



## • WORKPLACE MENTAL HEALTH TRAINING •

***Issues & Strategies: reframing workplace mental health<sup>®</sup>***

For higher education HR staff, EAP professionals,  
deans, managers, and supervisors

*Wellness Works! is a statewide project funded by California's Mental Health Services Act and  
administered by the California Mental Health Services Authority*

**January 13, 2014 | 8:30 am – 11:00 am**

@ Alliant International University – 5130 E. Clinton Way, Fresno CA 93727

presented by

# Mental Health America of the Central Valley

In partnership with Alliant International University, Fresno Campus

**Space limited; please RSVP by Wednesday, January 8 by contacting:**

**Debra Johnson (559) 981.6967 or email: [debra.johnson@mha-cv.org](mailto:debra.johnson@mha-cv.org)**

**ADA accessible ~ for special arrangements contact Xavier Romano (559) 253.2227**

see reverse for training overview and details

[mha-cv.org](http://mha-cv.org) | [mhwelnessworks.org](http://mhwelnessworks.org)

## WHAT MANAGEMENT IS SAYING ABOUT WELLNESS WORKS!

*Wellness Works! provided a good solid understanding of mental health issues and how we, as employers, can be of assistance to employees experiencing difficulties. This training is extremely valuable.*

**Michael A. Garcia, Interim Human Resources Director**  
Fresno Economic Opportunities Commission

*The Wellness Works! training was especially valuable as it gave us a deeper understanding of the ways that outside stresses can negatively impact an employee's job performance. Our administrators have become more willing to spend the time and energy listening to employees in order to help them. It gave us valuable resources we can use to help those we supervise.*

**Dennis D. Kurtz, Ph.D., Assistant Superintendent**  
Administration and Human Resources / Hollister School District

*The Wellness Works! training received from Mental Health America of the Central Valley continues to be a beneficial point of reference for our participating managers. The information and insights that were offered enhanced our resources to strengthen an appropriate bridge of communication and supportive measures with employees who have long and/or short term mental health challenges.*

**Teresa Dominguez, Chancellor**  
Diocese of Fresno

### ***Issues and Strategies: reframing workplace mental health* ©**

#### **Session Summary & Learning Objectives**

Issues & Strategies offers an overview of the *Mental Health Works* approach to the issues of mental health in the workplace, framed through the lens of psychological health and safety, disability rights, and HR and business best practices. We provide an overview of the messaging and strategies found in our multiple training offerings that are helping organizations across Canada and the US address the issues more strategically and effectively. We share stories about challenging situations that achieved successful outcomes due to using a *Mental Health Works* approach.

#### **By the end of this session, participants will:**

- Be aware of the prevalence and impact of mental health issues on organizations.
- Have a deepened understanding of HR and management's role in addressing mental health in the workplace and building inclusive workplaces
- Incorporate stories of people who have a mental illness into an attitude shift that allows for greater understanding of the impact of mental health challenges among employees
- Be able to question their own and others' attitudes and assumptions about employees who are struggling with performance, and employees who have a mental illness.
- Consider how current organizational policies, practices and culture impact employees who have mental health issues
- Gain insight into the *Mental Health Works* approach to effective interventions when employees are struggling