



## REGION 1: CENTRAL COAST REGION

# Lunch and Learn: BUILDING RESILIENCE DURING CHALLENGING TIMES

Thursday, December 10 | 12:00 PM - 1:30 PM

Member: Free / Non-Member: \$10

[Click Here To Register](#)



**SUZANNE GRIMMESEY**

PIO/Chief Quality  
Care and Strategy Officer  
County of Santa Barbara Department  
of Behavioral Wellness

As public servants we continue to provide services to our residents during the pandemic while also facing challenges both in our personal lives and at work. In the face of these challenges we must develop and utilize our resilience and grit, both as individuals and as a community. Grit is passion and perseverance for long-term and meaningful goals and the ability to persist in something you feel passionate about and persevere when you face obstacles. Resilience is the process of adapting well in the face of trauma or tragedy; it is the ability to know how to navigate challenges and the capacity to bounce back. Join us for a collaborative and interactive discussion on how to build grit and

resilience both as an individual and as a community with special guest Suzanne Grimmesey, PIO/Chief Quality Care and Strategy Officer for the County of Santa Barbara Department of Behavioral Wellness and the current Communications Lead and the Behavioral Health Support staff person for the County's Emergency Operation Center.

FOR MORE INFORMATION: [REGION1@MMASC.ORG](mailto:REGION1@MMASC.ORG)