

Offered through the Greater Rochester Chamber Academy, this three-part virtual training session, "**Mental Wellness at Work**," presented by Megan Clifford, LCSW-R, Founder of Wellness Associates of Greater Rochester LLC, addresses the critical role of mental health in today's work environment. This comprehensive program is designed to equip organizations with the knowledge and skills necessary to prevent mental health crises, manage them effectively when they arise, and foster a supportive workplace culture.

3x 2-hour sessions • Register online at GreaterRochesterChamber.com.

Seminars are held online via a virtual platform. You will receive a link 24 hours before the start of this training.

Newly being offered in 2024!

Session 1: Preventing Crisis via Awareness and Education.

- Employee Mental Health Awareness Campaign
- Educating employees about mental health issues and reducing stigma
- Promoting work-life balance and stress management techniques
- Encouraging open communication about mental health in the workplace
- Understanding Mental Health Impacts
- Effects on individual employees, team dynamics, and overall productivity
- Financial implications for the organization

Session 2: Early Intervention Strategies.

- Developing Early Intervention Skills and Procedures
- Training managers to recognize early warning signs
- Creating clear protocols for addressing mental health concerns
- Implementing confidential reporting systems
- Building a Trauma-Informed Workplace
- Understanding the effects of trauma on employees
- Adapting policies and practices to be trauma-responsive
- Creating a culture of safety and trust

Session 3: Crisis Management and Response

- Preparing for Mental Health Crises
- Developing a crisis response plan
- Designating and training a crisis response team
- Establishing communication protocols during crises
- EAP utilization
- Responding to an Employee Crisis or Critical Incident
- Identify needs
- Considerations when dispatching a crisis team
- Effective partnership with EAP crisis management providers

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

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.

*The Greater Rochester Chamber Academy is supported in part by
the Greater Rochester Chamber Foundation*