

Training

LENGTH: Supervisor and Management Training is typically 4 to 8 hours in length

Lunch and Learn is one hour in length. Sessions can be customized to fit your needs

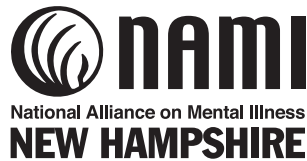
AUDIENCE: Supervisor and Management Training—All levels of your organization's management

Lunch and Learn—All employees

GOALS: Participants gain an understanding of how to address and promote mental health in the workplace and how to access related resources and programs

LOCATION(S): Your place of business or other local off-site location

REGISTRATION AND INFORMATION: To schedule a Supervisor/Management Training or Lunch and Learn session, contact NAMI NH at 603.225.5359 or email info@NAMINH.org



MENTAL HEALTH IN THE WORKPLACE

“A study conducted on the effects of depression in the workplace found that depression caused a loss of \$44 billion each year in both presenteeism (the act of remaining on the job but not being as productive because of illness or stress) and absenteeism...” Centers for Disease Control and Prevention

NH residents with mental illness and their families are part of our workforce. When the employee or his/her family member has a mental illness the impact on the workplace can be significant. To minimize this impact, research shows that supervisors and managers who have knowledge, skills, and resources to address mental illness are more confident in establishing a work environment that is able to adapt and meet the needs of employees affected by mental illness without disrupting work performance.

NAMI NH's workplace services provide presentation materials and interactive exercises to help participants gain familiarity with common workplace mental health issues and practice responding and directing employees to the right resources. A variety of science-based literature will supplement training materials that managers, supervisors and employees can take back to their work settings and use as proactive resources. Presentations provided promote EAP services for employees and their families, as well as NAMI NH education and support services.

SUPERVISOR AND MANAGEMENT TRAINING

Supervisors and managers deal with employees around work performance, but very often work performance may be affected by the mental health of the employee, their child or spouse. Using the right approach the employer can work with their employee affected by mental illness and thus minimize the negative effects on work performance, including absenteeism, accidents, poor productivity and negative effect on co-workers. NAMI NH's training for managers and supervisors and educational programs for employees are designed to address the effects of mental illness in the workplace.

“More than 40 of our managers attended the NAMI NH training. They came away with a much better understanding of how mental illness affects the workplace, what their appropriate role is – and what it isn’t. This training program fills a need that is often ignored – I would highly recommend it to other employers.”

*Byron Champlin,
Assistant Vice President and
Program Officer
Lincoln Financial Foundation*

NAMI NH is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. Our experience as family members coping with mental illness on a daily basis has taught us that our educational programs serve as vehicles for empowering families to help themselves, and learn new information and skills to promote the recovery of their loved one.

TRAINING INCLUDES:

Employee Mental Health: How to identify an employee who is experiencing mental health problems; how to respond and to help them access resources.

Emergency Situations: How to respond to an employee with mental illness who is having a crisis in the workplace, help them get immediate mental health assistance, and minimize the impact of the crisis for other workers.

Family Support: Learning what resources exist for employees who have a family member dealing with mental illness in order to improve their understanding of the illness, family coping skills and resources available (i.e., EAP program, NAMI NH programs) to reduce stress and impact on work performance.

WORKING WITH YOUR EAP

Where and when appropriate, NAMI NH will contact your EAP to let them know about how our resources, education programs and support groups can be used to support EAP efforts with employees and their families.

LUNCH AND LEARN:

Employees are impacted by the mental illness of a loved one. The stigma of mental illness makes it more difficult for people to seek help for themselves or their loved one. NAMI NH lunch and learn sessions provide an opportunity to get information through materials and a brief, structured presentation. NAMI NH qualified staff can also provide assistance in locating appropriate resources – including our family support and education programs. NAMI NH can also provide this type of service at a scheduled employer health fair.

LUNCH AND LEARN TOPICS INCLUDE:

STRESS: Stress in our daily lives and coping skills to help address the negative effects of stress.

FAMILY RESOURCES: When a loved one has a mental health problem, where to find resources to guide you and/or your loved one to get help, support for yourself, and information about mental illnesses.

BEHAVIORAL ISSUES IN CHILDREN AND ADOLESCENTS: What’s normal developmental behavior and what are signs and symptoms of childhood emotional disorders. Information and resources will be provided.

NAMI NH 15 Green Street, Concord, NH 03301
603.225.5359 or 1.800.242.6264 • www.NAMINH.org