



Increase the number of adults and children who are at a healthy weight

Workplace Meeting Notes 07/21/15

Welcome

Leslie Wireback called the meeting to order at 8:30 am and welcomed attendees. A sign-in sheet was circulated for attendees to check-in.

Mental Health First Aid

Two representatives from Community Services Group (CSG), Lisa Basci, Senior Program Specialist and Julie Weaver, Vice President of Mental Health Services conducted a presentation on Mental Health First Aid (MHFA) Adult Version. The presentation addressed the need to help an individual who isn't clinically trained assist someone experiencing a mental health crisis. The goal is to help support an individual until appropriate professional help arrives. The presenters distributed a copy of the MHFA training program offered for adults as well as youth. The program addresses the goals:

- Reduce Stigma
- Empower Individuals
- Improve Mental Health Literacy

CSG is among the first in the nation to staff certified MHFA-USA trainers for this important program. Both classes provide a total of 8 hours of course training. A copy of the power point presentation was also distributed to all attendees. Additional information is available by calling 877-907-7970.

(Copies of the material will be attached to the meeting notes for those Committee members not able to attend the meeting/presentation.)

Special Note....due to the interest in the program and training opportunities Leslie Wireback and Barbara Kettering worked with Julie Weaver and Lisa Basci after the meeting to schedule a training for the committee members and other interested parties to attend. The training is scheduled for two half day sessions September 11 and 24, 2015. The cost of the training is \$70 per person and the training will be held at ECORE located at 715 Fountain Avenue – Lancaster. For further information on the training contact Lin Varga at CSG (717) 285-7121 ext. 10306.

Mental Well-Being Pilot Group

It was reported that 10 businesses have signed up for the pilot group. While we have incorporated mental well-being into our Committee, we will continue to share information with the group expressing the interest in physical activity and healthy eating. However, we recognized the need to address Mental Well-Being and the pilot employers are committing to a one year pilot that will have structured objectives throughout the year. EAP utilization data will be one of the metrics that the pilot organizations track to show measurable impacts.

The group discussed EAP Utilization. The discussion included defining data points and privacy. (See handout attached for vendor details.) Brenda Buescher, bbuescher2@lghealth.org from LGH is the designated keeper of the data submitted. Companies will be identified as A, B, C, etc. Keeping information confidential is critical. The size of the company and the # of employees will not be shared.

The “Y” is offering a Healthy Body & Healthy Mind program. The focus is providing support to the mind and body by relieving stress and tension through physical movement and in turn impacting on the one’s mental well-being. The program is developed in three phases. The first phase is an orientation to the program. The second phase addresses the membership opportunity followed by phase three converting one’s initial membership to a regular “Y” membership. The program also has financial assistance available to help offset the membership expense for those who qualify. (A copy of program brochure is attached to the meeting notes for the members not able to attend the meeting.)

Next Steps

Leslie announced this was Beth’s final meeting. Beth resigned her position with LGH to accept an offer on the west coast. She and her family plan to relocate in August. Beth extended her thanks and appreciation to the Committee members. She reported her position is being posted and a transition plan is in place. As for the Lighten Up Workplace Committee, Leslie Wireback and Barbara Kettering will co-chair the meeting and continue to work on the goal

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Next meeting is planned for Thursday – September 10, 2015 8:30am-9:30am at LCSWMA.