**Mental Health and Well-Being of CAH Staff During COVID-19**

**Steven P. Wengel, MD**

**Tuesday, April 13th, 2021, 12:00 p.m. – 1:00 p.m.**

**Register** [**HERE**](https://unmc.zoom.us/meeting/register/tJckde2qqz8rEtQk6rIsigz4_GhqcPYhx7_z)**!**

The COVID-19 pandemic’s impact on mental health has been significant. The United States was already experiencing a mental health crisis, and COVID-19 added fuel to the fire. Anxiety, depression, and suicide have impacted our families, communities, and our workplace. UNMC College of Public Health’s CAH ECHO session in April will feature Steven P. Wengel, M.D. Dr. Wengel, a noted Psychiatrist at UNMC, will explore the complex mental health issues associate with COVID-19, along with identifying useful and practical solutions for coping during this difficult time.

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**Who Should Attend?**

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| * **Critical Access Hospital Leaders** | * **Nurse Leaders** |
| * **Social Workers** | * **Mental Health Professionals** |
| * **Hospital Human Resource Managers** |  |

**For more information about the UNMC College of Public Health’s ECHO program for Critical Access Hospitals, click** [**here**](https://www.unmc.edu/publichealth/centers/cbbeid/Project_ECHO/CAH.html)**.**

**About Dr. Wengel:**

Dr. Wengel is an Omaha native who decided to pursue psychiatry as a specialty during his third year of medical school. Being able to address both medical and psychosocial problems in patients was very appealing to him and finding ways to bridge the gap between these two areas of his patients’ lives continues to be a source of challenge and fulfillment. Mental illness is frightening to many patients, and his calm and friendly demeanor helps ease his patients’ fears. As a geriatric psychiatrist, Dr. Wengel enjoys hearing his patients tell of their triumphs over challenges across the years and is often impressed by the resilience shown by older adults in the midst of stresses like caring for an ill spouse or facing their own health problems.

Dr. Wengel is fond of reminding his trainees that the word “doctor” comes from a Latin word meaning “teacher.” Teaching is part of every physician’s job description, in terms of providing up-to-date understanding of diseases and their treatments to patients as well as other health care providers. His philosophy of education for medical students and residents is centered around the belief that one learns best what one struggles with. In other words, as teachers, we can simply hand our students the wisdom and experience we have acquired, or we can give them thought-provoking challenges which will cause them to grapple with understanding concepts in a deeper way. In the course of this struggle, students emerge with better understanding and retention.

Dr. Wengel specializes in geriatric psychiatry. He was Chair for the Department of Psychiatry from 2005 thru February 2018. He was named in "Best Doctors in America", 2010-2011.