

# Resilience in a Pandemic-Impacted Era



## ABOUT THIS WEBINAR

Throughout the past few years, service professionals have been faced with many challenges but through resiliency and change, have continued to provide services to military families. This webinar discusses how to assess our progress during these trying times by considering the following:

- Mental health challenges when delivering services.
- Strategies we reused to remain resilient.
- New strategies we implemented to boost our resilience.
- Specific changes we made to our approach as a service provider.
- Lessons learned that can become “best practices” for life.

### Learning Objectives:

After completing this webinar, participants should be able to

- Assess how resilient we were before the pandemic.
- Identify what kept us resilient.
- Recognize what we can do to help ourselves and clients to remain resilient as the next year unfolds despite pandemic related challenges.

## EVENT PAGE

<https://oneop.org/event/118089/>

## CONTINUING EDUCATION

- Social Work, LPC, LMFT: Programming approval for 1.0 CE credits will be obtained for Social Work, Licensed Professional Counselors, and Licensed Marriage & Family Therapists from the University of Texas at Austin, Steve Hicks School of Social Work.
- Case Manager: This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hours.
- Board Certified Patient Advocates: This program has been pre-approved by The Patient Advocate Certification Board to provide continuing education credit to Board Certified Patient Advocates (BCPA). The course has been approved for a total of 1.0 CE contact hour, of which 0.0 are in the area of Ethics.
- Certified Family Life Educators (CFLE): This program has been approved by the National Council on Family Relations (NCFR) for 1.0 CE credit for CFLE.
- Certificates of Attendance are available for providers interested in documenting their training activities.

## PRESENTER

### Lakshmi Mahadevan, Ph.D.

*Associate Professor & Extension Specialist,  
Texas A&M AgriLife Extension Service*

Dr. Mahadevan has a doctorate in Educational Psychology with an emphasis in Career Development Education from Texas A&M University. Her areas of expertise include universal design for learning, and accessible curriculum. She has more than 15 years of experience in conducting face-to-face and online professional development with educators in Texas addressing various special populations-related issues.

