

Dear Valued Partners and Stakeholders:

In the face of COVID-19, so many are experiencing stress and fatigue. On behalf of the NEOMED Coordinating Centers of Excellence – the Best Practices in Schizophrenia Treatment (BeST) Center, the Criminal Justice Coordinating Center of Excellence and the Ohio Program for Campus Safety & Mental Health – **we thank you for your resilience and your continued commitment to improving the lives of individuals affected by serious mental illness.**

Although there is no set playbook for maintaining good mental health during a global pandemic, developing resiliency can help everyone adapt to stress and improve their lives. We are pleased to share some resiliency resources with you:

[Tips for Mental Health and Resiliency amid COVID-19](#)  
[Resources for Mental Health and Resilience During COVID-19](#)

We also invite you to participate in two special NEOMED Project ECHO virtual programs:

***Coping with COVID: Building Resiliency for 2021***

Dec. 2 from Noon – 1:30 p.m. ET

Presenters: Stephanie Orwick, M.Ed., LPCC-S, and Joseph Zarconi, M.D.

You may register and submit any questions that you would like the presenters to address [here](#).

***Current Issues and Creating Resiliency: Addressing the Mental Health Care Needs of the Hispanic/Latinx Community***

Dec. 11 from Noon – 1 p.m. ET

Presenter: Marilyn Laila Sampilo, Ph.D., M.P.H.

Please register for this Integrated Care at NEOMED (IC@N) Project ECHO program [here](#).

Wishing you and your loved ones resilience, health and safety,

Sincerely,

Ruth H. Simera, M.Ed., LSW  
Executive Director  
Coordinating Centers of Excellence