



2020 Cities Thrive Mental Health Coalition Monthly Call Series

Tuesday, January 14th

2:00-3:00pm/Eastern Time

Enhancing Workplace Mental Health

LOGISTICS INFORMATION

Call-In: 605-313-4441

PIN: 660859

PROGRAMMING

[New York City, NY – Thrive In Your Workplace](#)

Description: Thrive in Your Workplace (TWP) helps local employers bring mental health support to the 1 in 5 New Yorkers who experience mental illness in a given year. TWP builds a network of employers committed to fighting the stigma of mental health; teaching the skills needed to respond appropriately to mental health challenges; and promoting connections to mental healthcare. At no cost, TWP supports organizations in creating mental-health friendly workplaces. We consult with employers to shape workplace mental health strategy that takes both employee wellbeing and organizational priorities into account, and provide the guidance needed to implement workplace mental health innovations.

Presenters:

- Sophie Pauze, Director of Strategic Partnerships, Office of ThriveNYC
- Rachel Steimnitz, Senior Program, Program Implementation, Thrive in Your Workplace

[St. Paul, MN – Healthy Saint Paul Committee](#)

Description: The Healthy Saint Paul Committee, made up of representatives from all City departments and headed by HR Benefits, was formed in 2011 to address the health and well-being of the City and its employees. The committee became concerned about suicides, with at least one occurring each year for several years in departments from Fire to Libraries. Much of the committee’s focus had been on physical health conditions and concerns like diabetes, obesity, poor nutrition and lack of exercise. While stress was consistently near the top of the utilization chart provided by their health plan, which tracks high prevalence/cost conditions, no one had looked seriously at what “stress” might be hiding in diagnosable conditions. Many employees experiencing depression and other serious mental health issues were being missed with the assumption that stress likely meant “my job is hard; listening to the news makes me angry; I don’t have time for my family.” It was concerns with stress, depression and suicide that created a call to action. The goal of this initiative is to better understand the impact of mental health as measured through use of services and supports, the cost of delivering care and the quality of life for City employees. The City is building resilience in the workforce as a preventive measure.

Presenter:

- Nance Lee Mosquera, Employee Benefits Manager, City of St. Paul, MN