brief is developed primarily for organizational leaders and policymakers, though everyone is welcome to dive into the resources and content. Each edition will address Mental Health, Employment, and a related concern or topic. You will be able to find the document on the [Resources and Information](#) page at cpr.bu.edu

The NFSTAC Needs You!

The new National Family Support Technical Assistance Center (NFSTAC) is looking for your input! If you are the family member of a loved one who experiences mental health, behavioral health, addiction or substance use challenges, or a member of the workforce supporting families, please share your ideas on how the NFSTAC can serve you. Complete their survey at [SurveyMonkey](#). To learn more visit [NFSTAC](#),

Articles Published in 2020 by CPR Staff

While 2020 was a difficult year worldwide, the staff at BU's Center for Psych Rehab were able to write and publish many articles. A list has been organized into the following topics: [See the complete list.](#)

1. Specific Interventions
 1. Alternative Interventions
 2. Illness Management and Recovery (IMR)
 3. Photovoice
 4. Social Skills
 2. First Episode Psychosis & Young Adults
 3. Employment
 4. Peer Services
 5. Medication, Substance Use, and Suicide
 6. Other Topics
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Ready-made Skill Lessons are Ready for You

We have created six bundles of skill lessons, called Self-Directed Skill Lessons, under the general category of skills for Getting Along with Others.

They are available for sale as PDF files at 50% off! Please check out the following webpages for descriptions and download a free sample lesson for each one.

Questions? Contact cprbooks@bu.edu

- [Skills for Participating in Groups/Classes/Activities](#)
 - [Skills for Working Together](#)
 - [Skills for Working with Supervisors/Teachers](#)
 - [Skills for Socializing](#)
 - [Skills for Being a Friend](#)
 - [Skills for Difficult Situations](#)
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BOSTON UNIVERSITY

**CENTER FOR
PSYCHIATRIC
REHABILITATION**

Supporting people with
mental health conditions
in living a meaningful life

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