

Suffolk County Community College

College Brief

NO. 66 February 8, 2022

TO: The College Community

FROM: Dr. Patty Munsch-Eilbeck
Interim Assistant Vice President for Student Affairs

 Angelica Rivera
 Assistant Vice President for Human Resources

SUBJECT: Resources to Help Employees Manage Anxiety

“You can’t stop the waves, but you can learn to surf.” — Jon Kabat-Zinn

If you are dealing with uncertainty, please know there are several options available to support the members of our community.

1. There will be a 90-minute virtual workshop available to all employees, *“Practical Mindfulness to Help Manage Anxiety”* on **Friday, February 18th** at 11 a.m. During this session, a team of certified Koru Mindfulness teachers have developed a workshop specifically designed to support employees. Koru Mindfulness is an evidence based four-session mindfulness course, developed at Duke University. No previous experience with mindfulness and/or meditation is needed. Registration is required; the link to register can be found [here](#) or on the attached flyer.
2. Please be reminded that our staff and their dependents who participate in the Employee Medical Health Plan have support resources available to them. Beacon Health provides professional staff to assist employees with many life issues/concerns that include, but are not limited to:
 - Mental Health Issues
 - Substance Abuse
 - Grief Counseling
 - Stress Management
 - Legal and Financial Counseling

Employees can call Beacon Health directly at 1-866-909-6472 or can visit their website at:

<https://www.beaconhealthoptions.com/solutions/employee-assistance-program/>

3. For those employees who are not eligible or do not participate in the Employee Medical Health Plan, the following resources are available through the NYS Office of Mental Health:

- **OMH Emotional Support Line: 1-844-863-9314 ***

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus. The Help Line is staffed by volunteers, including mental health professionals who have received training in crisis counseling.

- [Tips for Mental Wellness](#) ([Español](#) | [বাংলা](#) | [中文](#) | [РУССКИЙ](#) | [Kreyòl Ayisyen](#) | [한국어를](#))

How to cope with COVID related stress and anxiety

[Mental Health Resources During an Emergency](#)

People often experience anxiety, fear, and helplessness during an emergency. Know the signs and get help.

<https://omh.ny.gov/omhweb/covid-19-resources.html>

Click [HERE](#) to Register Now

No previous experience required!

1 90 Minute
Workshop

For ALL SCCC
Employees

Being With Uncertainty as SCCC Employees

Practical Mindfulness to Help Manage Anxiety



KORU
mindfulness

Koru Mindfulness is an evidence based 4-session mindfulness course, developed at Duke University, that teaches skills to manage anxiety and stress.

This 90-minute virtual workshop, tailored to the needs of our SCCC employee community, will cover the background of Koru and mindfulness meditation and the research supporting its efficacy.

The certified Koru teachers from Koru Mindfulness LI will guide us through two practical meditation practices that we can use during times of uncertainty and distress. No previous experience with meditation is needed and everyone can benefit! We hope to see SCCC employees from across the college attend.

Date **February 18, 2022**

Time **11:00AM -- 12:30PM**

Venue **Zoom:
Registration Required.
Click [HERE](#) to register.**

Workshop Leaders



**Dr. Anthony
Pantaleno,
PhD**

Retired School
Psychologist,
Certified Koru
Teacher



**Dr. Barbara
Edell Fisher,
PhD**

Licensed
Psychologist,
Certified Koru
Teacher



**Dr. Kristin
Bruning, MD**

Board
Certified
Psychiatrist,
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Teacher

Sponsored by SCCC Central Student Affairs and SCCC Mental Health & Wellness Services