



**Department  
of Health**

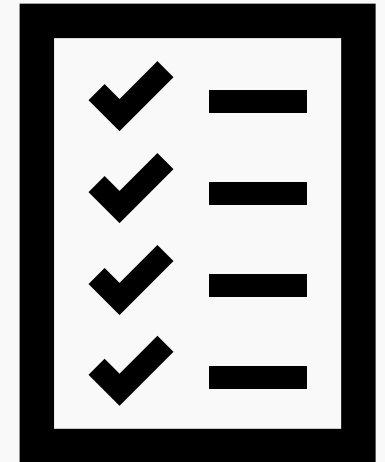
# **New York State Public Health Corps Fellowship Program**

**Resiliency During Difficult Times**

**MAY 12<sup>TH</sup>, 2025, NYSPHC EDUCATIONAL SERIES: RESILIENCY DURING DIFFICULT TIMES**

# AGENDA

- Welcome!
- Presentation: Resiliency During Difficult Times
- Q&A
- Closing Remarks



# **WELCOME!**

# **KATIE MACVEIGH**



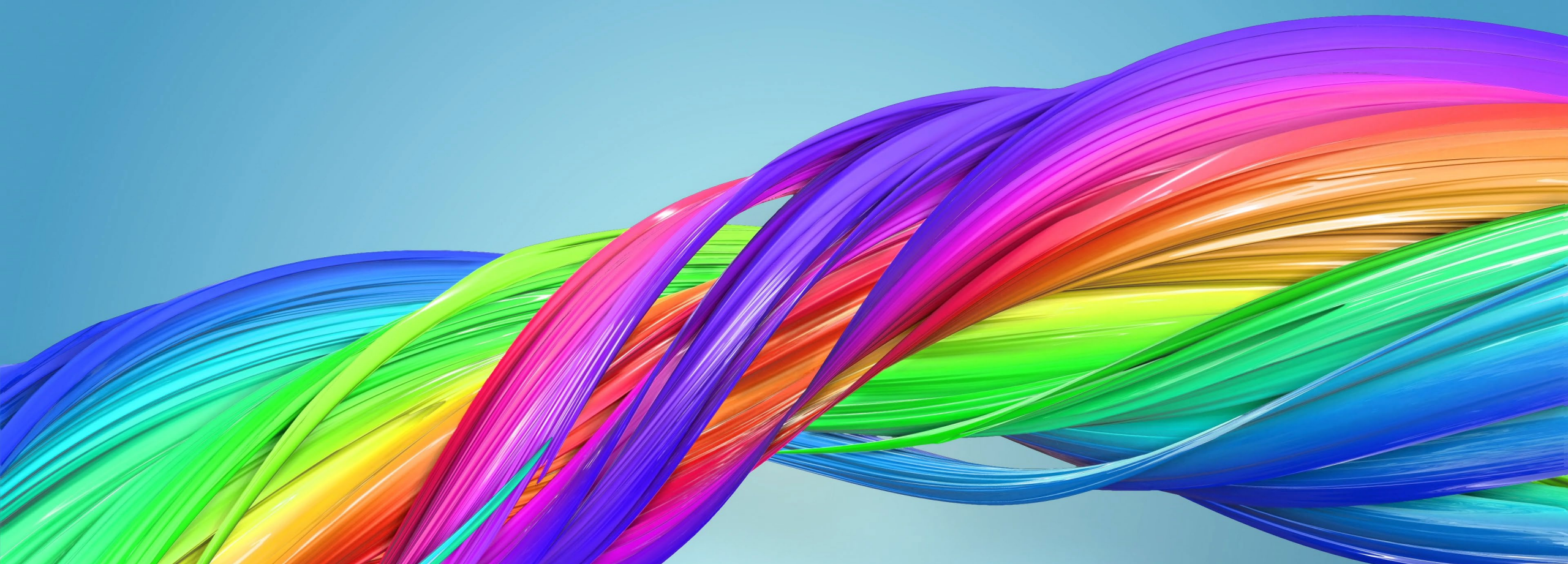
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PRESENTED BY:  
DOH/HRI/OMIG EAP



# RESILIENCY DURING DIFFICULT TIMES





WHAT COLOR REPRESENTS YOUR CURRENT MOOD, AND WHY?



Name Your Emotions

# NAME IT TO TAME IT

[THOUGHTS | MINDFULNESS.COM](https://www.mindfulness.com)

[NAME IT TO TAME IT: LABEL YOUR EMOTIONS TO OVERCOME NEGATIVE](#)

Initiate Name It to Tame It *right after* you notice your body's first response. It might look like this:

1. You notice what your body is telling you: that you're feeling angry, afraid, sad, etc.—and you take a deep, slow breath in
2. You recognize the fact that this situation is upsetting you—without reprimanding yourself—and you slowly exhale
3. You honestly name what you're feeling: e.g., “anger, anger, anger” or “fear, fear, fear”—and you take a deep, slow breath in
4. You notice your body slowly calming itself—and you exhale
5. You keep naming and breathing until you feel your body regulating

Naming the emotions creates a kind of healthy distance between you and the reaction. You recognize an important truth: you're *experiencing* an emotion, but you aren't caught up in or controlled by it.



**WHAT DOES SELF CARE  
LOOK LIKE TO YOU?**

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# PRACTICE SELF-CARE

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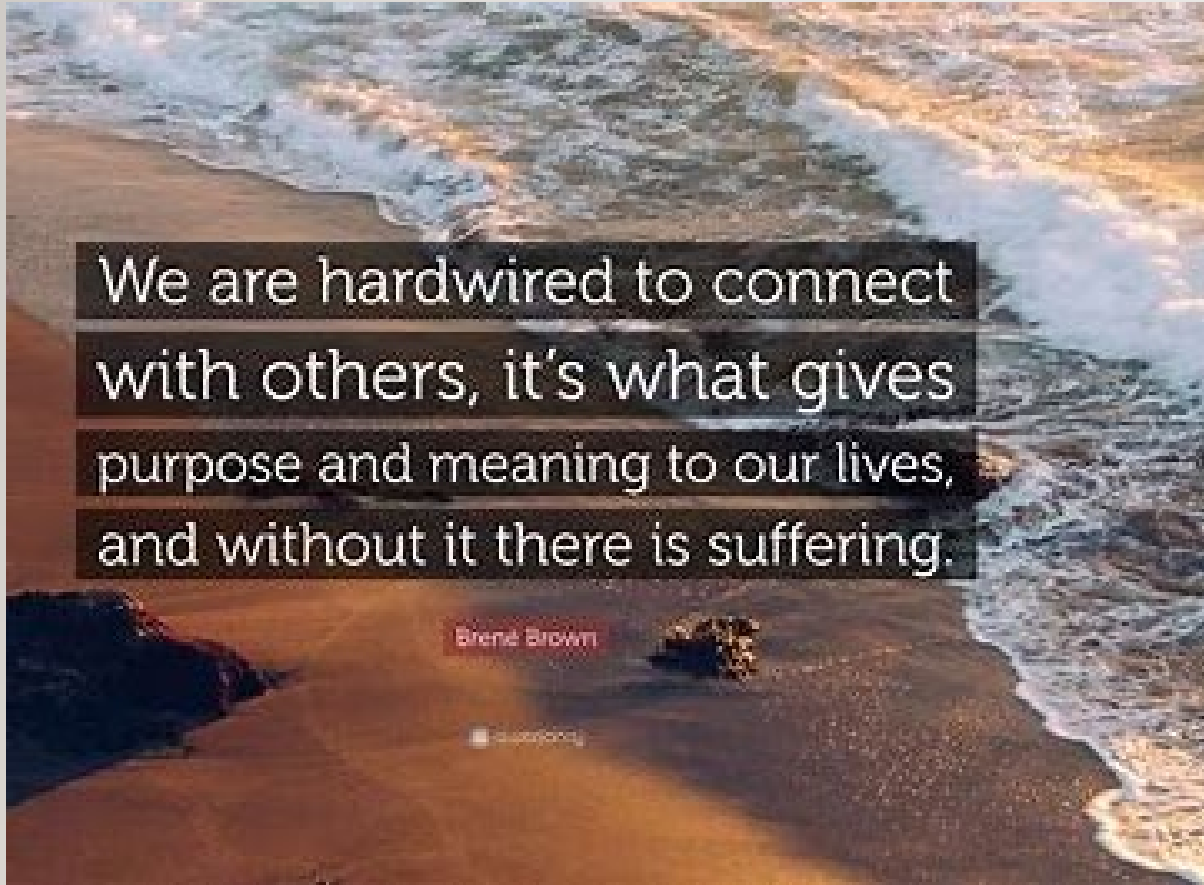


# SET BOUNDARIES

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“Focusing too much on current events is bringing me a lot of stress. Could we talk about something different during our time together today?”

“I like talking with you about this, but I get burnt out when I focus on current events too much. Let’s spend 5 minutes chatting about this and then pick something else to do together.”



## CONNECT WITH OTHERS

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- Join a group or class focused on your interests
- Attend a local event to connect with community
- Schedule regular coffee chats or check-ins with friends and family



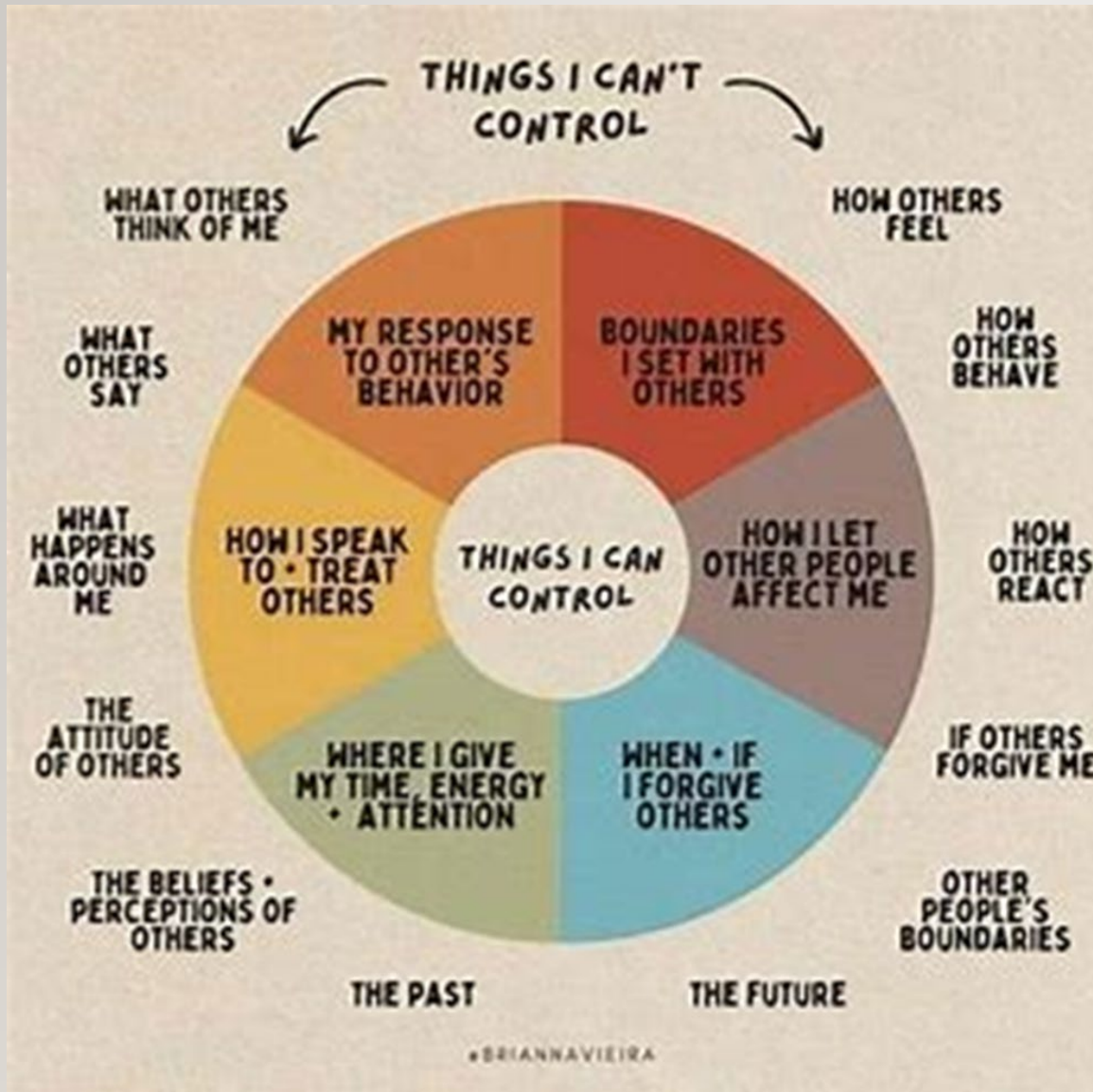
**We must accept  
finite disappointment, but  
never lose infinite hope.**

Martin Luther King

Lifehayat.com

# FOSTER FEELINGS OF HOPE

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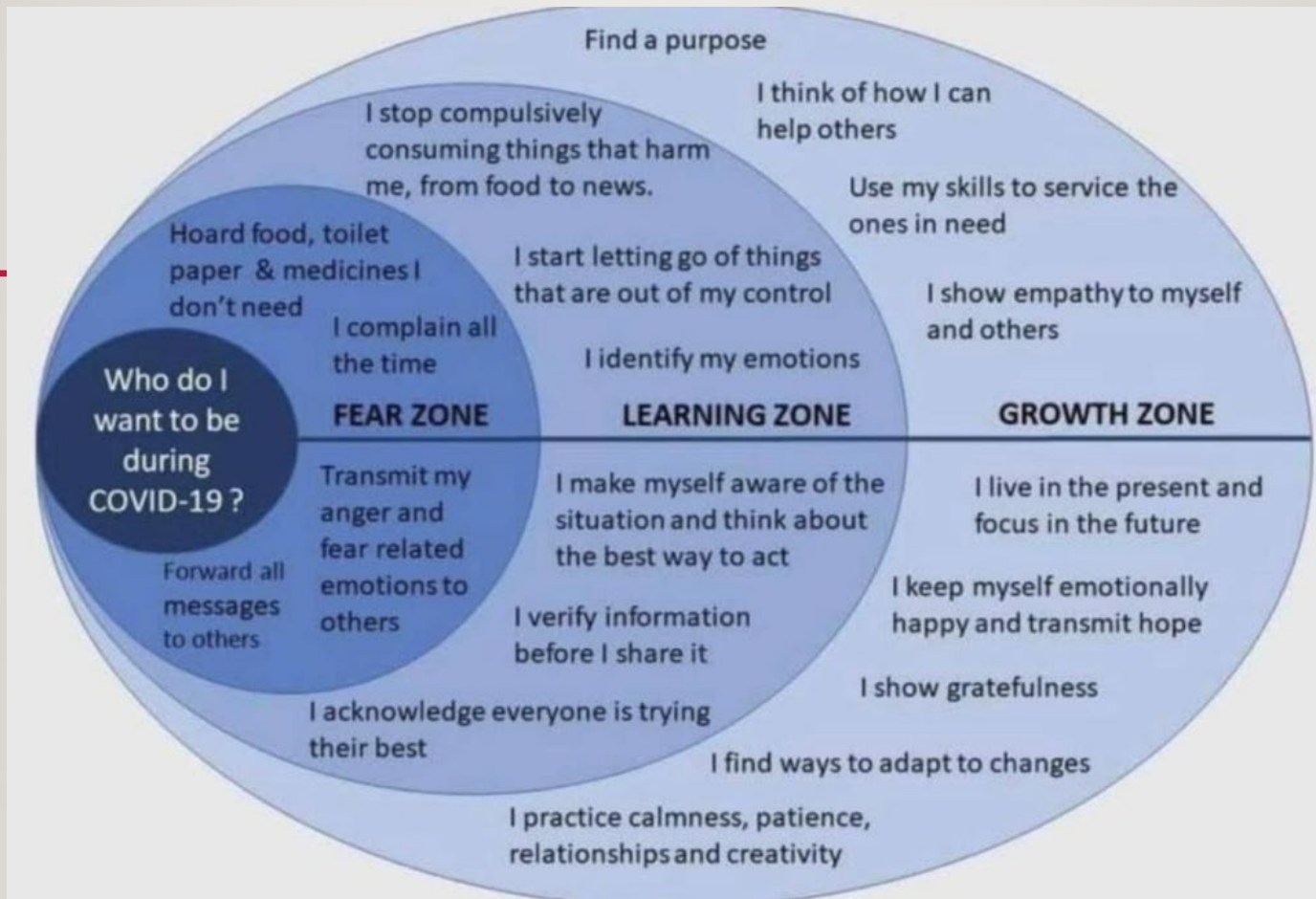


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- “Acceptance is not the same as resignation or passivity. We can continue to push forward despite accepting that there are things beyond our control.”
  - \*Foundations of Counseling

# BRENE BROWN

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[THREE RESILIENT PEOPLE SECRETS | BRENÉ BROWN MOTIVATION SPEECH | -  
YOUTUBE](#)



**WHO DO YOU WANT TO BE?**

## DOH/HRI/OMIG EAP Coordinators



Katie L. MacVeigh, CEAP  
Lead EAP Coordinator  
Capital Region  
518-408-5444  
Covering: Menands



Ashanti Lucas, CEAP  
Capital Region EAP Coordinator  
518-473-1408  
Covering: All Albany locations



Sonya Carr  
CNY Coordinator  
315-477-8591  
Covering: All CNY Locations



Alexis Brower, CEAP  
MARO Coordinator  
212-417-4203  
Covering: All MARO locations  
including: Helen Hayes and St.  
Albans Veterans' Home

NYS EAP  
24 Hours a Day, Everyday  
1-800-822-0244

\*Don't see your location listed? Contact Katie MacVeigh, 518-408-5444

EAP is not a crisis service, for immediate assistance contact:

911

988 Suicide and Crisis Lifeline  
Call or text 988 or chat 988lifeline.org | 24/7/365

Crisis Text Line Text: Got5 to 741741 | 24/7/365



Denise Golden, CEAP  
WNY Coordinator  
585-238-8157  
Covering: All WNY Locations  
including Batavia Veterans'  
Home



Lydia Wright  
Montrose Coordinator  
914-987-9049  
Covering: Montrose Veterans'  
Home



Paula Crawford  
Oxford Coordinator  
607-843-3230  
Covering: Oxford Veterans' Home



# PCG Employees

## Employee Assistance Program

We all need a little support every now and then.

Guardian's Employee Assistance Program gives you and your family members access to confidential personal support, across everything from stress management and nutrition to handling legal or financial issues.

The services available include consultations with experienced professionals, as well as access to resources and discounts designed to help you in a variety of different ways.

### How it can help



Consultative services are available to provide direct support and assistance



Work/life assistance that can help you save money and balance commitments



Access legal and financial assistance and resources – including WillPrep Services



### How to access

To access the WorkLifeMatters Employee Assistance Program, you'll need a few personal details.



Visit

[worklife.uprisehealth.com](http://worklife.uprisehealth.com)



Access Code

worklife

For more information or support, you can reach out by phoning **1 800 386 7055**. The team is available 24 hours a day, 7 days a week<sup>1</sup>.

# WE'RE HERE IF YOU NEED US...

# QUESTIONS?



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# CLOSING REMARKS



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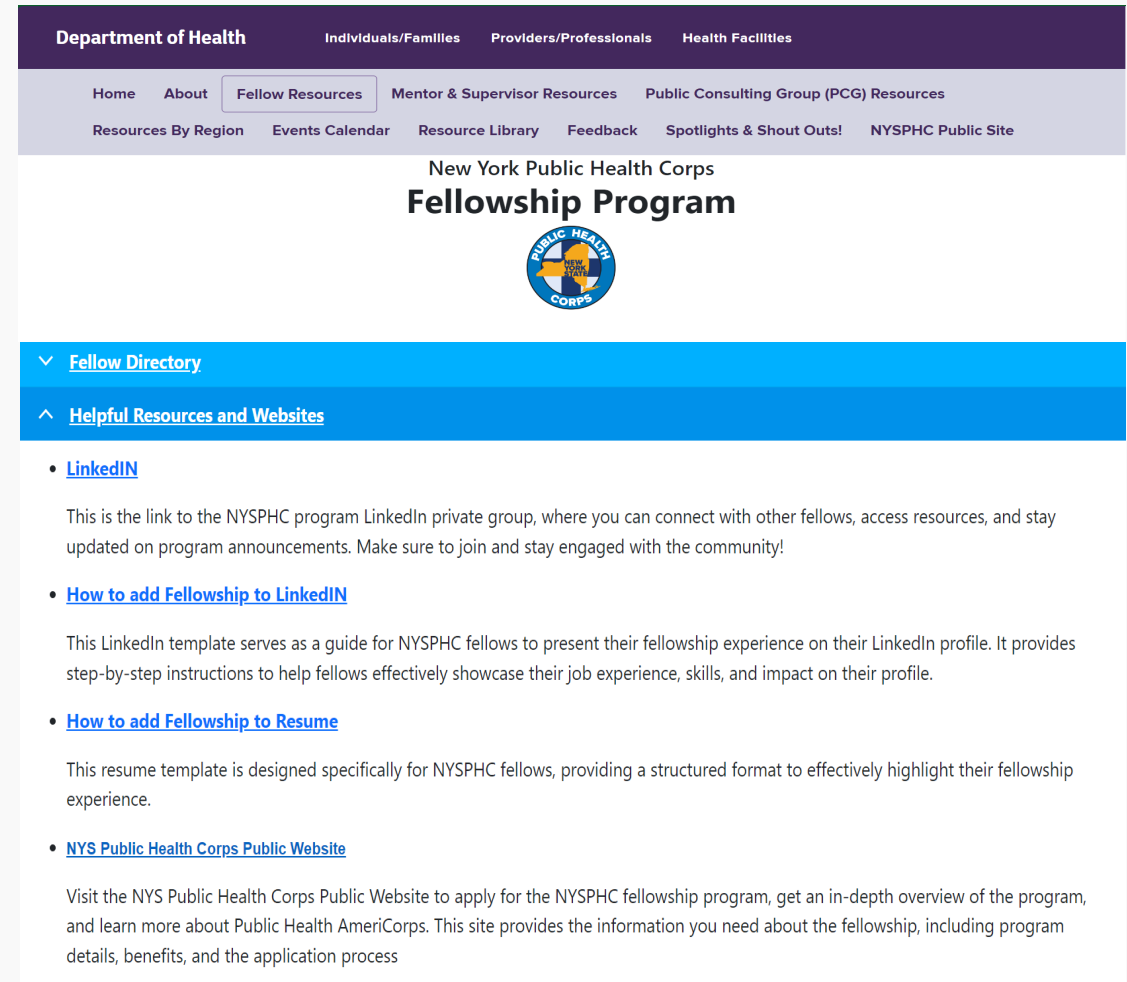
# RESOURCES ON T&R WEBSITE!

## Resume Template

- Tailored specifically for NYSPHC Fellows
- Provides a structured format to effectively showcase fellowship experience

## LinkedIn Template

- Step-by-step guide for presenting fellowship experience on LinkedIn
- Helps fellows highlight job experience, skills, and impact on their profiles



The screenshot shows the 'Fellow Resources' page on the NYSPHC website. The navigation bar includes 'Department of Health', 'Individuals/Families', 'Providers/Professionals', and 'Health Facilities'. The main navigation menu has 'Home', 'About', 'Fellow Resources' (highlighted), 'Mentor & Supervisor Resources', and 'Public Consulting Group (PCG) Resources'. A secondary menu includes 'Resources By Region', 'Events Calendar', 'Resource Library', 'Feedback', 'Spotlights & Shout Outs!', and 'NYSPHC Public Site'. The page title is 'New York Public Health Corps Fellowship Program' with the NYSPHC logo. The content area features two expandable sections: 'Fellow Directory' and 'Helpful Resources and Websites'. The 'Helpful Resources and Websites' section contains four links with descriptions: 'LinkedIn' (link to a private group), 'How to add Fellowship to LinkedIn' (template guide), 'How to add Fellowship to Resume' (structured resume template), and 'NYS Public Health Corps Public Website' (application information).

# NEW RESOURCES ON THE T&R WEBSITE

- **Mental Health Resources**

- This section provides information for NYSPHC Fellows looking for health and wellness resources.

- **Public Health Careers**

- This section provides information for NYSPHC Fellows looking for resources on next steps in their Public Health journey post Fellowship.



New York Public Health Corps  
**Fellowship Program**



# SHOUT OUT

## NYSPHC Training and Resources Website



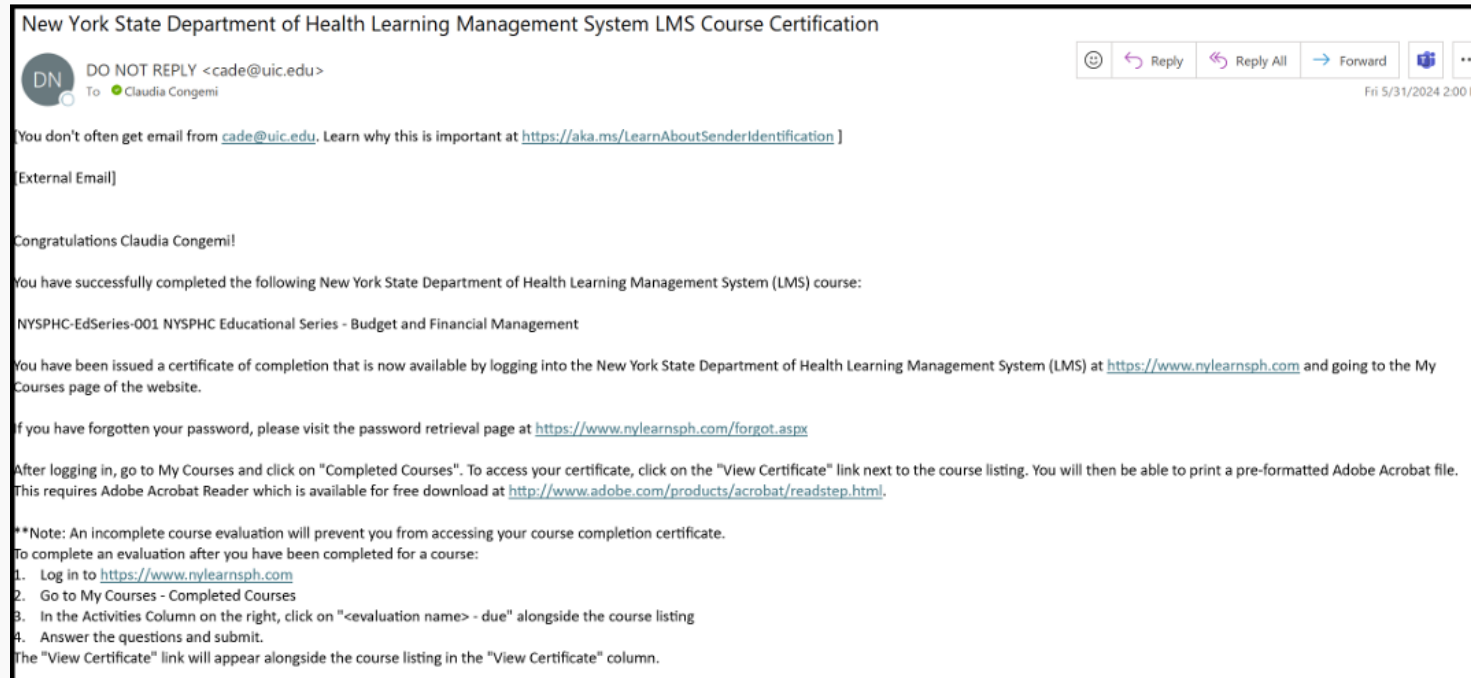
# SHOUT OUT

## NYSPHC Training and Resources Website



# EDUCATIONAL SERIES UPDATE

- As a reminder, participation in the Educational Series is no longer required.
- Once you submit and pass each quiz, you will receive an email for each course confirming that you completed the quiz and course. Now you can access your course certificate.



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# NYSPHC LINKEDIN GROUP

- Stay connected with NYSPHC on LinkedIn
  - Continue the conversation from today's session
  - Stay updated on public health events
  - Engage with polls and share your insights



# NYSPHC PROGRAM IMPACT SURVEY

- The NYSPHC Fellowship Program is collecting impact statements from Fellows, Supervisors, Mentors, host organizations, and program partners to detail the program's impact on public health programming across New York State.
- We are compiling these statements to demonstrate the value of hosting Fellows, the increase in organizational capacity at the host organization level, and the impact this program has on communities served
- Interested in participating? Visit: <https://www.surveymonkey.com/r/ZRZMHYH>

# REMINDER: EMPLOYEE ASSISTANCE PROGRAM



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## Help for what matters most

### Your employee assistance program

Our Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance is available for assistance with family and personal issues online at [worklife.uprisehealth.com](http://worklife.uprisehealth.com) and by phone at 1-800-386-7055.

Help with health	Help with family	Help with legal and financial
<ul style="list-style-type: none"><li>• Healthy living</li><li>• Stress management</li><li>• Mental health</li><li>• Diet and fitness</li><li>• Overall wellness</li></ul>	<ul style="list-style-type: none"><li>• Parenting support</li><li>• Child and elder care</li><li>• Learning programs</li><li>• Special needs help</li></ul>	<ul style="list-style-type: none"><li>• Legal issues</li><li>• Will preparation</li><li>• Taxes and debt</li><li>• ID theft services</li><li>• Financial tools and assistance</li><li>• Medical bill negotiation tools</li></ul>

### Connect to a counselor for complimentary support services:

Email: [eapcounselor@uprisehealth.com](mailto:eapcounselor@uprisehealth.com)

Phone: 1-800-386-7055

Available 24 hours a day, 7 days a week\*

Web: [worklife.uprisehealth.com](http://worklife.uprisehealth.com)  
(Access code: [worklife](http://worklife))

When calling for assistance please  
use the following information

Employer - Staffing Solutions  
Organization

Group Number - G-540112

\*Office hours: Monday-Friday 8am-4pm PST. Live answer exchange available after hours. The Employee Assistance Program services are provided by Uprise Health, and its contractors. Guardian does not provide any part of the Employee Assistance Program. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the Employee Assistance Program program at any time without notice. Legal services provided through the Employee Assistance Program will not be provided in connection with or preparation for any action against Guardian, Uprise Health or your employer. The Employee Assistance Program is not an insurance benefit and may not be available in all states. (Future written communications may be in English only.) The Guardian Life Insurance Company of America, New York, NY; Uprise Health, Laguna Niguel, CA. Guardian® is a registered trademark of The Guardian Life Insurance Company of America and is used with express written permission. © Copyright 2022 The Guardian Life Insurance Company of America.

**THANK YOU!**



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