

COVID & Mental Health

Presented by: Jody Johnson
AMCTO Zone 3 Spring Meeting April 30, 2021



Some Stats

- <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>
- <https://cmho.org/facts-figures/>
- <https://haltonspc.ca/suicide-facts/#suicide-statistics>



A Wellness Journey



Pre-Covid

- EFAP
- Mental Health Week activities
- Corporate-wide wellness initiatives & events

2020 Work

- Wellness Task Force
 - Broad representation
 - HR resources & assistance
 - Communications resources & assistance
- Pilot Program
 - It is okay to try some new things
- Some Success!

2020 Program Highlights

- ✓ Launch of My Wellness Campaign
- ✓ Michael Landsberg – *Sick Not Weak*
- ✓ 8 Dimensions of Wellness Video / Poster Series – Senior Leadership
- ✓ Management Training – Managing Employees and Mental Health in the Workplace
- ✓ Enhancement to My Wellness Page including Employee & Family Assistance Program material
- ✓ Mandatory Wellness Training – electronic module

Wellness Philosophy



Environmental



Emotional & Psychological



Physical



Occupational



Financial



Social



Intellectual



Spiritual

2021 Work

- Permanent Wellness Committee established
 - Formal Terms of Reference
 - Representation from across the corporation, both management and union/employee groups
- Approval & support from the highest level
- A work in progress – but important to do!

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