

Lighten Up Lancaster

Workplace Meeting Notes 01/08/15

Welcome

Beth Koser Schwartz and Leslie Wireback jointly called the meeting to order and welcomed the group to the first meeting of 2015.

Well Workplace Award

The Committee discussed the application process for the upcoming Well Workplace Award program. The application process is available on-line under WELL WORKPLACE AWARD. The deadline for the application process is April 15, 2015. Amy Jaros was the first to complete the application process. Interested parties can check out the website <http://www.lightenuplancaster.org/In-The-Workplace/Well-Workplace-Award.aspx> for further details

- There is a Step by Step guide to completing your application for the Well Workplace Award: <http://www.lightenuplancaster.org/getattachment/In-The-Workplace/Well-Workplace-Award/Well-Workplace-One-Pager-Final.pdf.aspx>
- The 2014 focus for the innovation award was mental health. A final decision has not been made for 2015 however there is consideration of continuing the innovation award for schools and to be mental health geared
- Lancaster County magazine is planning a feature story in February and previous Well Workplace Award winners are featured. The publication is expected out next week
- The Annual Health Summit is scheduled for May 7, 2015. The program will provide a look back on successes and highlight the workplace. The group will be planning to record a five minute video covering the start of the coalition in 2007 and where we are to date. Beth is looking for six volunteers for two meetings to help with the project

Physical Activity & Healthy Eating

- The group briefly discussed Walking Day, which is April 1st
- Discussed planning a Wellness Symposium event in lieu of the Healthy Vending Fair
 - Invite vendors and providers to set up booths to help educate attendees, and provide a variety of free resources
 - The consensus was the Wellness Symposium may not be worth the effort, instead should focus on having an additional session on The Right Direction tool that was presented at the Mental Well-Being Forum in December
 - Employers need help to implement a program
- Discussion around companies promoting employee involvement in races, marathons, runs, walks, etc. suggestions:
 - company pays for registration fee, monitor rewards, and/or promote events
 - If anyone has a formal policy please share with the group

Tobacco

- There was a lengthy discussion regarding smoke free workplaces, company policies and how companies implement and enforce their policies
- Kick Butt Day planned for March 18, 2015
- Tobacco coalition meeting is scheduled for January 27th - Outpatient Pavilion at the campus
- Looking for ideas to help provide a big push for the event day
i.e. pictures with communication was suggestion, tool kit (similar to what was done for Food Day)
- There are three (3) designated tobacco holidays; each day has a different focus communicating tobacco free.
- Communicate awareness and develop a strong message to ***kick more than butt...kick nicotine.***
- Discussed other states surrounding PA are increasing their taxes on tobacco products and people are coming to PA to purchase their tobacco product
- Discussed the importance to find best practices and develop the right practices
- People can't make all the changes at the same time...."***KICK THE NIC***". Positive response from the group on this tag line
- Classes are available for free via grant to come into companies and educate employees
- The Committee discussed the challenges many companies face with policy enforcement

Mental Health

a. Logic Model and Goals

- The group reviewed the "Improving Mental Well-Being in the Workplaces in Lancaster County". The focus was on the three Short Term goals noted on the 8/27/14 draft
- The second hand out addressed the MH SWOT, a Vision for Mental Well-Being in Lancaster County
- The final hand out covered EAP, MHFA for Adults, Workplace Wellness and Stress management/Work-life balance

Other Initiatives/Resource Sharing

- Barb Kettering reported working on a United Way grant with the main focus on reducing stigma Helping people connect with health homes
- The following handouts were made available for the attendees:
 - MH Works (Fourth Quarter 2014) Delta Airlines Keeps Climbing and Caring
 - Field Guide – Addressing Depression in the Workplace "Right Direction"

Next Steps

The next Workplace meeting is scheduled for Thursday, March 12, 2015 at 8:30–9:30am at LCSWMA.