RUTGERS WORLD TRADE CENTER HEALTH PROGRAM

E-NEWSLETTER FROM THE DESK OF WTC MEDICAL DIRECTOR, IRIS UDASIN, M.D. AND MENTAL HEALTH DIRECTOR, JODI STREICH, PH.D.



GREETINGS FROM THE TEAM!

Welcome back!

We have missed all of you!
We are happy to let you know that we are committed to your ongoing care and have continued to meet with our patients face-to-face and

WELCOME TO RUTGERS
WTO HEALTH CLINIC
OR HIS UDASIN
NOW PROVIDING
TELEHEALTH
COVID HOTLINE:
848-445-6200
THIS, TOO, SHALL PASS

Left: Iris Udasin, MD. Right: Ruth Lin, MD

via telehealth. It is our pleasure to introduce you to Dr. Ruth Lin, an experienced internist, who has recently joined our team. We would like to remind you to please call our clinic to schedule your annual monitoring exam, which can be in-person or via telehealth. We also have some new programs that our Mental Health Department will be offering to all of our members this Fall and wanted to share with you!

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As we approach the 19th anniversary with our beloved members of the September 11th community, we want to take this moment to say that even during the most challenging and unprecedented times in our lives, WE WILL ALWAYS STAND WITH YOU BY YOUR SIDE, EVEN WHILE WE ARE APART.

Fall Groups!

You should have received a group interest survey in your email recently. If you did not, please feel free to contact us at 848-445-0193 to advise of your interest in any of the following groups.

The WTC Mental Health team at Rutgers University has implemented new virtual

programs and are delighted to offer our members a variety of groups where you can connect, support one another, and learn new skills to promote well-being across a variety of life domains including - relationships, life transitions, physical health concerns, stress and mindfulness. We hope to provide an opportunity for connection, support, and learning new skills to promote well-being across a variety of life domains including - relationships, life transitions, physical health



concerns, stress and mindfulness during these challenging time.

9/11-RELATED CANCER SUPPORT GROUP

This group aims to provide a safe, therapeutic setting, where first responders can process their experiences with cancer amongst peers who have undergoing similar serious health issues. It is a peer support group led by trained facilitators with a focus on sharing coping strategies, relating personal experiences, and processing life changes related to a cancer diagnosis. Group sessions will be offered through a secure video platform, once a week for 75 mins with a maximum of 8 participants.

WHO IS THIS FOR?

Anyone who has been diagnosed with a 9/11-related cancer and is interested in receiving support around this diagnosis (even if you are currently in remission).

Project Uplift



This is a program that teaches mental health skills along with mindfulness and meditation skills to help members cope with increased stress, anxiety, depression, or chronic health problems.

You will learn information, practice activities, and engage in peer support. Group sessions will be held by phone, once a week for 60 minutes. This program runs for 8 consecutive weeks.

WHO IS THIS FOR?

Anyone who is
experiencing increased
stress, anxiety,
depression, or chronic
health problems and is
interested in learning
new coping skills.

RETIREMENT SUPPORT GROUP

This group aims to provide support around life changes related to retirement. It is a peer support group led by trained facilitators with a focus on sharing coping strategies, relating personal experiences, and building a sense of community after retirement. Group sessions will be held through a secure video platform once a week for 60 minimum with a maximum of 8 participants.

WHO IS THIS FOR?

Anyone who is retired from full-time employment and is interested in receiving support around this life transition.

COUPLES WORKSHOP

The Couples Workshop will be led by two trained facilitators. It aims to provide skills and support for you and your partner and will focus on topics such as improving communication, managing stress and increasing fun and



play! The workshop consists of 4 sessions, which will be offered through a secure video platform once a week for 2 hours. Both individuals must be willing to participate.

WHO IS THIS FOR?

Anyone interested in forming and maintaining a better relationship with their partner!



HEALTH & WELLNESS

This group will focus on enhancing your overall well-being. Topics to include will be maintaining stress and well-Being; social support, problem-solving; good sleep hygiene; eating & living well and healthy thinking.

WHO IS THIS FOR? ANYONE!

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

All month, our mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

You never know when you, or someone you know, may be in crisis. The National Suicide Prevention Hotline is open 24/7 and is available to everyone. We have also created WTCHP suicide prevention wallet cards to keep with you at all times.

They are available for download on our website: WWW.CDC.GOV/WTC/MENTALHEALTH.HTML



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