



August 18, 2021



Workplace Mental Health Conference

About this Online Event

Employee mental health is a leading concern for businesses and society. The COVID-19 pandemic put mental health issues front and center and created an unexpected opportunity for employers to better support their employees. The time to act is now – but how?

The 2nd annual University of Michigan event will bring together key stakeholders to discuss strategies to improve employee mental health. Topics will include transforming company culture, innovations in workplace mental health, case studies, and special presentations on millennials and compassion in the workplace. Facilitated networking sessions will be offered following the main conference.

Date [Online Event]: Wednesday, August 18, 2021 from 1:15 - 6:00 pm ET

Registration Fee: \$99; \$25 for U of M faculty, staff, and students

Questions? Ask Danielle Taubman at dtaubman@med.umich.edu

Register Here: 2021workplacementalhealthconference.eventbrite.com

WHO SHOULD JOIN?

- Employers
- Mental health professionals and researchers
- C-Suite leaders
- HR professionals
- DEI professionals
- Leaders from diverse industries (public, private, and non-profit organizations)
- Anyone with an interest in learning about and supporting workplace mental health

HIGHLIGHTS

- Discover real-world strategies for your workplace
- Hear from well-respected industry experts
- Get your questions answered through interactive Q&A
- Learn from a selection of personal stories, case studies, and panel discussion
- Rub (virtual) elbows with other attendees during facilitated networking sessions
- Receive a recording of the event and a copy of slides from each session
- Receive a Certificate of Attendance

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Schedule-At-A-Glance

Time	Session	Speaker
1:15 – 1:30 pm	<i>Welcome and Opening Remarks</i>	Sagar V. Parikh, MD, FRCPC Co-Lead, Workplace Mental Health Solutions, University of Michigan Danielle S. Taubman, MPH Workplace Mental Health Solutions, University of Michigan
1:30 – 2:15 pm	Plenary Transforming Company Culture: The Story of Humana	Timothy State SVP of Associate Health and Well-being, Humana
2:15 – 2:25 pm	<i>Break</i>	
2:25 – 3:25 pm	Panel Discussion Innovations in Workplace Mental Health	Sagar V. Parikh, MD, FRCPC (Moderator) Co-Lead, Workplace Mental Health Solutions, University of Michigan David Shapiro Program Manager, Health Links™, Center for Health, Work & Environment Brenda Szalka Manager of Employee Assistance and Wellness, Henry Ford Health System Earl van As VP of Marketing and Product Management, Starling Minds RK Mechanical
3:25 – 3:35 pm	<i>Break</i>	

Concurrent Breakout Sessions (Select 2)

3:35 – 4:05 pm	Session #1 Personal Story: Out of the Shadows in Corporate America Rob Vallentine Past President, The Dow Chemical Company Foundation & Executive in Residence, Saginaw Valley State University	Session #2 Case Study: Ford Motor Company Lisa Sabourin Wellbeing Manager, Ford Motor Company
4:10 – 4:40 pm	Session #3 Mental Health, Organizational Culture, and the Role of Compassion Monica Worline, PhD CEO, EnlivenWork	Session #4 Millennials and Mental Health: What Do They Expect from Employers? Jennifer Wisdom, PhD, MPH, ABPP Owner, Wisdom Consulting

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Schedule-At-A-Glance Cont.

Time	Session	Speaker
<i>Closing Remarks</i>		
4:45 – 5:10 pm	Transforming Workplace Mental Health: Reflections and Next Steps	Sagar V. Parikh, MD, FRCPC, Co-Lead, Workplace Mental Health Solutions Michelle B. Riba, MD, MS Co-Lead, Workplace Mental Health Solutions
<i>Facilitated Networking Sessions (Select 1)</i>		
5:15 – 6:00 pm	Session #1 Diversity, Equity, Inclusion and Mental Health Daniela Lopez, MSW, MSHROD, Research Coordinator, Michigan Medicine & Behavioral Health Specialist, Community Health and Social Services (Facilitator)	
	Session #2 Reshaping How We Work (Remote vs. Office) and Our Mental Health Erica Vest, LMSW, Research Area Specialist & Social Worker, Michigan Medicine (Facilitator)	
	Session #3 Resilience at Work Denise Williams, PhD, MS, SPHR, SHRM-SCP, Organizational Effectiveness Consultant, Michigan Medicine (Facilitator)	

A special thank you to this year's planning committee and sponsors

Planning Committee:

Sagar Parikh, MD, FRCPC, Workplace Mental Health Solutions, University of Michigan (Co-Chair)
Danielle Taubman, MPH, Workplace Mental Health Solutions, University of Michigan (Co-Chair)
Amy Bellas, PE, Business Engagement Center, University of Michigan
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Rob Vallentine, MBA, The Dow Chemical Company Foundation & Saginaw Valley State University

Conference Sponsors:

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University of Michigan Center for Occupational Health and Safety Engineering

