Case Management Training Series 2016-2017
BONUS Module
Stress Management and Self-Care for Case Managers

REGISTRATION FORM
Check in: 9:00a – 9:30a
Training: 9:30a – 4:00p

Date:  Tuesday, March 14, 2017
Place:  Rutgers-UBHC
Technical Assistance Center
151 Centennial Avenue
Piscataway, NJ  08854

FEATURED SPEAKERS:
Tameka Chatman, MA, LCADC
Rutgers University Behavioral Research & Training Institute

Danielle Micale, MHA, LNHA, CTRS, CDP, CADDCT, CDCM
Rutgers University Comprehensive Services on Aging

Course Objectives

1. Define stress and discuss its potential causes and effects.
2. Outline how stress can influence and impact overall job satisfaction and performance.
3. Review coping strategies and techniques for managing stress more effectively.

The UBHC TAC gratefully acknowledges the sponsorship of this program by the
New Jersey Division of Mental Health and Addiction Services.

Training is for NJ Division of Mental Health and Addiction Services funded programs only.
Stress Management and Self-Care for Case Managers

Registration Guidelines:
1. Click the registration link which corresponds to the training date and location you wish to attend on page one of this flyer.
2. Scroll to the bottom of the page and click on the “Register/Sign In Now” button that brings you to the “Your Account” page.
3. If you already have an account with the Rutgers University’s Online Registration System, you can login by going to the “Already have an account?” section and type in your username and password. If you do not remember your username, click on “Forgot Username” and type in your email address to receive an email with the information. If you don’t remember your password, click on “Forgot Password” and type in your email address and user name to receive an email with a link you will need to click on to change your password.
4. If you do not have an account, please go to the “New Students” section and create one by clicking on the “Create Account” button. Once on the “Registrant Profile” page, fill in all items that have a red asterisk, as well as “Affiliated Company/Employer” information. TAC requests that the agency name, address, phone number and mobile phone number are provided so that you can be reached should the training need to be cancelled, rescheduled or relocated for any reason. Please make sure your email address is correct and do not remove the checkmark next to “Email” on this page, as this is how you will receive notification of confirmation or waitlist status once the registration is completed.
5. At the bottom of the “Registrant Profile” page, please create your username and password. Remember to write both down for safekeeping since the TAC will not be able to retrieve your password if forgotten. You will use this username and password for all future trainings. After your account is created, hit the “Submit” button and from there, you can continue the registration process.
6. Please print out the confirmation form, which will be emailed to you, and bring it with you to the class.

If you have difficulty registering, please use either Internet Explorer or Safari. The registration software occasionally has conflicts with Firefox and Chrome. If registering via mobile device, click on “Full Version” to access the registration page. It may help to print out or have available the name of the course that interests you so that you can easily use the web site’s search functions.

Additional Information

• Cancellation Policy: If you have registered but cannot attend this program, please call so that we can offer your seat to an individual on the waiting list. In case of inclement weather, please call 732.235.9290 beginning at 8 a.m. on the scheduled training day for a recorded informational message about the status of the training.

• Special Needs: If you have a special needs (ADA) and wish to discuss possible provisions, please contact Technical Assistance Center at 732-235-9290.

• Be sure to bring a sweater or jacket to accommodate for room temperature variations at all sites.

• Fee: Registration for this course is free.

• Food: There will be no food provided.

• Delivery Format: Live Training Program

• Target Audience: Case Managers, Social Workers, and Counselors

• Program Goal: To enhance case managers’ knowledge of person-centered engagement practices in order to improve service delivery and quality of care.
PLEASE BE SAFE AND ALLOW ADEQUATE TRAVEL TIME. TRAFFIC IS VERY HEAVY ALONG ALL MAJOR ROADS IN THIS AREA ESPECIALLY DURING RUSH HOUR.

Directions to:
Rutgers UBHC Technical Assistance Center
151 Centennial Avenue, Piscataway, NJ 08854
732.235.9290

From The South:
- Take the New Jersey Turnpike (Exit 10) or Garden State Parkway North (Exit 127) to Route 287 North.
- Take Route 287 North to Exit # 8 - Possumtown Road/HIGHLAND Park/MIDDLEsex.
- Bear RIGHT at the end to the exit ramp onto Possumtown Road.
- Then turn RIGHT at the next traffic light onto Centennial Avenue.
- Make a RIGHT at the THIRD traffic light on Centennial Avenue. This road will also have a sign for Embassy Suites. (The building you pass before the light on your right side is 151 Centennial Avenue.)
- Go to the STOP sign and make a RIGHT. The building to your right is 151 Centennial Avenue. It is a white, one-story building. Park at the far end of the lot. Enter the front doors and follow the signs to the training room.

From The North:
- Take the New Jersey Turnpike or the Garden State Parkway South to Route 287 North. Take 287 North to Exit # 8 - Possumtown Road/ Highland Park/ MIDDLEsex. Follow directions for From the South above.
- From the Northwest, take Route 80 east to 287.
- From the Northeast, take Route 80 west to 287. Please allow extra time as these routes experience frequently delays.

From The East:
- Take Route 18 North through New Brunswick and follow signs on the Lynch Bridge to continue on Rt.18.
- After crossing the Lynch Bridge, take the exit for “River Road, Piscataway, Highland Park.”
- At the end of the ramp, turn right onto River Road.
- In about 3 miles, you will pass a Quick Check, River Road Tavern and a Gulf Gas station located at the traffic light at the intersection of River Road and Plainfield Avenue.
- Shortly after this light and before the next traffic light, bear RIGHT onto Centennial Avenue.
- Get in the left lane and make a left at the FIRST traffic light. You will also see a sign for Embassy Suites.
- Go to the STOP sign, make a RIGHT. The building to your right is 151 Centennial Avenue. Park at the far end of the lot. It is a white, one-story building. Enter the front doors and follow the signs to the training room.

We recommend that you confirm directions before driving.
Online map services and GPS can sometimes provide inaccurate information.