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**Mental Health at Work – Creating a Stigma Free Culture**

**Wednesday, August 19, 2020**

**10 a.m. to noon**

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| **Agenda** | **Time** | **Presenter(s)** |
| Welcome and Introductions | 10 – 10:10 | Pam Walker, MPH  Health Promotion Consultant  WA State Health Care Authority |
| The Impact of Mental Health   * National, Workplace, and COVID-19 * Demand for Services * Social Drivers of Mental Health | 10:10 – 10:35 | Rebecca Parrish, MSW  Integrated Mental Health Clinical Consultant Social Work Manager  Kaiser Permanente WA |
| Moving Towards a Stigma Free Culture   * Workplace Guidelines * Toolkit and Resources | 10:35 – 10:55 | Pam Walker |
| Break | 10:55 – 11 |  |
| Employee Assistance Program   * Services, Support, and Resources | 11 – 11:25 | Kari Uhlman, MA, LMHC  Employee Assistance Program Counselor  Licensed Mental health Counselor  Washington State |
| Mental Health Benefits, Services, and Resources   * Regence Uniform * Premera Blue Cross * Kaiser WA and Kaiser NW | 11:25 – 11:50 | Pam Walker  Kevin Klein, BA  Senior Workforce Health Consultant  Kaiser Permanente WA |
| Closing | 11:50 – noon | Pam Walker |

