



**UNMC/BHECN #BHECNCares Webinar
The Impact of Natural Disasters on Mental Health
When the water recedes...what's next?**

via ZOOM (details TBD)

Wednesday, March 27 – noon

Marley Doyle, MD, Director of BHECN
Topic: Introducing the Webinar Series

Phoebe Gearhart, BSN, RN, Clinic Nurse Lead, Nebraska Medicine
Topic: My story: How I experienced the flood and advice from a mental health nurse.

Christine “Tina” Chasek, PD, LIMHP, LADC, LPC, Director of BHECN-Kearney
Topic: The Emotional Impact and Stages of Natural Disasters and Recovery

Friday, March 29 – noon

Marley Doyle, MD, Director of BHECN
Topic: Stages of Grief and Depression: How you may feel when the waters recede

Monday, April 1 – noon

Debi Pittock, LICSW, Psychiatric Social Worker, Nebraska Medicine
Topic: Surviving a Natural disaster: Trauma and survivor guilt

Tuesday, April 2 – noon

Lauren Edwards, MD, Psychiatrist, UNMC Department of Psychiatry
Topic: Natural Disasters and Anxiety: What is normal?

Wednesday, April 3 – noon

Ryan Edwards, MD, Child & Adolescent Psychiatrist, UNMC Department of Psychiatry
Topic: Children and natural disasters: How to talk to your kids

Thursday, April 4 – noon

Brandy Clarke, PhD, Child Psychologist, UNMC Munroe-Meyer Institute
Topic: Returning to school: Tips for teachers when students experience a natural disaster

Friday, April 5 – noon

Jonathan Sikorski, PhD, Director of Wellness Education, UNMC Department of Psychiatry
Topic: Staying well in times of stress