

Fourth Annual

Workplace Mental Health Conference

August 16, 2023
Virtual Event

REGISTER TODAY



About this Virtual Event

Workplace Mental Health Conference: Cultivating a Culture of Connection

The fourth annual conference, proudly presented by the University of Michigan Eisenberg Family Depression Center, will examine real-world workplace mental health challenges and uncover innovative ways to build a work culture that values mental health.

Date: Wednesday, August 16, 2023 from 12:30 - 5:00 pm ET

Registration Fee: \$65 for individual ticket; \$250 (up to 5 seats) or \$400 (up to 10 seats) for corporate pass; \$25 for U of M faculty/staff individual ticket
[Please contact us if you need assistance with the fee]

Questions? Contact workplaceconference@umich.edu

Register Here: depressioncenter.org/wmhc

WHO SHOULD JOIN?

- Employers
- Mental health professionals and researchers
- C-Suite leaders
- HR professionals
- DEI professionals
- Leaders from diverse industries (public, private, and non-profit organizations)
- Anyone with an interest in learning about and supporting workplace mental health

HIGHLIGHTS

- Discover real-world strategies for your workplace
- Hear from well-respected industry and academic experts
- Get your questions answered through Q&A
- Learn from a selection of personal stories, case studies, and panel discussion
- Approved by U-M for 0.4 Continuing Education Units (4 contact hours)

Conference Schedule

Times listed below are EDT. All sessions take place **virtually** using Zoom.

August 16, 2023

12:30 p.m.	<i>Welcome and Opening Remarks</i> Sagar Parikh, M.D., FRCPC , Co-Lead, Workplace Mental Health Solutions, Eisenberg Family Depression Center Danielle Taubman, M.P.H. , Project Manager, Workplace Mental Health Solutions, Eisenberg Family Depression Center
1:00 p.m.	<i>Keynote Address</i> How Coming Together Moves Us From Surviving to Thriving Christine Porath, Ph.D. , Visiting Faculty, Kenan-Flagler Business School, UNC Chapel Hill <i>At the request of the speaker, this session will not be recorded.</i>
1:45 p.m.	<i>Break</i>
1:50 p.m.	<i>Panel Discussion</i> Supporting Employee Mental Health: A Conversation Across Different Workplace Perspectives Sean Egan , Deputy Director, Michigan Department of Labor and Economic Opportunity Darcy Gruttadaro, J.D. , Chief Innovation Officer, National Alliance on Mental Illness Holly Miller , President & CEO, United Way of Midland County <i>Moderated by Sagar Parikh, M.D., FRCPC, Co-Lead, Workplace Mental Health Solutions, Eisenberg Family Depression Center and Sinziana Luchian, M.B.A., Director, Health Care Initiatives, Detroit Regional Chamber</i>
2:50 p.m.	<i>Break</i>
3:00 p.m.	<i>Concurrent Sessions (Select 1)</i> <i>Session #1</i> Working with Mental Health Disabilities: Key Principles and Successful Practices Emily McElmurry, CRC, LPC , Director of Vocational Services, Peckham <i>Session #2</i> Inclusion and Belonging: Critical Pillars Toward a Mentally Healthy Workplace Cierra Gillison, M.A. , DEIB Director, Lyra Health Andrea Holman, Ph.D. , DEIB Manager, Workforce Transformation, Lyra Health
3:45 p.m.	<i>Break</i>
3:50 p.m.	<i>Concurrent Sessions (Select 1)</i> <i>Session #3</i> Supporting Workers' Human Needs to Leave Them "Net Better Off" Gabriela (Gabby) Burlacu, Ph.D. , Talent Research Manager, Accenture <i>Session #4</i> Leveraging Neuroscience to Learn How to Become More Resilient for Yourself and Your Workplace Cindy Bjorkquist, M.S. , Director, Well-Being, Blue Cross Blue Shield of Michigan
4:35 p.m.	<i>Break</i>
4:40 p.m.	<i>Closing Remarks</i> Sagar Parikh, M.D., FRCPC , Co-Lead, Workplace Mental Health Solutions, Eisenberg Family Depression Center Michelle Riba, M.D., M.S. , Co-Lead, Workplace Mental Health Solutions, Eisenberg Family Depression Center
5:00 p.m.	Conference Ends