

Message from Zima Creason

Provisional CEO, MHAC



On behalf of MHAC, I am pleased to announce that Donna Hardaker is now the Director of Wellness Works. Donna brings a wealth of experience to the program, building on her consulting and advisory roles for the past two years. She co-developed the award-winning curriculum used in Wellness Works training and is a leading expert in the field of workplace mental health. We are so fortunate to have Donna on the Wellness Works team!

Message from Donna Hardaker

Director of Wellness Works



I am honored to now be serving the Wellness Works program as Director. My role will be to build on success of the funded phase, and create a fee-for-service sustainable program that is recognized as the national leader in workplace mental health training. The program has a fantastic team of dedicated people who work in creative collaboration to leverage our assets into partnerships and sales. In the new year we will be launching our rebranded and renamed product line, a comprehensive social media campaign, a rejuvenated website, and a new half-day interactive workshop for organizational leaders.

In workplace mental health training, why does stigma reduction matter?

Wellness Works delivers best-in-practice workplace training for managers, organizational leaders, HR, unions and employees to help organizations address employee mental health issues more effectively to improve performance management, employee engagement and employer success.

This is our selling pitch, and with it we place ourselves in the market of workplace skills training.



However, we do much more with our product line. We are changing participant mindsets by reducing social prejudice towards people who have mental health challenges, and by increasing organizational and individual capacity to create social inclusion. Underlying all our messaging, instruction, activities, and language, and infused throughout our curriculum is the positive idea of the shared responsibility of supporting employees through mental health challenges for the benefit of the employee, the team, the manager and the organization. We undo the “us” versus “them” perspective inherent in social prejudice towards people who have mental health challenges. This is crucial towards supporting lasting change.



Wellness Works and the California Mental Health Services Authority (CalMHSA)



Wellness Works has been funded by California counties through the voter-approved Mental Health Services Act (Proposition 63). As a social change initiative, CalMHSA is unique in the world in its creation, scope, function and impact. Wellness Works has enjoyed being part of the CalMHSA family of social change agents, bringing education and programming to thousands of Californians.

Wellness Works is one of several Prevention and Early Intervention Initiatives implemented by CalMHSA, working to improve mental health outcomes for individuals, families and communities. This county support and connection to a statewide initiative has been an important part of Wellness Works program development, allowing us to ensure that the workplace is seen as a significant factor in resolving societal issues about mental health.

This is an important time in history regarding how the world views people who have mental health challenges. At Wellness Works we are determined to ensure that the funding the program has received is fully leveraged into widespread program delivery and success for the benefit of all Californians.

For more information about CalMHSA, visit www.calmhsa.org.

Wellness Works at the Employer Health Benefits Congress (EHBC) in Washington DC



Debra Gill-Johnson, Wellness Works Engagement Specialist and Lisa Jing, Wellness Works Trainer and Program Consultant attend our new booth at the EHBC event in September. They spoke to hundreds of delegates over five days, introducing our concepts and solutions to help reduce the impact of employee mental health on their bottom line.

