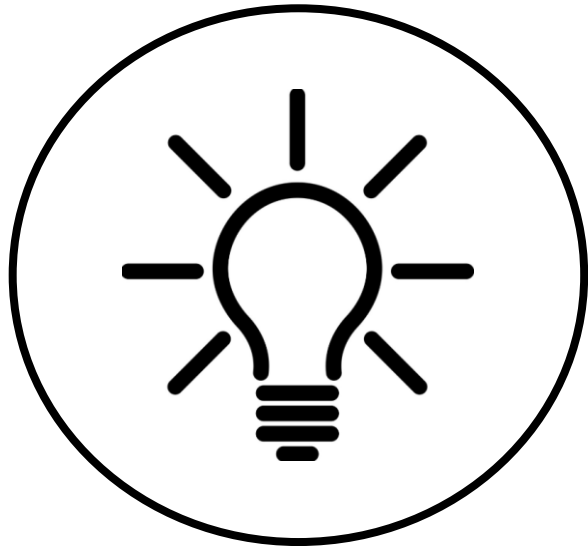




Welcome!
2021 Zo8 Awards

Agenda



About us
and Zo8



Zo8 Award
Winners



Winner
Presentations

Welcome



Dave Iseminger

Director, Employees & Retirees Benefits Division
Washington State Health Care Authority

Washington Wellness Team



Kristen Stoimenoff
Program Manager



Sarah Bell
SEBB



Heidi Helsley
SEBB

Washington Wellness Team



Aaron Huff
PEBB State Agency



Ron Kim
PEBB Public Employer



Pam Walker
PEBB Higher Education

Health Care Authority

```
graph TD; A[Health Care Authority] --> B[Washington Wellness]; B --> C[PEBB (Public Employees)]; B --> D[SEBB (School Employees)]; C --> E[Nearly 750 organizations with 300,000 employees]; D --> E;
```

Washington Wellness

PEBB

(Public Employees)

SEBB

(School Employees)

Nearly **750** organizations with **300,000** employees



BUILD, GROW,
AND SUSTAIN EFFECTIVE
WELLNESS PROGRAMS TO

MAXIMIZE

INDIVIDUAL AND ORGANIZATIONAL
HEALTH & WELL-BEING.

Why well-being at work matters



About



Zo8

Created by wellness coordinators

Name: Zo means “live” in Greek

Number: 8 steps in the roadmap

Shape: Flower of Life pattern is known to inspire

Colors: Four elements of life
(**Air**, **Earth**, **Water**, **Fire**)

2021 Zo8 Award Winners





2021 Zo8 Award Winners



- Aging & Long-Term Care of Eastern WA
- Board of Industrial Insurance Appeals
- Columbia Basin College
- Cowlitz Indian Tribe
- Dept. of Archaeology and Historic Preservation
- Department of Commerce
- Department of Fish and Wildlife
- Department of Health
- Department of Natural Resources
- Department of Revenue
- Department of Social and Health Services
- Everett Community College
- Health Care Authority
- Intercity Transit
- Island Hospital
- Kitsap Public Health District
- Labor & Industries
- Office of Administrative Hearings
- Office of the Attorney General
- Office of the Secretary of the State
- Port of Olympia
- Recreation and Conservation Office
- Ridgefield School District
- Sequim School District
- State Board of Community and Technical Colleges
- Steilacoom Historical School District
- Tenino School District
- Washington State Dept of Services of the Blind
- Washington State Department of Corrections
- Washington State Department of Transportation
- Washington State Liquor and Cannabis Board
- Washington State Lottery
- Washington State Patrol
- Washington Student Achievement Council
- Washington Technology Solutions

Aging & Long-Term Care of Eastern WA

- Finding Levels of Wellness (FLOW)
- # of Employees: 92
- # of Worksites: 2



Aging &
LONG TERM Care
OF EASTERN WASHINGTON

“Organized a gratitude challenge in November for staff to recognize each other and positive aspects in their personal/professional lives.”

March for Meals 2020, pre-pandemic, to raise awareness for senior nutrition in Spokane County.



ALTCEW Wellness Team

Khristina Scheideler

Kristi Eppinger

Lynn Kimball

Rhiannon Leppert

Milena Pointer

Ron Andrews

Becky Bond

Duaa-Rahemaah Williams

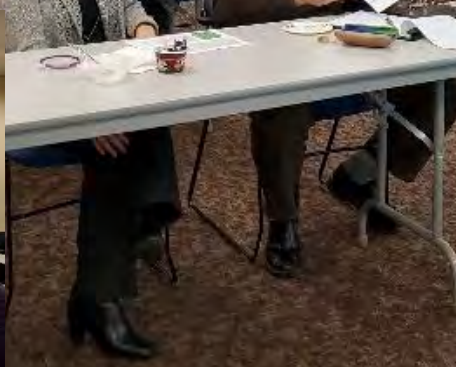
Board of Industrial Insurance Appeals

- Wellness for Life
- # of Employees: 145
- # of Worksites: 9



“Providing small focus groups virtually allowed us to target pandemic specific wellness needs, mental health support, and enhanced connectivity.”

Nutrition Presentation – The top four questions: Weight, Carbs, Workouts, Supplements.



BIIA Wellness Team

Ann Bartholomew

Jose Bautista

Leslie Birnbaum

Ann Dodge

Jeff Friedman

Neil Gorrell

John Hanson

Bob Liston

Kaliko Mettao

Cindy Morgan

Janice Rosen

Christy Sterling

Columbia Basin College

- Healthy Hawks – Soar into Wellness!
- # of Employees: 600
- # of Worksites: 2



“We expanded our wellness program by empowering employees to manage work-life balance and self care.”



Columbia Basin College mascot, Thunder, is getting a good stretch before working out.

Columbia Basin College Wellness Team

Jessica Miller

Ann Wright

Michelle Stewart

Alex Thornton

Jamie Duncan

Prashant Magar

Theresa Woehle

Missy Ihnen

Cowlitz Indian Tribe

- Motto: Achieving Wellness Together
- # of Employees: 350
- # of Worksites: 5



“Focused on achieving wellness together while apart so staff felt connected and supported despite changes due to the pandemic.”

Hosted a blood drive to meet a community need. It also was one of the first times staff from different programs saw each other in person.



Cowlitz Indian Tribe Wellness Team

Alyssa Fine

April Madosh

Cynthia Callahan

DeAnna Pearl

Joy Graves

Lacey Jacobs

Michael Corbett

Nichole Meyers

Raylea Case

Department of Archaeology and Historic Preservation

- No Adverse Effect Wellness Program
- # of Employees: 21
- # of Worksites: 1



“A question answer game allowed us to connect, get to know new staff, and have fun all at once.”

Spirit day "Wear a hat" at our staff weekly meeting.



DAHP Wellness Team

Annie Strader
Jamie Dudman
Whitney Emge
Nicholas Vann

Department of Commerce

- Health and Wellness Committee
- # of Employees: 370
- # of Worksites: 3



“We started a weekly 15-minute virtual meditation optional break session for our staff.”

Every year, we sponsor the staff registration for the YMCA spring run. One of our team members would offer to make matching t-shirts for us at cost.



Department of Commerce Wellness Team

Jayme Khoo

Linda Alongi

Ann Campbell

Jillian Fishburn

Anne Fritzel

Tracy Gunter

Alissa Hawks

Nicole Kates

Arvel Lindley

Sabrena Neff

Christopher Poulos

Connie Shumate

Tammy Vellinga

Korrina Zambrzuski

Department of Fish and Wildlife

- DFW Wellness Team
- # of Employees: 1,800
- # of Worksites: 880



Washington Department of
Fish and Wildlife

“Hosted a curbside flu shot clinic by working with other building tenants and the landlord to reserve the parking garage.”

Six-month Biggest Loser Challenge offered prizes every two weeks.



Fish and Wildlife Wellness Team

Rachel Jauken

Ericka Thomas

Heidi Host

Amaia Smith

Lynda Dolomont

Jenny Allan

Department of Health

- Wellness@Health
- # of Employees: 2,500
- # of Worksites: 5



“Encouraged and provided virtual and recorded fitness classes and stretching programs that supported daily self-care.”

Virtual take a break challenge shared self-care ideas. Weekly gift card drawing with a new card each week.

Wellness Break Weekly Challenge

Week 1 ~ August 3-9



1. Complete as many activities as you can!
2. Congratulate yourself for actively improving your health & well-being!
3. Mark your activity as **complete** by clicking the upper middle of the box border.
 - o Add your name at the bottom
 - o E-mail your card to employeewellness@doh.wa.gov by **Monday August 10**. The drawing is at noon Tuesday August 11.

Once we receive your card, your name will be entered into a weekly drawing for a \$20 Gift Card!

Be Mindful

Notice:
Breathing &
Body Changes

Stay Hydrated

Track Your
Water Intake

Be Grateful

Make a list of
10 things you're
grateful for



Department of Health Wellness Team

Kim Concepcion
Terry Bergener
Amy Bertrand
Brian Boye
Krista Chavez
Zach Covington
Shelly Dilworth
Heidi Feston

Earl Fordham
Tory Henderson
Will Hitchcock
Cynthia Karlsson
Eileen Kramer
Trang Kuss
Cindy Marjamaa
Earnest McCormick

Department of Health Wellness Team

Christina Nosich

Annette Parker

Alexandro Pow Sang

Santosh Shaunak

Aniela Sidorska

Sally Shurbaji

Shawanna Schlessler

Bryony Stasney

Bobbi Trusty

Phillip Wiltzius

Jeannie Beirne

Kristen Cockrell

Nikki Eller

Bella Mendez

Department of Natural Resources

- # of Employees: 1,600
- # of Worksites: 30



“Created HR zoom meetings twice a week to discuss safety, wellness, and mental health to better support our employees.”

Natural Resources Wellness Team

Gabe Baez

Chris Allen

Jesi Chapin

Scott Nelson

Department of Revenue

- Department of Revenue Wellness Program
- # of Employees: 1,200
- # of Worksites: 13



“Hosted a Water Cooler Talk to share ideas about working at home with school aged children who were remote learning.”

The Department of Revenue Wellness Team



Department of Revenue Wellness Team

DeNay Hartsock

Julie King

Jeannette Howard

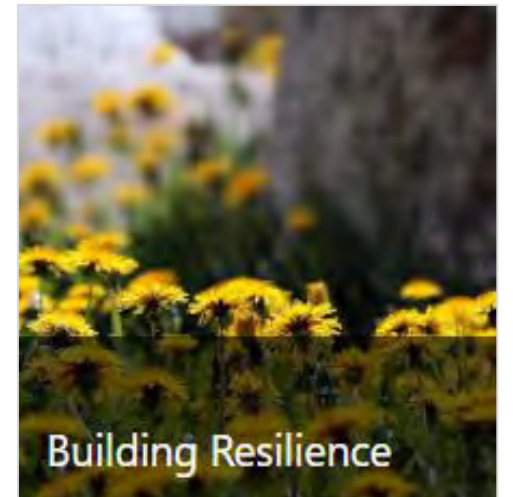
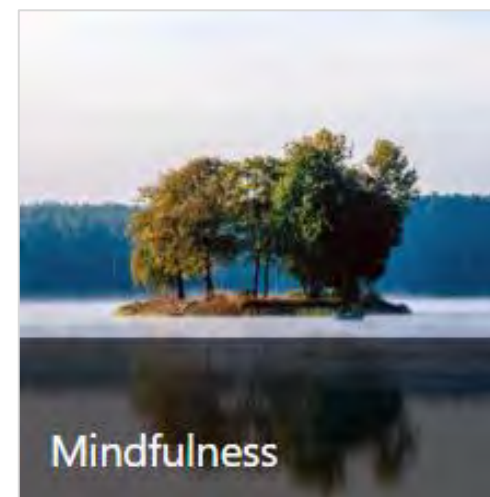
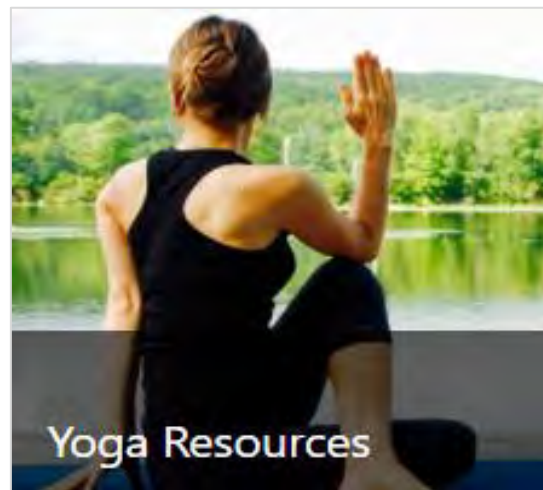
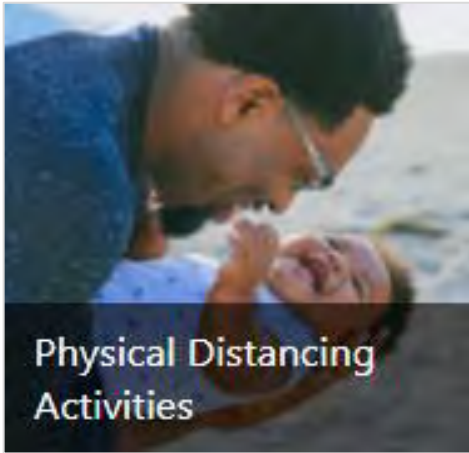
Department of Social and Health Services

- Wellness Works @ DSHS
- # of Employees: 16,492
- # of Duty Stations: 141



“The pandemic forced us to get creative: online yoga, Zoom wellness calls and increased wellness outreach across the agency.”

Wellness Website: Transforming Employee's Lives Through Wellness.



DSHS Wellness Team

Elizabeth Greener

Lisa Illahee

Lisa Copeland

Ken Sauby

Daleena Patton

Brandi Spyhalski

Michelle Stillings

Tenaya Sunbury

Charles Wang

Linda Weaver

Garfield Williams

Everett Community College

- The EvCC Wellness Team
- # of Employees: 1200
- # of Campuses: 7



The Wellness Team

“To best serve our employees throughout the pandemic, we pivoted our program’s delivery and content entirely and saw an increase in participation!”

Sustainable Cooking Challenge workshop led by Nutrition Faculty.



Everett Community College Wellness Team

Leanne Algard

Margaret Balachowski

Glorianne Bora

Debby Casson

Kimi Crombie

Adja Fame

William Frankhouser

Ronda Hansen

Miles Labitzke

Sharon Lewis

Julie Mickleberry

Jeffrey Pearce

Elise Robinson

Kristina Saunsaucie

Kambria Stever

Tarin Tesfaye

Julian Trujill

Health Care Authority

- Health Care Authority Wellness
- # of Employees: 1,400
- # of Worksites: 2



“Interactive wellness letters allow us to celebrate, learn, and be a team! I think of it as together, but not.”

Hosted two flu shot clinics in 2020. It was the first time since the pandemic began that we had a socially distanced event.



Health Care Authority Wellness Team

Christina Allison

Kimberly Bailey

Marcie Barrick

Eric Bergman

Deena Best

Myra Burns

Jessica Carpenter

Kristin Collins

Patrick Guttman

Carmel Hinz

Aaron Huff

Ed Hundsnurscher

JoAnn Hurlbert

Tien Huynh

Health Care Authority Wellness Team

Peter Irey

Erika Jenkins

Richard Johnson

Janice Knutz

Cameron Landry

Craig Laslie

Elaine Lewis

Beth Luce

Ross McCool

Pixie Needham

Wendy Nelson

Hung Ngo

Oscar Plazas

Shellea Quillen

Health Care Authority Wellness Team

Stephanie Razey

Christine Ringering

Anthony Rios

Cynthia Rivers

Denae Russell

Sandy Sander

Jennifer Sanders

DeeAnn Smith

Marlean Snyder

Sarah Tunnell

Bonnie Wennerstrom

Sky Wessels

Leanne Wickeremasuriya

Paula Williamson

Intercity Transit

- Empowering You to Live Well
- # of Employees: 417
- # of Worksites: 2



“Self-Care challenges that allowed people to participate by tracking things they did that brought them joy.”

Self-Care Challenge for the Soul

Name: _____

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spend time thinking about how you'd like to feel at the end of this challenge						1 Do a random act of kindness
2 Drink more water <i>SmartHealth Points!</i>	3 Choose your own self-care challenge	4 Plant something in the ground or a container	5 Spend an entire day without social media	6 Make a list of things you're grateful for	7 Do something creative you enjoy	8 Take a bath
9 Reach out to an old friend	10 Visit a park or be in nature	11 Work on saying yes to you and no to others	12 Enjoy your favorite dessert	13 Sing out loud	14 Choose your own self-care challenge	15 Watch a sunrise or sunset or notice something in nature
16 Try a new recipe	17 Start a journal	18 Play a game with family or friends	19 Choose your own self-care challenge	20 Get up 30 minutes early and stretch	21 Try Yoga <i>SmartHealth Points!</i>	22 Enjoy something that makes you laugh
23 Take a walk outside	24 Go to bed 30 minutes early <i>SmartHealth Points!</i>	25 Choose your own self-care challenge	26 Tell someone how much you appreciate them	27 Spend quality time with someone you love	28 Get rid of 5 things you don't use	29 Take a nap
30 Try something new	31 Send an encouraging text to someone	Take a moment to think about the things that brought you joy this month and repeat! Return form to Nancy at ntrail@intercitytransit.com or text to 360.870.2237 by June 7, 2021 to be eligible for prizes.				

Intercity Transit Wellness Team

Shannie Jenkins
Nancy Trail
Larry Smathers
Joy Gerchak
Robert Thetford

Ally McPherson
Brian Nagel
Katie Cunningham
Jessica Gould
Heather Smith

Island Hospital

- Island Hospital Employee Wellness
- # of Employees: 726
- # of Worksites: 2



ISLAND HOSPITAL
EMPLOYEE WELLNESS

“Adding safety measures where possible or taking our programs virtual allowed us to continue offering wellness opportunities for staff.”

On-campus seasonal farm stand allows for staff to purchase fresh produce from local farmers on their breaks.



Island Hospital Wellness Team

Allison Carson

Amber Phillips

Angie Sage

Barb LeDuc

Gary Harr

Jake Tuck

Janie Crane

Jeanne Sandahl

Laura Moroney

Leslie Middleton

Liz Wingard

Mary Beth Robinson

Melody Pettingill

Michael Hannah

Sean McManus

Kitsap Public Health District

- Kitsap Public Health District Worksite Wellness Program
- # of Employees: 130
- # of Worksites: 1



“All activities went virtual. We experimented with new ways to increase participation. Virtual scavenger hunt was a big hit!”

“Winning photos from the virtual scavenger hunt, along with the ‘corny’ trophy awards.”



Kitsap Public Health District Wellness Team

Anish Adhikari

Angie Berger

Winnie Borja

Karen Boysen-Knapp

Kelly Dowless

April Fisk

Yolanda Fong

Karen Holt

Kimberly Jones

Carin Onarheim

Tobbi Stewart

Labor and Industries

- Wellness 360°
- # of Employees: 3,000+
- # of Worksites: 20



“Launched a professional coaching program to assist managers and employees adapting to the stress of the new working environment and current events.”

Wellness Wednesday is a weekly email that provides numerous resources and communicates upcoming wellness (and other agency) activities.



Wellness Wednesday • The Healthy Scoop!



Labor and Industries Wellness Team

Joel Sacks

Randi Warick

Liz Smith

Doug Spohn

Ben Kaufman

Kaelyn Eisenmann

Amy Nagley

Stacy Hirsch

Sam Reinmuth

Cynthia Kerans

Jeanette Killip

Tony Cloud

John Utter

Laura Vaillancourt

Sally Elliott

Athena Hightower

Linda Tilson

Kirsten Taylor

Office of Administrative Hearings

- OAH Wellness Committee
- # of Employees: 250
- # of Worksites: 5



“Virtual baking competitions, watched the same Ted Talk and held discussions, and started an Opportunities to Connect recurring virtual hang out.”

*One entry for our
Confection Competition.
We played the Great
British Bake-Off music,
talked, voted (most
decadent, photogenic, best
failed, etc.), and offered
baking-related prizes!*



OAH Wellness Team

Angie Hodge

Anna Mason

Brad Jones

Carla Sullivan

Casee Ariss

Erin Lewis

Jennifer Karol

Juliana Weber

Kate McLachlan

Kaylee Dickerboom

Lindsay Lennox

Lyndsey Largent

Paul Alig

Shawntá Williams

Stephanie Kitt

Office of the Attorney General

- Office of the Attorney General Wellness Network
- # of Employees: 1,400
- # of Worksites: 17



“Sponsored a heart disease and cancer prevention virtual talk seen by hundreds of state employees who registered through SmartHealth.”

Over-200 joined Walk the World in 360 Days, which challenges teams of up to 30 people to go about 25,000 miles.

Walk the World in 360 Days

How far can your team go? (November 18, 2020 through November 12, 2021)



Crawl, walk, roll, jog, run, sprint or reasonably convert your other exercise (bicycling/aerobics/other) to reflect walking miles and travel as far as you can over 360 days. At the equator, Earth's circumference is approximately 25,000 miles (approx. 69.4 team miles per day). Phew! This is a big challenge.

The rewards are gigantic!

- Camaraderie with your colleagues as you work together or compete to travel the globe!
- More reasons to be active as we go deeper into fall and throughout the year.
- Cool images and factoids of interesting places as your team reaches each of twelve longitudes at 30-degree intervals.
- **WELLNESS FUN STORE POINTS:** 100 points for each 30-degree longitude, another 1,200 points for teams completing the 25,000-ish journey, and another 500 points for the team that completes the journey first or travels the farthest in 360 days (whichever occurs first).
- A really fun "passport" certificate of your journey showing how far your team traveled.

Attorney General Wellness Team

Steven Reneaud

Joseph Siess

Sarah Laycock

Laura Reese

Kellie McKinney

Brooke Boutwell

Tracy Jacoby

Robert Jones

Courtney Throgmorton

Becky Charles

Kate Cozby

Jody Waittier

Amy Clemmons

Brandon Stallings

Lantz Newberry

Jordan Nimon

Jennifer Zagelow

Joshua Bennett

Attorney General Wellness Team

Bradley Graham

Daniel Mow

Tina Bushaw

Stephanie Duvall

Elizabeth DeMarco

Hang Nguyen-Le

Christa Thompson

Suzane Greeleaf

Amy Clemmons

Oleta Ferry

Krystle Berry

Connie Black

Erick Carlson

Jamie Merly

Kathryn Wyatt

Melissa Calahan

Sheryl Cadwell

Mary White

Dale Becker

Office of the Secretary of the State

- Highway to Health
- # of Employees: 300
- # of Worksites: 8



“Weekly staff newsletter has a ‘Highway to Health’ feature in it. Each month, we have a focus. In May it was Mental Health.”

Spotlighted each colleagues' pets in the newsletter, while emphasizing the mental health benefits of having a pet.

Mental Health Benefits Of Having A Pet:

Playing with a pet elevates levels of serotonin

Reduce anxiety and depression

Helps add structure and routine

Fulfillment

Helps people socialize

Give purpose

Provide companionship

They make you feel safe

Helps decrease blood pressure in stressful situations

Provide sensory stress relief



@RealDepressionProject

SOS Wellness Team

Cindy Aden

Terry Badger

Kiran Boyal

Shannon Cortez

Heather Friedlander-Cross

Brenda Galarza

Teresa Glidden

Trova Heffernan

Stephanie Horn

Carmen Miller

Jamison Murphy

Pilar Pelayo

Amber Raney

Tracy Rebstock

Kylee Zabel

Port of Olympia

- Port of Olympia Training and Wellness Team
- # of Employees: 46
- # of Worksites: 6



“We assigned or offered NeoGov LEARN online training and wellness programs for our staff throughout the year.”

Posted videos to encourage staff to work out 10 days in a row and communicate their efforts to co-workers.

A photograph of two people standing in an office or break room. The man on the left is wearing a black long-sleeved shirt, black shorts, and a white face mask. The woman on the right is wearing a black long-sleeved shirt and black leggings, with a patterned face mask. They are standing in front of a large window with white blinds. To the right, there is a water cooler with a blue water bottle on top. The room has a carpeted floor and framed pictures on the wall.

**JOIN THE 10 DAY
WORKOUT
CHALLENGE!**

Port of Olympia Wellness Team

Jeri Sevier

Jennie Foglia-Jones

Kim Kawada-Schauer

Lorie Watson

Dylan Dixon

Sarah Krill

Tracy Aga

Connie Staley

Recreation and Conservation Office

- # of Employees: 65
- # of Worksites: 1



WASHINGTON STATE
Recreation and
Conservation Office

“Weekly meditation sessions went virtual. Staff can earn gift cards and prizes through events such as water drinking challenge.”

A pre-pandemic photo of weekly Wellness Walks. We now encourage staff to take a walk around their own neighborhood.



RCO Wellness Team

Allison Dellwo

Ridgefield School District

- Ridgefield School District Wellness Committee
- # of Employees: 350
- # of Schools: 5



“We encouraged our employees to stay active and connected, for their physical, mental, and emotional well-being.”

Examples of wellness events, challenges and rewards.



WALKTOBER
10,000 Steps a Day
Challenge

A simple goal...get 10,000 steps per day!
All movement counts!
Walking, running, pacing,
chasing the kids...just get moving!



30 DAY SQUAT CHALLENGE	
DAY 1	10 SQUATS
DAY 2	10 SQUATS
DAY 3	15 SQUATS
DAY 4	15 SQUATS
DAY 5	20 SQUATS
DAY 6	20 SQUATS
DAY 7	REST
DAY 8	20 SQUATS
DAY 9	25 SQUATS
DAY 10	30 SQUATS
DAY 11	35 SQUATS
DAY 12	40 SQUATS
DAY 13	REST
DAY 14	40 SQUATS
DAY 15	45 SQUATS
DAY 16	50 SQUATS
DAY 17	55 SQUATS
DAY 18	60 SQUATS
DAY 19	REST
DAY 20	60 SQUATS
DAY 21	65 SQUATS
DAY 22	70 SQUATS
DAY 23	75 SQUATS
DAY 24	80 SQUATS
DAY 25	REST
DAY 26	80 SQUATS
DAY 27	85 SQUATS
DAY 28	90 SQUATS
DAY 29	95 SQUATS
DAY 30	100 SQUATS



Ridgefield School District Wellness Team

Jodi Fontyn

Kalin Heath

Terri Cochran

Sequim School District

- Sequim School District Benefit Committee
- # of Employees: 393
- # of Schools: 7



“Benefit and wellness newsletters shared mental health and mindfulness resources, links to SmartHealth activities, and cooking and nutrition tips.”

Sequim School District Wellness Team

Kathy Wright

Haleigh Montelius

Carol Harms

Elizabeth Joers

Darlene Apeland

Kayana Harrison

Valarie Wilkinson

Becky Stanton

Mark Rose

State Board of Community and Technical Colleges

- Safety & Wellness Committee
- # of Employees: 292
- # of Worksites: 1

Washington State Board for
Community and Technical Colleges

**Safety & Wellness
Committee**



“The Great ShakeOut was a fun virtual event. We got a good number of people to participate in their homes.”

SBCTC Wellness Team

Greg Gamble

Joleen Mendiola

Julie Huss

Kaite Rose

John Boesenberg

Sam Benz

Carmen McKenzie

Nanette Angel

Scott Toscano

Jim Henderson

Steilacoom Historical School District

- Steilacoom Historical School District Wellness Committee
- # of Employees: 450
- # of Schools: 5



“We cancelled annual events, but small groups of employees stayed active and connected by joining workout crews and running.”

Steilacoom Wellness Team

Rod Enos

Dr. Paul Harvey

Kristen Barton

Karen Antonowicz

Suzanne Beauchaine

Cameron Miller

Tenino School District

- MTSS Wellness Committee
- # of Employees: 185
- # of Schools: 4



“Being a small district allowed us to keep a pulse on the needs of staff and adapt to ever changing circumstances.”

Wellness committee meeting in May announcing their Zo8 Award.



Tenino School District Wellness Team

Brenda Padget
John Bash
Rand Hodgson
Brock Williams
John Neal

Charly Harrington
Teresa Jackson
Greg Myers
Dawn Dauer
Stuart Des Rochers

Tenino School District Wellness Team

Katrina Hauptert

Jeff Thummel

Kirsi GoFinch

TerriAnn Schiferl

Rob Bates

Sherry LaRue

Susanne Miller

Kari Ahrens

Aaron Houk

Tani Houk

WA State Dept. of Services of the Blind

- DSB Wellness Committee
- # of Employees: 90
- # of Worksites: 7



“We were very pleased with the positive response to our virtual offerings last year and several have continued into 2021.”

Dept. of Services of the Blind Wellness Team

Yang-su Cho

Tricia Eyerly

Janet George

Yvonne Grimes

Annie Ives

Carrie Lampel

Donna Lawrence

Lena Norton

Seaden Ouk

Sandra Rodriguez

Jennifer Scheel

John Sheahan

Brandon Shotwell

Esther Walker

Washington State Department of Corrections

- wellbalance Celebrate a Healthier You
- # of Employees: 8,500
- # of Worksites: 112



“One wellness team member is an artist, so he led a painting class for staff and their family and friends.”

Promotion of the DOC statewide SmartHealth challenge.

WELL-BEING ASSESSMENT CHALLENGE

Earn a chance to win one of 45 prizes!

New this year:
ALL DOC employees can
get a **SmartHealth** account
and participate (even if
you're not a PEBB
Subscriber).*



Have Fun. It's easy and free.
Prefer mobile?
Download the Limeade
app and enter the code
SmartHealth.



DOC Wellness Team

Lonnie Tortorelli
Brenda Duggan
Liza Rohrer
Theresa Hinds
Alex Sheehan
Elaine Elkins
Michael Saenz

Kathryn Shea
Adrea Stephens
Joe Barcomb
Stephen LaForce
Paul Collins
Steve Queen

DOC Wellness Team

Jamaal Hampton
Ashley Coxen
Bobby Greene
Cara Powers
Trina Chaney
Jamie Kerschner

Tammy Nikula
Dean Mason
Carrie Hesch
Ron Frederick
Katrina Suckow
Steven Barker



Social distance campaign from our Eastern Region.

WSDOT Wellness Team

Kathy Radcliff

Cherryl Steben

Peggy Humphreys

Ellen Govan

Jesse Labalan

Jim McWiggins

Josh Jeffries

Andrea Fahrni

Dennis Engel

Washington State Liquor and Cannabis Board

- WSLCB Wellness
- # of Employees: 350
- # of Worksites: 8



“Used our agency website more to highlight employees adjusting to our new life. Still learning to navigate the program virtually.”

WSLCB Wellness Team

Thea McNally

Sarah Pamies

Karla Thomas

Gretchen Frost

Jessica Orr

Paul Vanderwulp

Lisa Reese

Washington State Lottery

- Washington's Lottery Wellness
- # of Employees: 125
- # of Worksites: 6



“Relied on and promoted more SmartHealth tiles for people to stay engaged whether it be getting active, mental health or everyday living.”

Washington State Lottery Wellness Team

Chelsey Sok

Washington State Patrol

- Operation Zero
- # of Employees: 2,671
- # of Worksites: 182



“Events in 2020 emphasized the importance of providing support, resources and a safe place to discuss mental health, especially in law enforcement.”

Unable to honor Trooper Schaffer with our traditions following his death caused stress and uncertainty.



WA State Patrol Wellness Team

Jennifer Nuse

Washington Student Achievement Council

- Washington Student Achievement Council Wellness
- # of Employees: 110
- # of Worksites: 1



“Offering Virtual Wellness Checks twice a month gives employees a chance to connect face to face and discuss topics surrounding wellness.”

Salad bar wellness event before going remote!



WSAC Wellness Team

Christina Crawford

Danica Mitchell

Alisha Rollins

Ellen Matheny

Liz Rosback

Colleen Scovill

Janthie Scott

Washington Technology Solutions

- WaTech Wellness
- # of Employees: 270
- # of Worksites: 2



“Helped create and maintain a healthy remote working environment, foster healthy lifestyles, and enhance organizational culture during these uncertain times.”

WaTech Wellness Team

Brad Currah

Judy Sweet

Colette Benefiel



2021 Zo8 Award Winners



- Aging & Long-Term Care of Eastern WA
- Board of Industrial Insurance Appeals
- Columbia Basin College
- Cowlitz Indian Tribe
- Dept. of Archaeology and Historic Preservation
- Department of Commerce
- Department of Fish and Wildlife
- Department of Health
- Department of Natural Resources
- Department of Revenue
- Department of Social and Health Services
- Everett Community College
- Health Care Authority
- Intercity Transit
- Island Hospital
- Kitsap Public Health District
- Labor & Industries
- Office of Administrative Hearings
- Office of the Attorney General
- Office of the Secretary of the State
- Port of Olympia
- Recreation and Conservation Office
- Ridgefield School District
- Sequim School District
- State Board of Community and Technical Colleges
- Steilacoom Historical School District
- Tenino School District
- Washington State Dept of Services of the Blind
- Washington State Department of Corrections
- Washington State Department of Transportation
- Washington State Liquor and Cannabis Board
- Washington State Lottery
- Washington State Patrol
- Washington Student Achievement Council
- Washington Technology Solutions

Wellness Break



Smart [heart] Health



Afternoon Boost Yoga
100 points



Washington Moves
200 points

- #wamoves
25 points

**Learn from
each other**



Meet our presenters



Jennifer Nuse
Washington State Patrol



Tani Houk
Tenino School District



Ann Wright
Columbia Basin College



Barb LeDuc
Island Hospital



WASHINGTON STATE PATROL

service with humility

Washington State Patrol



**Human Resource Division
Employee Health & Safety**



Me and My Organization



Ms. Jennifer A. Nuse

- **WSP Service: July 12, 2004 – current**
- **Safety & Wellness Coordinator since March 1, 2007**
 - **Position was made permanent October 1, 2007**

Washington State Patrol

- **Started in 1921 with 6 motorcycle officers**
- **2020 Personnel**
 - **Commissioned Personnel – 1067**
 - **Civil Service Personnel – 1139**
- **2020 911 Calls Handled: 427,529**
- **2020 Calls for Service: 215,695**
- **Lane Miles Served: 18,699**





We are in this together



[CLICK ICON FOR WSP COVID-19 INFORMATION](#)

2020 COVID:

- Exposures – 458
- COVID Positive – 65
 - Commissioned – 36
 - Civil Service – 29
- Employees Required to Quarantine – 393
 - Commissioned – 212
 - Civil Service – 181



WASHINGTON STATE PATROL

service with humility

Protests & Rapid Deployment Force (RDF)

- Uniform or not – we are all members of WSP – please have a heightened sense of awareness of your surroundings.

II. WSP SAFETY REPORT – Provided by Phil Goff, Jennifer Nuse, & Monica Simpson

Being a law enforcement officer may never have been more stressful than right now. Between the COVID-19 pandemic and the current protests and civil unrest, law enforcement officers are facing unprecedented levels of criticism from all corners. Managing the stress brought on by these events is key to peak performance. REMEMBER – good mental and psychological health is just as essential as good physical health for law enforcement officers to be effective. An officer’s mental state affects his or her behavior in a variety of situations and can influence decision-making and judgment.

Here are some way to cope with stress:

- [3 Mindfulness Techniques for LEOs](#)
- Take deep breaths, stretch or meditate
- Eat healthy, well-balanced meals
- Exercise and get plenty of sleep
- [Contact a member of our peer support team](#)

Resource Name	Website	Email Address	Phone #
Dr. Daniel Clark, Ph.D.		wsp-psych@att.net	360-586-8492 (work) 360-561-0254 (cell)
Senior Chaplain Mike Neil		Mike@mdneil.com	253-381-2112
Assistant Senior Chaplain Tom Jonez		Tom.Jonez@ws-cf.org	253-571-9704
Washington State Employee Assistance Program	Employee Assistance Program (EAP)		1-877-313-4455
Safe Call Now	Safe Call Now		206-459-3020
Copline Hotline	Copline Organization		1-800-267-5463
Code4Northwest	Code4Northwest	Help@Code4NW.org	1-425-243-5092

Free Apps

- [VALOR Officer Safety App](#)
- [MyLife](#)

Podcasts

- [Law Enforcement Academy Podcast- Episode 10: Stress Management](#)
- [The Beat](#)
- [10% Happier with Dan Harris](#)

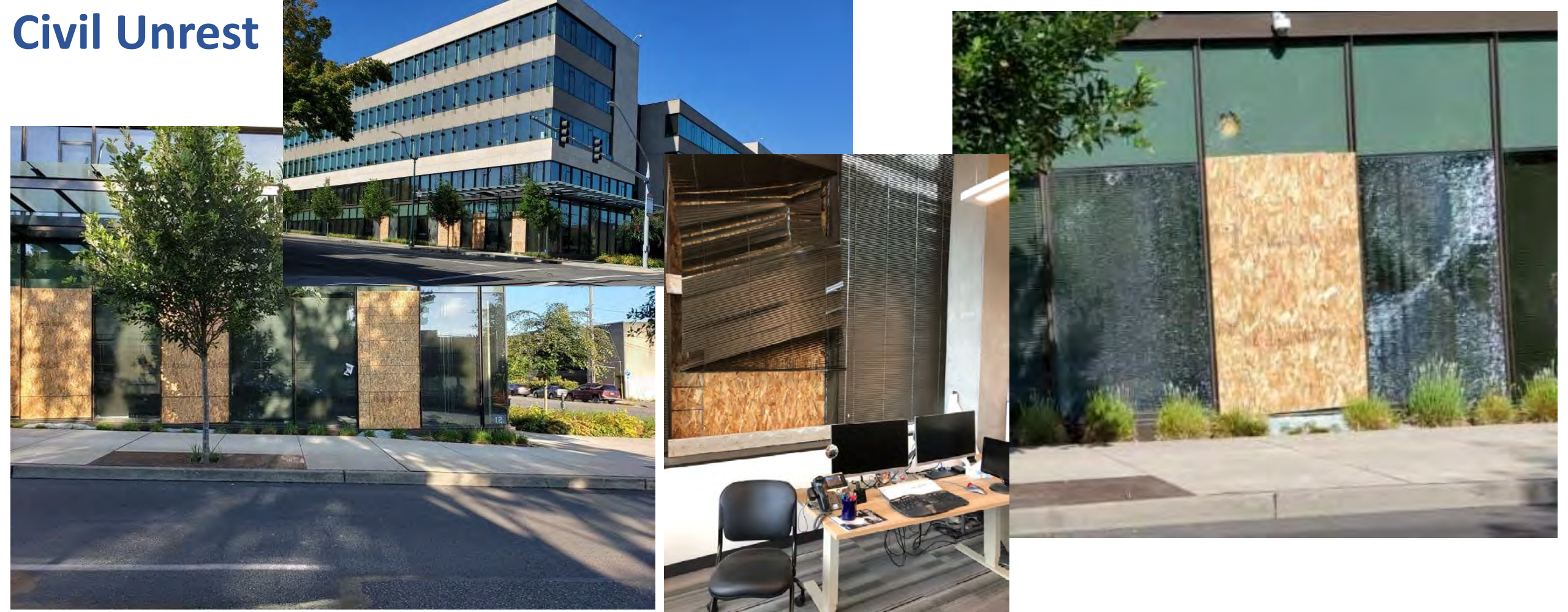
To RDF members or other employees who may have been exposed to laser assaults during the recent and ongoing demonstrations:

WASHINGTON STATE PATROL

service with humility



Civil Unrest



WASHINGTON STATE PATROL

service with humility



Employee Deaths



Memorial for Trooper Justin Schaffer with his detachment.
EOW 3-24-20



Funeral for Trooper Justin Schaffer. 300 in attendance plus vehicle procession.
Required COVID screening.

WASHINGTON STATE PATROL

service with humility



Safety and Wellness

As our nation and state move forward in the electoral process, those of us serving in law enforcement are sometimes quite literally on the front-lines. We hold unique and important positions of public trust in what can only be described as extraordinarily strained times. I want to thank each of you for the

Mental Health Awareness

WSP HOME | HOME | NEWS | CONTACT | ABOUT | SERVICES | EMPLOYMENT | TRAINING | RETIREMENT | POLICE | CONTACT

Cybersecurity Document Center

PSYCHOLOGY OFFICE

Announcements
Schedule an Appointment
Employee Assistance
Helpful Handouts
Suicide Prevention
EAP SUPPORT TEAM (PST)
PST Directory
PST FAQs
PST Photos
PST Shared Documents
Site Contents

Suicide Awareness and Prevention

[Click to View - Suicide Prevention Training Presentation: "Police Suicide Presentation Training"](#)

Suicide Resources

Organization	Phone Number	Web site	Contact Name	Contact Email	Notes
WSP Psychologist	360-586-8492	WSP Psychologist	Dr. Daniel Clark	Daniel.Clark@wsp.wa.gov	Confidential
WSP Peer Support		WSP Peer Support			Confidential - WSP Peer Support
WSP FOB Chaplaincy Program	253-281-2112	WSP FOB Chaplaincy Program	Sr. Chaplain Mike Neil	Mike@mdnel.com	WSP Chaplain
Washington State Employee Assistance Program	1-877-313-4455	Employee Assistance Program (EAP)			Helping WA State Government employees with personal or work-related problems
Safe Call Now	206-459-3020	Safe Call Now			Confidential, 24/7 crisis hotline
CopLine Hotline	1-800-267-5463	CopLine Organization			National Law Enforcement Officers' and Firefighters' Helpline PLEASE Note - The web site does not have a 24/7 confidential crisis line
Code4 Northwest	1-425-243-5092	Code4 Northwest		Help@Code4NW.org	24/7 confidential crisis line

DAILY BULLETIN - 3/9/2020 - SPECIAL ANNOUNCEMENT

ATTENTION: Update on Preparations Related to the Novel Coronavirus (COVID-19)

Washington has taken a prominent role in response to the COVID-19 respiratory disease that has been appearing in the media regularly. Many of you may have questions about what this means for us as residents and employees of this state. I am committed to your safety and our agency working closely with the Washington State Department of Health, the State Emergency Management Division, and the Governor's Office to understand and respond appropriately. We have activated the agency's Incident Management Team led by Captains Dan Atchison and Roger Wilbur, to share information related to the COVID-19 response.

As with other incidents, your professional excellence is what enables us to deliver the public safety services, and it is what will allow us to effectively respond to this incident.

Additional information on COVID-19 can be found at the Department of Health's [web page](#) from the [Center for Disease Control](#). I will continue to forward information sent to me from the state Department of Health, as I have for the last several days.

Thank you for all that you do.

CHIEF JOHN R. BATISTE

Safety and Wellness

The Washington State Employee Assistance Program (EAP) is prepared to provide increased support to leaders, supervisors, and employees across the state in response to COVID-19. The emotional and mental health toll of this crisis will be significant when considering the impact of stress, fear, financial loss, illness, grief and loss, children out of school, and isolation created by social distancing. But people are also incredibly resilient, and together we can support the workforce to get through this crisis.

EAP is in full operation across the state, offering services via phone and telehealth platforms, and we are gearing up to meet increased need. We also have a new [EAP COVID-19 Resource Page](#) with handouts and links related to maintaining wellbeing while coping with this crisis.

Additionally, **EAP is offering live, virtual sessions to support employee wellbeing.**

- Registration links for these live zoom events can be found on the [EAP COVID-19 Resource Page](#) as well. Registration is limited to 500 participants and we will continue to add more sessions to meet demand.
- Recorded sessions for on-demand viewing are available on the website as well.
- Offerings include:
 - "Self-Care with EAP": considers the emotional impact of the pandemic and offers strategies to cope with stress and uncertainty.
- Available Soon (under development):
 - Sessions for supervisors on how to support employees
 - Sessions to address family, couples, and parenting concerns
 - Sessions to help employees cope with the challenges of teleworking and isolation
 - Virtual support group spaces for those who lose someone to the virus.

Captain Jason L. Ashley
Human Resource Division (HRD)

This is painful and frustrating to us all, and I am sure it mirrors the pain and frustration after the loss of their loved ones. Indeed this is a time of shared worry, shared burden, and we may continue to serve with humility. Our charge is to serve all in our state, including our own.

After consultation with the family, a movement from the Medical Examiner's Office to the funeral home occurred shortly after noon on Friday. A small contingent of officers accompanied the family to the funeral home to receive Justin and ensure he was appropriately honored during this transition to a new location.

When the time is right, we will have a full memorial service with the highest of honors to remember Justin, his service and sacrifice. Thank you for your patience and understanding through these unique challenges.

For now, we must summon our own courage and begin to say goodbye to a beloved friend and colleague and hello to a new day, with one less hero among us. Thank you for your patience and understanding through these unique challenges.

In service and in honor of Trooper Justin R. Schaffer, I am authorizing the use of mourning bands until further notice. Non-uniformed personnel are encouraged to wear mourning bands.

Chief John R. Batiste

idence
I
ices in
is every
ey are
police
ological
or other
of
est
e
incident
3) 381-
14.
al
tion
act of
Register
nd this

WASHINGTON STATE PATROL

service with humility



Virtual Blood Drive

78 donors



Virtual Blood Drive to help BloodWorks NW's kick-off of their Celebration of First Responders.



2020 WSP Wellness Warriors

- Captain Jason L. Ashley, Human Resource Division Commander
- Dr. Ben Lastimado, Human Resource Operations Manager
- Ms. Sherry Moe, Employee Health & Safety Team Supervisor
- Ms. Jennifer A. Nuse, Safety & Wellness Coordinator
- Ms. Monica Simpson, Employee Health & Safety Team Assistant
- Mr. Phil Goff, Industrial Hygienist 4

2020 WSP Wellness Team

- Trooper John Lizama, Tacoma
- Trooper Chasity Van Auken, Bellevue
- Ms. Staci Denton, Yakima
- Officer Steven Erickson, Spokane
- Trooper Will Finn, Vancouver
- Ms. Nancy Gooding, Wenatchee
- Ms. Bonnie Garl, Marysville
- Trooper Jessica Schob, Bremerton



WASHINGTON STATE PATROL

service with humility

2021 Outlook

- Cordico Wellness App
- International Association of Chiefs of Police (IACP)

Trusted, Tailored Behavioral Health Support

Cordico's wellness tools and self-assessments are designed to keep your personnel healthy and effective at work. Created by our experienced clinical and scientific staff, these resources are built for both prevention and treatment.

Wellness Tools

CordicoShield includes videos, articles and guides on more than 60 topics. From trouble sleeping to dealing with tough calls to work/life balance, these resources are created specifically for law enforcement officers.

- Alcohol and Substance Abuse
- Family Support
- Parenting Tips
- Burnout and Compassion Fatigue
- Financial Fitness
- Posttraumatic Stress
- COVID-19
- ICAC Coping and Resiliency
- Psychological First Aid
- Dr. Gilmartin's Emotional Survival
- Mindfulness
- Suicide Prevention

Anonymous Self-Assessments

Often, officers suspect they are battling a mental health issue but are unsure where to start. CordicoShield self-assessments are completely confidential and deliver highly specific results aimed at providing instant feedback and next-step guidance.

- Adult ADHD
- Compassion Fatigue
- Cordico Sleep Test
- Adverse Childhood Experiences
- Depression
- Social Isolation
- Alcohol Abuse
- Posttraumatic Stress
- Stress
- Cordico Anger Scale
- Resilience
- Well-Being

When you deploy CordicoShield in your agency, you will:



Connect your personnel to confidential assessments and counseling resources



Strengthen your wellness culture & empower your peer support team



Help officers cope with the effects of critical events & chronic exposure



Improve officer decision-making, empathy & resiliency, which in turn enhances police/community relations



Support department retirees & family members (included with agency subscription)



MTSS Wellness Committee

Comprised of staff from across the district

Number of TSD employees: 185
Including Food Service Staff, Maintenance Staff, Bussing Staff*, and District Office Staff

Number of Schools: 4
Parkside K-2, Tenino Elementary 3-5, Tenino MS 6-8, and Tenino HS 9-12

Mission Statement

To provide a balanced staff school wellness program designed to enrich all employees physical and mental well-being.

Vision Statement

A staff school wellness program is an organized program for all employees designed to enrich their physical, mental, emotional, and occupational well-being. (Balance)

Goal Statement

To make the work environment supportive of positive health behaviors and thereby promote improved well-being for all employees.




TENINO
SCHOOL DISTRICT
LEARNING TODAY, LEADING TOMORROW

Wellness Team Members

- Tani Houk, Committee Chair
- Brenda Padget, District Office Finance Manager
- John Bash, Asst. Superintendent
- Rand Hodgson, THS Vice-Principal
- Brock Williams, PES Principal
- John Neal, TMS Principal
- Charly Harrington, TES Principal
- Teresa Jackson, TMS Vice Principal
- Greg Myers, TrueNorth ESD 113
- Dawn Dauer, THS Counselor
- Stuart Des Rochers, THS PE
- Katrina Hauptert, TMS PE
- Jeff Thummel, PES PE
- Kirsi GoFinch, TES/TMS PE
- TerriAnn Schiferl, THS Behavior Support
- Rob Bates, PES Union rep
- Sherry LaRue, PES 2nd grade, Union rep
- Susanne Miller, TES Secretary
- Kari Ahrens, TMS Para
- Aaron Houk, TMS CTE Teacher

Contact Information

Tani Houk
Tenino School District
Wellness Committee Chair
houkt@tenino.k12.wa.us



CBC Wellness Committee



HEALTHY HAWKS—Soar into Wellness

Mission Statement:

- CBC Wellness promotes and encourages holistic wellness by providing resources, activities and services to empower CBC employees to live a healthy and productive lifestyle.

Vision Statement:

- CBC Wellness will set an example by building an exceptional wellness culture at CBC through increasing awareness of the importance of healthy lifestyle choices, and providing opportunities to support a life-long commitment to wellness.



Lunch and Learn Sessions

Host virtual sessions for employees to feel connected and engaged.

Ideas:

- Diabetes Prevention
- Tobacco Cessation
- Nutrition and Cooking Class
- Diversity Conversation
- Financial Wellness
- CBC Book Club
- Gardening Tips



Wellness Resources



WELLNESS TIPS

- 1 KEEP A SCHEDULE: STICK TO A ROUTINE AND MAKE SLEEP A PRIORITY
- 2 EAT HEALTHY FOODS AND DRINK MORE WATER
- 3 MAKE TIME FOR SELF-CARE: READ A BOOK, WORKOUT, TAKE A BATH, GET SOME FRESH AIR
- 4 TAKE A CREATIVITY BREAK: COLOR, BUILD, WRITE, PAINT, PLAY A GAME
- 5 CHANGE YOUR ENVIRONMENT: LISTEN TO MUSIC, GO OUTSIDE
- 6 STRESSED? ASK FOR HELP: WRITE DOWN HOW YOU FEEL, TALK TO A FRIEND

HEALTH BENEFITS OF COLORING!



REDUCES ANXIETY



CREATES FOCUS AND BRINGS ABOUT MORE MINDFULNESS



INCREASES SELF-ESTEEM



ALLOWS US TO SWITCH OFF OUR BRAINS AND FOCUS ON THE PRESENT



RECONCILES EMOTIONAL CONFLICTS



DEVELOPS SOCIAL SKILLS WHEN COLORING WITH OTHERS



Monday Mindful Meditation

Insight Meditation of the Mid-Columbia offers monthly virtual meditation sessions.

Employees are introduced to mindfulness, the causes of stress, and how mindful meditation can help in stress reduction. The sessions includes a brief guided meditation and discussion of how to start a meditation practice.



- Washington State's voluntary wellness program that supports you on your journey toward living well.
- Secure, easy-to-use, mobile-friendly website offers tips and tools through fun activities such as sleeping better, eating healthier, and planning for retirement.
- As you progress on your wellness journey, you can also qualify for rewards.
 - earn \$125 wellness incentive by November 30
 - earn \$25 Amazon.com gift card by December 31



Smart[]Health

Have fun. Earn rewards.
BE YOUR BEST!



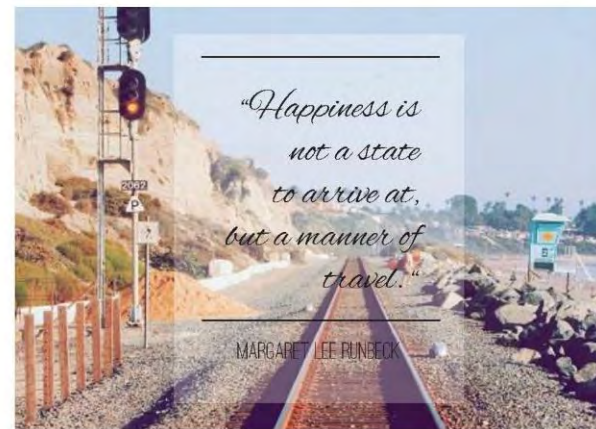
\$125
Wellness
Incentive



\$25
Amazon.com
gift card

Learn more at www.hca.wa.gov/pebb-smarthealth

Positivity Cards



Learn more
about CBC Employee Wellness at
intranet.columbiabasin.edu/health-safety/employee-well-being.

Artwork courtesy of The Positivity Pack by TotalWellness (totalwellnesshealth.com).



Contact Information



Ann Wright

Columbia Basin College

Human Resources Consultant

(509) 544-4927

awright@columbiabasin.edu



ISLAND HOSPITAL

Employee Wellness

Island Hospital

- 43 beds
 - 5 primary care clinics
 - 7 specialty care clinics
-
- 5 elected commissioners
 - 726 employees
 - 100 volunteers
-
- 4-star rating by Medicare
 - Top 100 Rural Hospital

Employee Wellness Team



- 16 committee members from 10 different departments

6 Pillars of Focus

- General health
- Nutrition
- Physical activity
- Community service
- Mental health & stress management
- Social & team building

Program Goals

Make it **engaging** | Make it **doable** | Make it **fun**

Pandemic Hits



Farm Stand

Make it **engaging** | Make it **doable** | Make it **fun**

Farm Stand



Make it **engaging** | Make it **doable** | Make it **fun**

Farm Stand



Make it **engaging** | Make it **doable** | Make it **fun**

Farm Stand

Make it **engaging** | Make it **doable** | Make it **fun**

Farm Stand



Make it **engaging** | Make it **doable** | Make it **fun**

Summer Hiking Series *Relive*

VIRTUAL HIKING SERIES @ HEART LAKE

JANIE'S RUN • AUGUST 6TH, 2020

Kindness Travels



Make it **engaging** | Make it **doable** | Make it **fun**

Step-Up Challenge



Make it **engaging** | Make it **doable** | Make it **fun**

Step-Up Challenge



Other Programs

A woman in a black top and patterned vest is kneeling on a red blanket, petting a black dog. The dog is wearing a blue harness with a logo. In the background, other people are sitting in chairs, and another dog is lying on a red blanket. The room has a carpeted floor and several black chairs.

- Therapy Dog Staff Visits
- Healthy Lifestyle Program
- Social Media Fast
- Food of the Month
- Food Drive
- Gratitude Graffiti
- Winter CSA
- 'Maintain Don't Gain'
- Holiday Bingo

Make it **engaging**

| Make it **doable**

| Make it **fun**



Island Hospital Employee Wellness

Barb LeDuc

(360) 588-2086

bleduc@islandhospital.org



Connect with each other



Go to **Find a wellness coordinator** at
hca.wa.gov/about-hca/washington-wellness/find-wellness-coordinator

Question and Answer



Thank you!



hca.wa.gov/washington-wellness



wawellness@hca.wa.gov



360-725-1700