



DMH-UCLA
PREVENTION CENTER OF EXCELLENCE

CERTIFICATE OF COMPLETION

Marie-Christine Nizzi

successfully completed

Assess, Recover, Mitigate, Strengthen (ARMS): A Wellbeing Regimen for Professionals

March 06, 2021



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



WELLNESS • RECOVERY • RESILIENCE

UCLA Health | Population
Behavioral Health