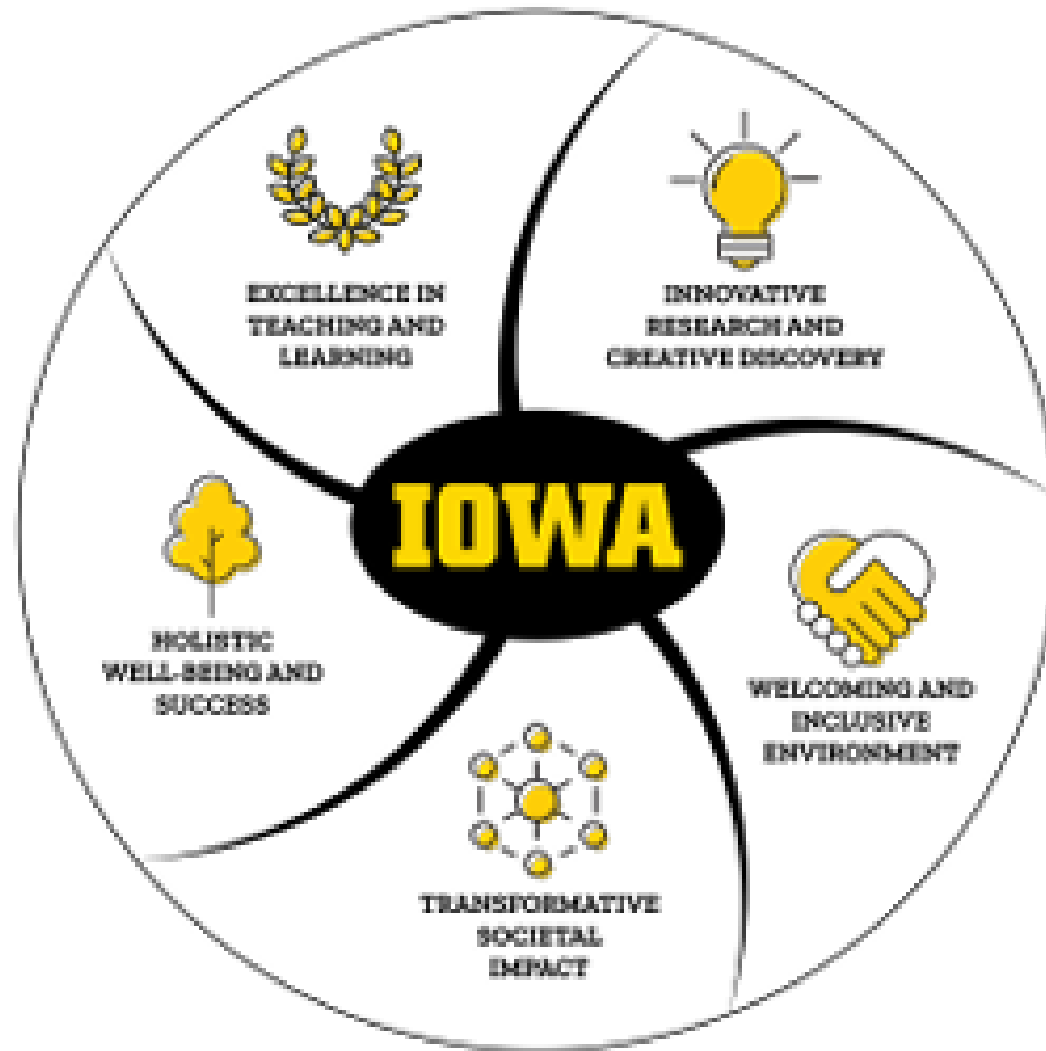

New Mental Health & Wellbeing Offerings

Bronwyn Threlkeld-Wiegand, LISW

Director, UI Employee Assistance Program, Benefits Health & Productivity

Strategic Plan Priority Areas

Embed Wellbeing & Mental Health into all aspects of campus culture



Supervisor Training@Iowa

The Supervisor Training@Iowa sessions were created in 2019 with the input of more than 200 faculty and staff from across campus, and refreshed in July 2023 as part of the institution's ongoing efforts to prioritize mental health and well-being, and increase employee retention.

Completing the training:

The four sessions of the Supervisor Training@Iowa are:

- Foundations (WSPR00)
- Culture Builder (WSPR02)
- Performance Manager (WSPR03)
- Team Builder (WSPR01)

Additionally, as part of the 2023 refresh, a new stand-alone course has been developed - Well-Being and Mental Health. This training focuses on helping supervisors support the mental health and well-being of their staff. The course is embedded in Supervisor Training@Iowa, or may be taken separately; it can be found in Employee Self Service | My Career | My Training (course [WWMBH1](#)).

New WBMH training for Supervisors


- ▼ Why Well Being and Mental Health
 - Introduction
 - What to Expect
 - Maslow's Hierarchy
 - Be Aware
 - Defining
 - Stigma & Well-being
 - Recap

- ▼ Perceived Barriers to Addressing Mental Health in the Workplace
 - Concerns
 - Barriers
 - Psychological Safety
 - Activity: Psychological Safety
- ▼ Warning Signs of Mental Health Challenges or Crises
 - In a given year...
 - Hopeless Mindset
 - How?
 - Notice, Talk, Act
 - Connecting with Care

#WWBMH1





▼ Empathy/Validation

 Life Events


 Empathy

 Validation

 RASA


 Checking In

▼ Appreciation

 Appreciated at Work

 Four Categories

 5:1

 Doing Their Job

▼ Self Care

 Self Care

 Patterns

 Daily Routine

 At Work

 Outside of Work

 Feel and Function Better

<https://hr.uiowa.edu/benefits/benefits-bulletin/wellmark-health-plan-updates>

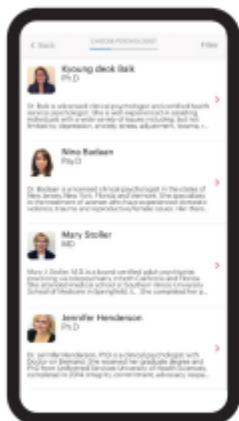
Or

<https://hr.uiowa.edu/employee-well-being/ui-employee-assistance-program/scheduling-appointment/appointments-outside-eap>

Feeling blue? Virtual visits are here for you

When it comes to coping with mental health, you're not alone. Virtual visits can be available to you day or night all from the comfort of your home.

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Comfortable, connected, confidential

As a part of your health benefits, you can connect with a licensed therapist — or psychiatrist for more complex issues — to listen and help you find solutions.

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Make time for you and your overall health and well-being by scheduling your Virtual visit today.



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Virtual visits can be used for:

- Depression
- Workplace stress
- Relationship issues
- Trauma and loss
- Social or general anxiety
- Addictions

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**Questions?
Thank you!**

