

Mental Health First Response in the Workplace Training Overview

This three-session training program focuses on **identifying, understanding, and managing employee mental health**. Participants will gain knowledge and skills to address mental health issues in the workplace, covering topics such as the impact of mental health on individuals and the organization, trauma-informed workplaces, and building a mental health and wellness strategy. Sessions delve into mental health definitions, breaking down stigma, legal considerations, trauma's effects, and creating a toolbox for organizational needs, emphasizing self-care for HR and leadership.

*3x 1.5-hour sessions • Register online at GreaterRochesterChamber.com.
Seminars are held online via virtual platform. You will receive a link 24 hours before the start of this training directly from the trainer. • Newly being offered in 2024!*

Session 1: Understanding the impact of Mental Health in the workplace.

- Definition of mental health
- Noticing and responding to common mental health challenges
- Breaking down stigma and misconceptions
- ADA, FMLA, and NYS Law

Session 2: The Impact of trauma on employee health and productivity

- What is trauma?
- Components of a trauma-informed workplace
- Discuss HR, Leadership, and management roles in building a trauma-informed workplace culture.
- Dealing with emotionally dysregulated or behaviorally disruptive employees

Session 3: Develop a toolbox for skills and programming to meet the unique needs of your organization

- Assessing your current Mental Health wellness programming
- Creating policies and procedures
- Barriers to developing and implementing meaningful programming
- Evaluating the efficacy of your interventions
- Importance of self-care for HR and leadership

A certificate of completion will be provided after the training.

Series Cost: \$350: Greater Rochester Chamber members | \$500: Non-members

Questions? Gena.Stein@GreaterRochesterChamber.com

Mental Health First Response in the Workplace Meet the Trainer



Megan Clifford LCSW-R,

Founder of Wellness Associates of Greater Rochester LLC

Megan Clifford LCSW-R, Founder of Wellness Associates of Greater Rochester LLC, is a social worker, psychotherapist, consultant, and educator. With over 25 years of experience, Megan has held positions at UR Department of Psychiatry, Nazareth University Health and Counselling Services, The Legal Aid Society of Rochester, and Monroe #1 BOCES.

Megan and her team offer mental health literacy educational programming, on-site or virtual rapid response clinical assessment, and critical incident stress debriefing for organizations of all sizes. Clients include AMR Ambulance, the City of Rochester, Monroe County, Ontario County, the University of Rochester Department of Development, Foodlink Inc., Canandaigua National Bank, and Barilla Pasta. Our team partners with multiple EAP and HR consulting firms to provide wellness training and critical incident services. Wellness Associates is certified as a Monroe County MWBE.

Megan has trained over 2,500 people in Wellness Associates' most popular offering, Mental Health First Aid. Megan is also the Director of the NYS Mental Health First Aid Instructors Consortium and serves on the Mental Health First Aid Instructors Collaborative Board. Megan enjoys coaching new instructors and supervising Masters level Social Work students.

A graduate of the UB School of Social Work, Megan has certifications in Public Administration and Trauma-informed Organizations. She has advanced training in Cognitive Behavioral and Acceptance and Commitment psychotherapy. She is currently participating in the Class of 2024 Leadership Rochester and Exploring Racism Together programs

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