

Christopher Botts discusses managing mental health during COVID-19

On Dec. 2, 2020, the AMA held a webinar in the AMA STEPS Forward™ series: "Managing Mental Health During COVID-19."

During a crisis such as the COVID-19 pandemic, it is common for everyone to experience increased levels of distress and anxiety, particularly as a result of social isolation.



Physicians and other frontline health care professionals are particularly vulnerable to negative mental health effects as they strive to balance the duty of caring for patients with concerns about their own well-being and that of their family and friends. In this webinar, Christopher Botts will discuss some of the strategies outlined in a resource developed by the AMA to manage mental well-being while also caring for patients during the pandemic or any other crisis.

Webinar recording

Speaker

Christopher Botts

Care delivery and payment manager, professional satisfaction & practice sustainability, American Medical Association

Speaker bio



In his role at the AMA, Mr. Botts' work advances practice sustainability efforts by removing obstacles to patient care and enabling physicians to learn, adapt, thrive and lead in a rapidly evolving health care environment. Prior to joining the AMA, he worked at the Health Care Reform and Innovation Administration within the District of Columbia's Department of Health Care Finance designing and implementing new, innovative health IT programs. These programs worked to improve data integration



and provide actionable information to reduce health disparities, enhance health care quality and outcomes and promote wellness in the District.