



## 2020 Cities Thrive Mental Health Coalition Monthly Call Series

Tuesday, June 16<sup>th</sup>

2:15-3:15pm/Eastern Time

*Mental Health in the Workplace: Responding to and Recovering from Covid-19*

**Call-In:** 347-719-7789 (No Pin)

### AGENDA

- **2:15-2:20pm:** Opening Remarks
- **2:20pm:** Introduction of Sophie Pauze
- **2:20-2:30pm:** City of New York Presentation – *Sophie Pauze*
- **2:30-2:35pm:** Q&A for New York City
- **2:35pm:** Introduction of Brenda Greene
- **2:35-2:45pm:** Shelby County, TN Presentation – *Brenda Greene and Melissa Wilkes Donahue*
- **2:45-2:50pm:** Shelby County, TN Q&A
- **2:50pm:** Introduction of Darcy Gruttadaro
- **2:50-3:00pm** Center for Workplace Mental Health Presentation – *Darcy Gruttadaro*
- **3:00-3:05pm:** Darcy Gruttadaro Q&A
- **3:05-3:10pm:** Closing Remarks

### PARTICIPANTS

**City of New York, NY** – *Sophie Pauze*

- [Thrive in Your Workplace \(TWP\)](#) is a public-private partnership that helps non-profit employers integrate mental health strategies at the workplace in order to promote employee mental health and facilitate access to mental healthcare. TWP has developed several new offerings for employers to support the urgent mental health needs that have resulted from or been heightened by the pandemic: (1) A series of Employer Conversations about Mental Health reaching (2) An interactive training sharing evidence-based strategies to cope with mental health challenges reaching over 400 participants to date and a (3) [COVID-19 Mental Health Guide for Employers](#) that provides a check-list and best practices for employers to support employees in distress and prevent mental health challenges from becoming crises. Looking ahead to summer/fall 2020, TWP will launch Building Back More Supportive Workplaces Series (Series) to build the lasting resilience of workplaces as they adjust and rebound following the devastating economic and emotional impacts of this public health emergency.

**Shelby County, TN** – *Brenda Greene and Melissa Wilkes Donahue*

- In March, Mayor Lee Harris [announced the expansion](#) of employee benefits to include virtual counseling services for all Shelby County employees. The new program allows employees to receive unlimited video, phone, or in-person counseling services as they continue to provide critical services to residents in Shelby County. Employees are not required to have health insurance through Shelby County Government to receive free counseling. In addition, in-person and urgent appointments remain available



for anyone who needs them. Shelby County Government's tele-therapy program is a part of the Employee Assistance Program, which is managed by *Concern*.

**American Psychiatric Association Foundation, Center for Workplace Mental Health – Darcy Gruttadaro**

- The [Center for Workplace Mental Health](#) has developed multiple resources to address the second wave of this pandemic in people experiencing serious mental health distress. This includes a guide titled [Working Remotely During Covid-19: Your Mental Health & Well-Being](#) and a soon-to-be released second guide titled [A Top Priority: Employee Mental Health and Well-Being During and Beyond Covid-19](#). The Center continues to work with strategic partners on [The Path Forward](#), an initiative to improve access to effective, affordable and timely mental health and substance use care. Now is the time to improve access to care with growing public health concerns over the surge in mental health and substance use conditions.