

Learning the Science of Self Care

This panel will share firsthand successes and experiences from a Caregiver Self-Care Program focused on Wellness, Mindfulness, and Gentle Yoga. Attendees will better understand how caring for others means that you need to care for yourself! Through this panel attendees will:

- Consider the importance of focusing on your strengths, connecting with others for learning and support around your wellness
- Experience practice activities to learn about simple strategies that cultivate inner resources to deal with outer challenges



Peggy Swarbrick, PhD, FAOTA, Director, Wellness Institute, Collaborative Support Programs of New Jersey; Director of Practice Innovation & Wellness, Rutgers Health University Behavioral Health Care.

Peggy Swarbrick earned a doctoral degree from New York University and completed a post-doctoral fellowship in psychiatric rehabilitation. She has published and lectured nationally and internationally on wellness and health promotion models, peer-led services, employment, and recovery. Her work has focused on a holistic approach and strengths-based interventions to promote recovery from mental health and substance use conditions. Many of Peggy's practice innovation and research activities, such as developing the 8 dimensional model of wellness, relate to creating and evaluating models that address health disparities facing people served by the public mental health system.



Susan Gould Fogerite, PhD, MT(ASCP) SC, CYT

Dr. Susan Gould Fogerite has over 20 US and International patents and is a Founder of a specialty biopharmaceutical company. She has been teaching in Medical and Graduate Schools for over 30 years, published numerous scientific articles and book chapters, organized and chaired international scientific meetings, and led or been an investigator on many funded research studies and clinical trials on yoga, massage, nutrition, vaccines, drug and gene delivery. In addition to her health science teaching and research, she has recently been developing and providing clinical studies and programs to support caregivers of people with mental and/or developmental disorders.



George H. Brice Jr., MSW, Independent Consultant

George H. Brice Jr, MSW has worked consistently for over 16 years in the behavioral healthcare system in many roles including coordinator of a peer recovery and wellness education program, faculty, supported education and employment specialist, and working with families and their loved ones to transcend the entitlement poverty trap. George has the firsthand experience of the challenges related to successfully exiting the entitlement poverty trap and most recently, he works as a program development specialist. George is the caregiver of his sister living with a intellectual disability and mental illness. George has presented and published on peer delivered wellness and recovery models, peer wellness coaching and employment supports.