

CAMHOP COMMUNITY EDUCATIONAL WEBINAR

認識焦慮

我們一起學習輕鬆面對

Understanding Anxiety & Cultivating Calm

Monday, May 24, 2021

7 p.m. - 8 p.m. ET

病毒大流行如何影響心理健康 | 有關焦慮及相關障礙 | 應對焦慮的實用工具

How the pandemic/racial incidents impact mental health | Information on anxiety and related disorders
Practical tools to cope with the conditions

Speakers Biography 講員簡介



Carol Shu, MSW, LSW. Carol's motto, "I will work the population that no one else wants to work with," is what motivates her. Carol works with a diverse and multidisciplinary team of health professionals, where she provides emotional support to patients of the Rutgers Post COVID Recovery Program. She also works with the underserved population of DSRIP Discharge Clinic, which serves as a bridge to primary care. Carol is the first and primary Social Determinants of Health (SDOH) Screener of RWJUH, and is part of the core group that is responsible for the initiation and development of the SDOH pilot project in the hospital. She enjoys working with adults with complex needs and marginalized populations. Every opportunity to help people have access to health and be in control of their lives is enough reason for her to celebrate. Carol has a bachelor degree in Forensic Psychology and earned her Master in Social Work at Rutgers University.

Carol 的座右銘是：“我將為沒有人願意與之共事的人群服務”，這是她的動力。Carol 與多元化和跨學科的衛生專業人員團隊合作，為羅格斯大學醫院新冠康復計劃的患者提供情感支持。她還服務 DSRIP 出院門診弱勢人群，作為通向康復者基礎保健的橋樑。Carol 是 RWJUH 的第一個也是主要的健康社會決定因素（SDOH）篩查者，並且是負責啟動和開發醫院 SDOH 試點項目的核心小組的成員。她喜歡服務於有複雜需求和人口邊緣化的成年人。每一次幫助人們獲得健康並控制自己的生活的機會，都是她慶祝的充分理由。Carol 擁有法醫心理學學士學位，並在羅格斯大學獲得社會工作碩士學位。



Yushi Wang completed her undergraduate degree in psychology and her Master's degrees in Clinical Social Work and Business Administration at Rutgers University in New Brunswick. She is currently working for Rutgers Counseling Center as a Community-Based Counselor. She believes in a strengths-based and person-centered approach in working with her clients. She has experience working with a variety of issues, including crisis counseling and intervention, first-episode psychosis, schizophrenia, anxiety, depression, adjustment disorder, and stress management. She is interested in understanding, empowering, and improving mental health services for ethnic minority students, first-generation immigrants, and international students.

王雨詩在羅格斯大學完成了心理學學士學位和臨床社會工作與商業管理碩士學位。她目前在羅格斯諮詢中心（Rutgers Counseling Center）擔任社區顧問。她相信與來諮詢的人合作時，應以其長處和優勢為基礎，以人為本。她在處理各種問題方面具有豐富的經驗，包括危機諮詢和乾預，首發精神病，精神分裂症，焦慮症，抑鬱症，適應障礙和壓力管理。她對了解和增強少數民族學生，第一代移民和國際學生的心理健康服務非常感興趣並經驗豐富。