



CHADCHAT

— LINE —

Health center leaders have shared with CHAD some of the questions, concerns, and fears that have been raised by staff as we collectively move into a pandemic response. There are so many reasons health center staff could be feeling increased stress and anxiety, including concerns about safety, the health of one's family, and all of the other life issues that are amplified due to the impact of COVID-19 on our families and communities.

In an effort to respond to the potential needs of health center staff, CHAD's behavioral health and substance use disorder program manager, Dr. Robin Landwehr, is available to offer health center providers and staff free telephone or video-based informal conversations as an additional supportive resource. Conversations can be about anything that would be helpful during this difficult time, such as work, health, family, and relationships. While not considered therapy, these conversations will be kept confidential.

Robin has both day and evening times available. You may reach Robin through her email or by leaving a confidential voicemail at (407) 252-0898. Read more about Robin and her work at CHAD [here](#).

ROBIN LANDWEHR

Robin is a licensed professional clinical counselor (LPCC). She has expertise in integrating behavioral health with primary care. During her career in behavioral health integration, Robin provided program development, behavioral health consultation, and staff supervision and assisted in establishing a Medication Assisted Treatment (MAT) program at an FQHC. Robin's experience as a clinical counselor includes assisting individuals struggling with trauma, depression, anxiety, health behaviors, substance abuse, and other issues. She is also a former member of the disaster mental health team for the American Red Cross – Dakotas Region.