



The Mental Health Action Plan: Strategies for Addressing Employee Behavioral Health Concerns

When:

Thursday, Sept. 13, 2018
10 - 11:30 a.m.

Where:

Webinar

Cost:

\$50 per registrant

Contact:

Jamila Mayers
(213) 538-0739
jmayers@hasc.org

This session is designed to teach organizations how to properly promote mental health in the workplace. The different stages of the mental health action plan provide strategies employers can use to improve emotional wellness among their workforce.

Register today for this webinar and get the resources you need to help support your employees' mental wellness.

Course Objectives

At the end of this course participants will be able to:

- Illustrate why focusing on mental health in the workplace matters
- Recognize common signs and symptoms of a mental health crisis
- Define the different stages of the Mental Health Action Plan
- Use essential communication skills when supporting others

Sponsored by:



Who Should Attend?

Human resources professionals in benefits and benefit design, health strategy, risk management, employee engagement, health promotion, wellness and welfare, total rewards and case management.

Webinar Instructions

This webinar allows you to attend and participate without leaving the office. This seminar is presented live, via the Internet.

Audio for the seminar is accessed through a telephone line, which will allow you to actively participate during the program. If multiple people will be listening to the program, you can listen via speaker-phone. The slide presentation is accessed on your computer via the web.

This program is open to members of the Hospital Association of Southern California.

Confirmation and Instructions

Upon receipt of payment, you will receive a confirmation e-mail and complete instructions on how to access the program.

Speakers

Mark DeFee, LPC, Account Management Executive, BH & EAP, Anthem, Inc.



Mark DeFee is a licensed psychotherapist and account executive who works exclusively with Anthem's national accounts. He supports Anthem's medical account teams by being a subject matter expert for any EAP related questions.

Before moving into sales & account management, DeFee spent eight years on the operations side of the EAP field. His experience includes consulting with companies on how to promote mental health as well as properly address behavioral-risk issues. He also provided counseling to employees, including those in immediate crisis.

DeFee joined Anthem in 2010 and has been in the EAP field since 2004. He received his bachelor's degree in psychology from Texas Tech University and his master's degree in counseling psychology from The University of Denver.

Jessica L. Thomas, MSN, RN, Associate Administrator, USC Verdugo Hills Hospital



Jessica Thomas is a registered nurse and leader who supports health care professionals as they cope with on-the-job exposure to trauma and tragedy. Her professional motto for herself and her staff is, "Do all you can to be the best part of someone's worst day."

Her message is that everyone in health care will experience some degree of uncertainty, fear or vulnerability. Thomas' professional interest and research focus involves establishing and maintaining healthy work environments, giving special attention to the care of caregivers themselves.

Thomas received her bachelor's degree in nursing from Chamberlain College of Nursing and her master's degree in nursing, health care systems and leadership from Jacksonville University.

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Register online at: www.cvent.com/d/mgqc3l/4W

We gratefully acknowledge our sponsor Anthem Blue Cross for their contribution, making it possible for our members to attend at a reduced rate.

\$50 HASC hospital member fee per connection

First Name: _____ Last Name: _____ Preferred Name: _____

Title: _____

Organization: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (____) _____ Email *(required)*: _____

ACHE Credit: Hospital Association of Southern California is authorized to award **1** hour of pre-approved ACHE Qualified Education credit for this program toward advancement, or recertification, in the American College of Healthcare Executives. Participants in this program who wish to have the continuing education hours applied toward ACHE Qualified Education credit must self-report their participation. To self-report, participants must log into their MyACHE account and select "My Education Credit" to log hours earned.

BRN Credit: RN Lic. No. _____ Provider approved by the California Board of Registered Nursing. CEP #970 for **1** contact hour.

HRCI Credit: This program has been submitted for HRCI for approval of continuation credit.

IMPORTANT REMINDERS

- Registration deadline: **Sept. 10, 2018.**
- Valid payment information must be received with your registration.
- Mail and make check payable to: HASC, Attn: Jamila Mayers, 515 S Figueroa St., Ste. 1300, Los Angeles, CA 90071.
Please note program ID #2175-158-000 on check.
- Fax registration form to (213) 538-0987.

SPECIAL NEEDS or QUESTIONS

For ADA assistance or general registration questions, contact Jamila Mayers at (213) 538-0739 or jmayers@hasc.org.

CANCELLATION

- All cancellations must be requested in writing and confirmed by HASC **no later than Sept. 6, 2018**, and will be subject to a \$25 processing fee.
- Cancellations after Sept. 6, 2018, and non-attending registrants will be invoiced for the entire registration fee.

Substitutions are accepted at any time for this program but will not be processed until full payment has been received. Fees are non-transferrable for other HASC seminars.