



# CBC Training Institute Webinars

## June 2021 Calendar



Please join us for one of our upcoming trainings. To register for trainings, please click on the desired training, and you will be directed on how to register.

For any registration questions, please contact [Patricia Lucia Quintero](#). For all other training questions, please contact [Emily Grossman](#), CBC's Training Director.

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUR DAY
		1	2 <a href="#">Intro to Foothold</a> 10:30-11:30am	3 <a href="#">When the Well is Running Dry: Self-renewal</a> 12:30-1:30	4 <a href="#">HH Virtual Office Hrs (VOH)</a> 10-11am	5
6	7 <a href="#">Reiki</a> 1:00pm-2:00pm	8 <a href="#">Discovering our Personal Medicine</a> 12:30pm-1:30pm	9 <a href="#">Foothold Billing HH</a> 10:30-11:30am	10	11 <a href="#">IRAMS Training (VOH)</a> 10-11am	12
13	14 <a href="#">Healthy Growth in Times of Uncertainty</a> 9:30-11:00am	15	16 <a href="#">Tips &amp; Tricks for Care Managers</a> 10:30-11:30am	17 <a href="#">Maintaining Professional Boundaries</a> 9:30-11:00am	18	19
20	21 <a href="#">Returning to Work</a> 9:30-11:00am	22	23 <a href="#">Post-Pandemic Supervisory Considerations Through a Trauma-Informed Lens (Part 1)</a> 10:00am-11:00am  <a href="#">Tips &amp; Tricks for Supervisors in Foothold</a> 10:30-11:30am	24 <a href="#">Preventing Burnout and Building Resilience</a> 9:30-11:00am	25 <a href="#">Health Home Network Provider Meeting</a> 9:30am-11:00am  <a href="#">Project ECHO</a> 11:30am-1:00pm	26
27	28 <a href="#">Coping with COVID-19: Response and Recovery</a> 9:30-11:00am	29	30 <a href="#">Post-Pandemic Supervisory Considerations Through a Trauma-Informed Lens (Part 2)</a> 10:00am-11:00am			



# CBC Training Institute Webinars Training Descriptions

## June 2021

### [SAMHSA COVID Self-Care Training Series](#)

In response to COVID-19, SAMHSA provided Coordinated Behavioral Care with a two-million-dollar grant to help address the immense unmet mental health needs in NYS. SAMHSA recognized that front line staff, especially those providing behavioral health services, also need support to address their personal and professional experiences with COVID-19. CBC has developed the COVID Self-Care Training Series in response to that gap and as a support for front line staff, in collaboration with The Bridge, CUCS, WellLife, and OHEL. The overall theme of the trainings is *professional* self-care. Through these trainings, agency staff will have the opportunity to master self-care skills, share experiences and process their fears, concerns and anxieties as they provide care during a pandemic.

#### Healthy Growth in Times of Uncertainty

**June 14, 2021 9:30am-11:00am** Trainers: **Michael Blady, LCSW-R** and **Patti Abelson, LCSW-R**

**Training Description** - One of the persistent and pervasive features of our experience during the COVID-19 pandemic is a sense of uncertainty. Most of us can manage the feelings that the general level of uncertainty in our lives produces because we have trust in the predictability (perhaps, somewhat misguided) of most aspects of our day-to-day existence. Our experience during the pandemic, when so many of our routines, habits, plans and social connections have been upended with no seeming end in sight, has challenged that sense of predictability and has replaced it with a sense of uncertainty that can lead to anxiety, worry and a sense of being overwhelmed by not knowing what is coming next.

The goal of this training module is to support staff in seeing uncertainty as presenting an opportunity for promoting self-acceptance, adaptability and emotional growth in both themselves and their clients. The training will be both didactic and experiential with suggestions of resources for future exploration.

**Trainer: Michael Blady, LCSW-R**, is a program planning, operations and workforce development consultant. He retired as Chief Operating Officer at The Bridge in October 2020. In his 40+ year career in human services as a clinician, supervisor, manager and agency leader Michael has worked with adults, children and families across the spectrum of social service needs. For most of his career Michael has worked with adults diagnosed with serious mental illness and substance abuse, providing and developing outpatient and residential behavioral health recovery-oriented services. Prior to coming to The Bridge, Michael was a Clinician and Day Treatment Coordinator at Henry Street Settlement, Associate Executive Vice President at the Institute for Community Living and Vice President of Clinical Operations at Safe Space. He has been an Adjunct Faculty Member at the Silberman School of Social Work, Hunter College since 2015. Michael is graduate of Fordham University's Graduate School of Social Services. He has training in family systems therapy from the Training Institute for Mental Health Practitioners/Fordham University (joint program) and the Centro Milanese di



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Terapia Della Famiglia (Italy) and a certificate in not-for-profit management from Columbia University School of Business.

**Trainer: Patti Abelson, LCSW-R,** Patti G Abelson, LCSW-R is a practitioner and trainer with a long history of innovative leadership. Currently, as AVP of Quality Initiatives and Training at The Bridge, Patti's focus is on the strengthening of clinical effectiveness through training and data driven Quality Improvement. Patti brings a unique Social Work perspective to dealing with NYS' rapidly changing service environment. She has extensive experience in integrating policy reform and clinical advances to help organizations and individual providers address the challenges of reduced public funding and increased client needs.

Patti believes that today's public practice requires accurate diagnosing of complex clinical profiles and that practical, time-sensitive service planning helps clients achieve a level of safety, wellness and independence that improves their quality of life. She teaches these methods and approaches at The Bridge where she is receiving positive feedback for her ability to blend professional standards of practice and regulatory compliance.

Her distinguished career in EAP and Managed Care settings includes founding and directing Employee Counseling Programs/Corporate Health Systems, a division of JBFCS.

#### **Maintaining Professional Boundaries**

**June 17, 2021 9:30am-11:00am**      **Trainer- Michael Blady, LCSW-R and Patti Abelson, LCSW-R**

**Training Description:** Maintaining clear professional boundaries in our work with clients in any setting, in-person or remote, is an important part of their ability to benefit from services and our ability to maintain our own emotional health doing this difficult work.

The goal of this training module is to learn the how and why of setting clear professional boundaries, the benefits for clients and ourselves, and the potential consequences that can occur when we fail. We will look at the challenges of maintaining appropriate boundaries when working in-person, remotely and in hybrid situations. The training will be both didactic and experiential with suggestions of resources for future exploration.

**Trainer: Michael Blady, LCSW-R,** is a program planning, operations and workforce development consultant. He retired as Chief Operating Officer at The Bridge in October 2020. In his 40+ year career in human services as a clinician, supervisor, manager and agency leader Michael has worked with adults, children and families across the spectrum of social service needs. For most of his career Michael has worked with adults diagnosed with serious mental illness and substance abuse, providing and developing outpatient and residential behavioral health recovery-oriented services. Prior to coming to The Bridge, Michael was a Clinician and Day Treatment Coordinator at Henry Street Settlement, Associate Executive Vice President at the Institute for Community Living and Vice President of Clinical Operations at Safe Space. He has



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Her distinguished career in EAP and Managed Care settings includes founding and directing Employee Counseling Programs/Corporate Health Systems, a division of JBFCs.

#### **Returning to Work (1.5 CEUs provided for LCSWs and LMHCs)**

**June 21, 2021 9:30am-11:00am**      **Trainer- Max Banilivy, Ph.D.**

**Training Description:** What we learned being away or working remotely and what we are bringing back to work. The pandemic has profoundly changed the work environment and work /life balance for many. The socioemotional factors including the impact of stress will be discussed in this context. This workshop aims to discuss the many aspects of managing coming back to work and how it may be an opportunity for growth.

**Trainer: Max Banilivy, Ph.D.** has been providing comprehensive multidisciplinary behavioral and emotional health services, training and consultation nationally to school districts , private and nonprofit community as well as government including military agencies .He is the director of clinical training, education and internship programs at WellLife Network in New York City and Long Island.

His education at the highest level includes postdoctoral training in eating disorders and family therapy at the Harvard Medical School's Children's Hospital and Judge Baker Guidance Center. Dr. Banilivy's specialty areas include but are not limited to Clinical training of mental health professionals, Coping/Resiliency , Couples/Marriage/Sex therapy, Self Injury and Assessment, Management and Prevention of Suicide through training and education.



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### [SAMHSA COVID Self-Care Training Series](#)

He speaks widely on a variety of topics. Dr. Banilivy is currently spending much of his time, regionally as well as at the state and national level training the community members and professionals on suicide risk identification, prevention, intervention, and postvention. He has published and served on the boards of professional organizations. Dr. Banilivy was the co-chair of the Consortium of SUICIDE PREVENTION TRAINERS for New York State until 2015 which focused on education/training for suicide prevention. He is also on the executive board of the SUICIDE PREVENTION COALITION of Long Island (SPCLI), having developed a website, and being responsible for the coordination of training and education for the region. An annual suicide prevention conference is organized as part of the focus of this board. He has been recognized for his work in the field of suicide prevention by the Livingworks Organization as the trainer of the year in 2009 and by the New York State Suicide Prevention Center (SPC) in 2011 for Excellence in Suicide Prevention.

#### **Preventing Burnout and Building Resilience (1.5 CEUs provided for LCSWs and LMHCs)**

**June 24, 2021 9:30am-11:00am Trainer: [Max Banilivy, Ph.D.](#)**

**Training Description** - Burnout in its many forms is probably one of the more important factors affecting quality of work experience for individuals in all positions. Knowing what contributes to workplace burnout aside from stress and realizing how to prevent it goes a long way in building everyone's resiliency in coping with the unending challenges that the pandemic has brought forth. It is not just about being prepared. It is among others about how to manage and cope/deal with difficult situations where many times we feel it is beyond one's control.

**Trainer: [Max Banilivy, Ph.D.](#)** has been providing comprehensive multidisciplinary behavioral and emotional health services, training and consultation nationally to school districts, private and nonprofit community as well as government including military agencies. He is the director of clinical training, education and internship programs at WellLife Network in New York City and Long Island.

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#### Post-Pandemic Supervisory Considerations Through a Trauma-Informed Lens (Part 1)

June 23, 2021 10:00am-11:00am

Trainer- Jenna Velez, LCSW and Stacey Roberts LCSW

**Training Description:** Trauma informed care is a process not an outcome, which means continual review and adaptation is required to truly be trauma informed. Many such practices transformed during the pandemic and equal attention will need to be paid post-pandemic. This is part one of a two part workshop that will provide an overview of how the principles of trauma-informed care can be utilized for a thoughtful and intentional approach to re-emerging. Topics covered in part one will include concrete action steps ensuring COVID-specific considerations impact organizational decision-making.

**Trainer- Jenna Velez, LCSW** is the Vice President of External Affairs at The Mental Health Association of Westchester. Ms. Velez has worked at MHA since 2005 after completing a Master's in Social Work at Columbia University School of Social Work in New York City. She has extensive experience providing mental health care and is committed to furthering MHA's mission of promoting mental health and wellness through community education. Ms. Velez is one of the co-chairs of the Westchester County Coordinated Children's Service Initiative Trauma Subcommittee. She has a passion for fostering the adoption of trauma-informed practices and eradicating stigma around mental health.

**Trainer- Stacey Roberts LCSW**, is the Chief Operating Officer at the Mental Health Association of Westchester. Ms. Roberts has the executive oversight of all program operations. She is responsible for communicating, executing, and implementing strategic initiatives to ensure ongoing corporate stability and growth in response to the dynamic health care environment. She has a Master's Degree from Columbia University School of Social Work and completed a post graduate certificate program in the treatment of interpersonal trauma at Fordham University.

#### Coping with COVID 19: Response and Recovery (1.5 CEUs provided for LCSWs)

June 28, 2021 9:30am-11:00am Trainer: James Kennedy, LCSW

**Training Description** - This training for front-line and other essential staff will provide a forum for discussing and managing the challenges and stressors brought on by Covid-19. The training will recognize how the pandemic, which has hit New York City very hard and has put our lives under large and continuing amounts of stress, makes our important work more challenging than ever. The training will review many of the coping and wellness skills we teach our clients with the goal of helping workers stay safe.

**Trainer James Kennedy, LCSW**, is the CUCS Institute Director of Training. Mr. Kennedy has over 25 years of experience in program development and social service delivery in the areas of housing, HIV/AIDS, chemical dependence, employment, entitlements, and advocacy. He currently trains and provides program implementation support and



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### [SAMHSA COVID Self-Care Training Series](#)

coaching to numerous nonprofit and government agencies nationally on topics relating to mental health, case management approaches, supervision techniques, and homelessness. He has also develops curriculum, delivers trainings and provides implementation support and coaching on several Evidence-Based Practices, including Motivational

Interviewing (MI), Critical Time Intervention (CTI), Supported Employment (SE) and Wellness Self Management (WSM). Prior to joining the Institute, Mr. Kennedy conducted case management and team supervision in two large , permanent supportive housing programs serving formerly homeless adults and families. Mr. Kennedy has a BA in psychology from City College, City University of New York (CUNY) and a master's degree in Social Work from Fordham University School of Social Work. He also completed a candidacy in Four-Year Analytic Program at the Institute for Contemporary Psychotherapy (ICP) and worked as a psychotherapist and analyst.

#### **Post-Pandemic Supervisory Considerations Through a Trauma-Informed Lens (Part 2)**

**June 30, 2021      10:00am-11:00am**

**Trainer- Jenna Velez, LCSW**

**Training Description:** Trauma informed care is a process not an outcome, which means continual review and adaptation is required to truly be trauma informed. Many such practices transformed during the pandemic and equal attention will need to be paid post-pandemic. This is part two of a two part workshop that will provide an overview of how the principles of trauma-informed care can be utilized for a thoughtful and intentional approach to re-emerging. This part will focus on trauma-informed supervision and strategies to foster post-pandemic organizational and personal growth.

**Trainer- Jenna Velez, LCSW** is the Vice President of External Affairs at The Mental Health Association of Westchester. Ms. Velez has worked at MHA since 2005 after completing a Master's in Social Work at Columbia University School of Social Work in New York City. She has extensive experience providing mental health care and is committed to furthering MHA's mission of promoting mental health and wellness through community education. Ms. Velez is one of the co-chairs of the Westchester County Coordinated Children's Service Initiative Trauma Subcommittee. She has a passion for fostering the adoption of trauma-informed practices and eradicating stigma around mental health.



# CBC Training Institute Webinars Training Descriptions

## June 2021

### New York State Health Foundation Trainings

The New York State Health Foundation (NYSHF) provided a large grant to CBC to expand and enhance CBC's online resiliency and self-care workshops for the BH workforce in NYS. The goal is to strengthen the resiliency of the BH workforce so they can continue to support the intensifying BH needs of New Yorkers. To achieve that goal, CBC has launched targeted outreach to the most heavily impacted workforce —peers and residential staff—offering a range of self-care and resiliency skills-building opportunities to deal with workplace stress, anxiety and trauma; and address the emotional needs of workers struggling with grief, anxiety and depression to help them juggle the complexities of life in a pandemic.

#### When the Well is Running Dry: Self-renewal

June 3, 2021 12:30-1:30

Trainer- Dr. Patricia E. Deegan

**Training Description:** We are all wounded healers. Our strengths as providers often arise from our vulnerabilities. But sometimes we grow weary. In this talk, Patricia E. Deegan PhD will discuss methods for self renewal and finding joy in our work.

**Trainer- Dr. Patricia E. Deegan** is a principal with Pat Deegan & Associates. For over 30 years Pat has been a thought leader and disruptive innovator in the field behavioral health recovery. Pat founded a company run by and for people in recovery. The mission: To safeguard human dignity by bringing individual voice and choice to the center of the clinical care team. Toward this end she developed the CommonGround Program that includes the award winning CommonGround software, the online Recovery Library, the CommonGround Academy for peers and practitioners, and the Hearing Distressing Voices Simulation. Since 2009 Pat has worked as a consultant helping to develop and evolve the OnTrackNY model for coordinated specialty care teams for young folks experiencing early psychosis. Pat is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. She has held a number of academic appointments, has numerous publications, and has carried a message of hope for recovery to audiences around the world. She received her doctorate in clinical psychology from Duquesne University.

#### Reiki

June 7, 2021 1:00pm-2:00pm

Trainer- Amy Yennella

**Training Description:** A 60-minute virtual training for CBC on the topic of Reiki and Self-Care. In this training, participants will learn benefits of reiki for self-care. With interactive sessions to guide participants on how to activate and sense energy. Followed by a brief guide to build skills on hands-on self-healing focused on energy centers.

#### Learning objectives

- 1 - Participants will be able to understand the use of Reiki for self-care
- 2 - Participants will practice how to activate and sense energy
- 3 - Participants will learn how to walk through a hands-on self-healing





# CBC Training Institute Webinars Training Descriptions

## June 2021

### New York State Health Foundation Trainings

**Trainer- Amy Yennella** is a Reiki master practitioner and works as a Peer Recovery Support Specialist for the Mental Health Association of New Jersey. Amy works with individuals to provide wellness tools and techniques for relaxation. Having lived experience with substance abuse disorder, Amy is passionate about delivering an alternative holistic approach to recovery and healing, which has transformed her life and healing.

#### Discovering our Personal Medicine

June 8, 2021 12:30pm-1:00pm

Trainer- **Dr. Patricia E. Deegan**

**Training Description:** Personal Medicine is what we DO to get well and stay well. In this interactive workshop, Patricia E. Deegan PhD and her colleagues will demonstrate how to harness the power of Personal Medicine to support well-being.

**Trainer- Dr. Patricia E. Deegan** is a principal with Pat Deegan & Associates. For over 30 years Pat has been a thought leader and disruptive innovator in the field behavioral health recovery. Pat founded a company run by and for people in recovery. The mission: To safeguard human dignity by bringing individual voice and choice to the center of the clinical care team. Toward this end she developed the CommonGround Program that includes the award winning CommonGround software, the online Recovery Library, the CommonGround Academy for peers and practitioners, and the Hearing Distressing Voices Simulation. Since 2009 Pat has worked as a consultant helping to develop and evolve the OnTrackNY model for coordinated specialty care teams for young folks experiencing early psychosis. Pat is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. She has held a number of academic appointments, has numerous publications, and has carried a message of hope for recovery to audiences around the world. She received her doctorate in clinical psychology from Duquesne University.



# CBC Training Institute Webinars Training Descriptions

## June 2021

### [CBC trainings](#)

#### [Project ECHO: Substance Use Disorder & MAT Treatment Call](#)

June 25, 2021 11:30am-1:00pm

**PROJECT ECHO** is a method of sharing knowledge through a video conferencing learning collaborative. The approach focuses on case presentations and recommendations from colleagues in the field and a subject matter expert. In addition to case presentations there is also a brief didactic learning session by the subject matter expert, Dr. Bruce Trigg, who has many years of experience in treating patients with and consulting on Substance Use Disorder. This is an excellent opportunity for prescribers and other mental health professionals in the field to learn about how to best to support clients with Substance Use and Mental Health Disorders.



# CBC Training Institute Webinars Training Descriptions

## June 2021

### Foothold Care Management Trainings

#### **Introduction to Foothold Health Homes**

**June 2, 2021 10:30am-11:30am**

This training is for all new users to Foothold Care Management. It will cover a general introduction to the system, what's in a patient's individual record, and popular reports to help a care manager manage their caseload.

#### **Billing in Foothold Health Homes**

**June 9, 2021 10:30am-11:30am**

This training is for all billing staff or those interested in the billing cycle in Foothold Care Management. It will cover the claim submission cycle in FCM from the member's segment to the billing statement, how to identify errors preventing claim submission, and the best tools to manage the status of your organization's Health Home claims.

#### **Tips & Tricks for Care Managers in Foothold Health Homes**

**June 16, 2021 10:30am-11:30am**

This training is for care managers who know the general ins and outs of Foothold Care Management but would like to take a deeper dive into the site. It will cover a review of linking encounter notes to care plan tasks, how to better utilize the main Patients screen, and screens to manage Gaps in Care and Care Plan Tasks for a caseload.

#### **Tips & Tricks for Supervisors in Foothold Health Homes**

**June 23, 2021 10:30am-11:30am**

This training is for all supervisors in Foothold Care Management. It will cover how to view the Care Manager Dashboard for each care manager, how to assign a caseload to a new Care Manager, and tools to review and manage Care Manager's caseloads.



# CBC Training Institute Webinars Training Descriptions

## June 2021

### Health Home Virtual Office Hours

#### **CBC Health Home Weekly Virtual Office Hours (VOH)**

These weekly virtual office hours are led by a CBC Health Home staff member and is an open Q&A forum where Health Home CMA staff receive updates and announcements pertaining to the adult and children's Health Home programs. Participants are encouraged to bring questions that can be addressed by a live CBC staff representative.

**All sessions are from- 10am-11am**

#### **Introduction to Department of Health's New Incident Reporting and Management System (IRAMS)**

**June 11, 2021      10am-11am      Trainers- Allison Oswald and Marlyn Green**

**Training Description:** During the Introduction to DOH's IRAMS training, CBC Quality Performance Management (QPM) department will outline the workflow for completing incident reports and follow ups in the new platform. The learning objectives of the training are to: (1) know how to add/remove users from IRAMS, (2) understand DOH's expectations when reporting incidents, and (3) enter effective, accurate, and timely incident reports and follow ups into IRAMS. In addition, frequently asked questions will be addressed. This training is recommended for designated staff with IRAMS access; however we welcome other staff who support the Incident Reporting process to attend. IRAMS is used to enter incidents for the following populations: HHSA (including AH+ and Pathway Home AH+), HHSC and Pathway Home HH+ members.

#### **Health Home Network Provider Meeting**

**June 25, 2021      9:30am-11am**

**Training Description:** CBC will host its quarterly Network Provider meeting on Friday, June 25th from 9:30-11:00am over Zoom. All HHSA and HHSC care management staff are invited to attend. Attendees will receive updates from CBC HH Operations, Quality Performance Management and Finance departments.