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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, MPHHealth Promotion ConsultantWA 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, MSWIntegrated Mental Health Clinical Consultant Social Work ManagerKaiser 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, LMHCEmployee Assistance Program CounselorLicensed Mental health CounselorWashington State |
| Mental Health Benefits, Services, and Resources* Regence Uniform
* Premera Blue Cross
* Kaiser WA and Kaiser NW
 | 11:25 – 11:50 | Pam WalkerKevin Klein, BASenior Workforce Health ConsultantKaiser Permanente WA |
| Closing | 11:50 – noon | Pam Walker |

