

MENTAL HEALTH

WEBINAR SERIES

FEBRUARY-MARCH 2018



PSHSA is proud to present our March Mental Health Webinar Series delivered by experts in the field of psychological health. Each webinar is sold at a cost of \$25 per access so you can fill the lunch room and join us to receive valuable insights to enhance your workplace mental health prevention program. PSHSA believes strongly in increasing the access to evidence informed and practical occupational health and safety insights.

To see and register for any of our upcoming webinars visit www.pshsa.ca and select **webinars in the training tab, or click on the links below.**

CRITICAL INCIDENT STRESS (CIS) STRATEGIES FOR EMS ORGANIZATIONS **FEBRUARY 23, 2018 NOON TO 1:00PM**

GUEST SPEAKER: DR. JANICE HALPERN **\$25.00**

Join Dr. Janice Halpern as she shares the results of a research program called Critical Incident Stress Strategies for EMS (CISS-EMS). This one hour webinar will share the research study and key findings. Participants will learn about help that paramedics are seeking for critical incident stress as well as the barriers that should be considered, and can be addressed through good prevention planning and implementation. The webinar will also explore opportunities to identify critical incidents early on and describe the impact that critical incidents can have on paramedics. The webinar will showcase a critical incident inventory that provides a framework for paramedics and their supervisors to talk about critical incidents. Finally it will share the development of a tool kit that was developed for paramedics and their supervisors to use after a potentially critical incident.

REDUCING MENTAL HEALTH STIGMA IN THE WORKPLACE **MARCH 1, 2018 NOON TO 1:00 PM**

GUEST SPEAKER: DR. HESTER DUNLAP **\$25.00**

Join Dr. Hester Dunlap as she discusses how to reduce stigma in the workplace related to mental health. This engaging one hour awareness webinar will review how chronic stress and cumulative trauma can impact our bodies, emotions and mind. The webinar will explore occupational stress injuries that are particularly relevant to front line health and first responders including PTSD,

compassion fatigue, secondary trauma and moral injuries. It will also contrast how acute trauma vs. cumulative trauma can have an impact on people. This will lead to a fulsome discussion about the language we use and how it can affect us and the people around us impacting our willingness to recognize what is going on and our willingness to reach out for help. Finally it will share steps that can be taken at the organizational level to reduce stigma in the workplace.

SPEAKING TO COLLEAGUES AND STAFF ABOUT MENTAL HEALTH

MARCH 8, 2018 NOON TO 1:00 PM

GUEST SPEAKER: DR. VIVIEN LEE

\$25.00

Dr. Vivien Lee will provide insightful guidance on how to speak to colleagues and staff about mental health from the perspectives of various roles in organizations including coworkers, supervisors and managers. This one hour webinar will provide specific information and guidance about what to say and do without overstepping boundaries or taking on too much responsibility. The webinar will also review what to do if a coworker or employee discloses mental health issues and how to foster a more open culture in the workplace.

IMPORTANT CONSIDERATIONS FOR RETURN TO WORK

FOLLOWING ABSENCE FROM WORK RELATED TO PTSD

MARCH 15, 2018 NOON TO 1:00 PM

GUEST SPEAKER: DR. VIVIEN LEE

\$25.00

Helping workers return to work in a safe, productive way is an important to fostering positive mental health. As workplaces implement PTSD Prevention Plans and integrate new chronic mental stress and traumatic mental stress policies into their health and safety systems, there is a focus on how to obtain this safe and productive return to work that is within a workers functional abilities. Dr. Vivien Lee will discuss important considerations for return to work including how to speak with colleagues and staff about a workers return from a mental health leave and steps you can take to make this return a positive experience for everyone involved.

ESTABLISHING A PROACTIVE WORKPLACE PROGRAM FOR RESILIENCY AND SELF CARE

MARCH 22, 2018 NOON TO 1:00 PM

GUEST SPEAKER: DR. VIVIEN LEE

\$25.00

Maintaining your mental health is as important and crucial as maintaining your physical health. In this webinar Dr. Vivien Lee will discuss the importance of maintaining your mental health, how to recognize early signs of difficulty and what positive coping strategies that can be implemented. There will be a focus on how individuals can problem-solve to increase healthy actions they are already taking through various areas of self-care such as relationships, spiritual, family, exercise, financial, to foster better resilience.