## Supporting Mental Health in the Workplace Webinar

**Wednesday, March 23, 2022**  
3 to 4 p.m.  
Optional networking session from 4 to 4:30 p.m.

<table>
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<th>Agenda</th>
<th>Presenters</th>
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| **Welcome and Introductions**       | **Pam Walker**  
Health Promotion Consultant  
Washington State Health Care Authority |
|                                     | **Mandy Clark-Jesewitz**  
Strategy Advisor for Well-being and Employee Experience  
Limeade |
| **Organizational Culture and Post Traumatic Growth**  
- Summary of Limeade Institute’s 2021 mental health survey  
- The role of workplace culture in well-being outcomes  
- Overview of post-traumatic growth and how it can support mental health in the workplace | |
| **Compassion Fatigue:**  
- What is compassion fatigue?  
- What are the signs and symptoms?  
- Tools and resources available for creating a psychologically safe workplace | **Jill Patnode**  
Thriving Schools Director  
Kaiser Permanente Washington  
**Kevin Klein**  
Senior Workforce Health Consultant  
Kaiser Permanente Washington |
| **Questions and Evaluation**        | **Pam Walker**                                                           |
| **Networking and Peer Sharing**     | **Kristen Stoimenoff**  
Washington Wellness Program Manager  
Washington State Health Care Authority |