

Message from Zima Creason

Director of Wellness Works



We are now actively engaged in planning the next phase of Wellness Works when we will be moving from a fully-funded program to a fee-for-service model. We will build upon the tremendous successes of our engagement and training teams, to expand our client base and reach more California employers. Our evaluations are showing extremely high levels of participant satisfaction, with a very significant reduction in indicators of stigma. We look forward to releasing our full evaluation results within the next few months. Stay tuned!

Message from Donna Hardaker

Program Manager of Wellness Works



I am excited and honored to be working in the capacity of Program Manager with Wellness Works. I have been a consultant to the program since 2012, assisting with strategic planning, content customization, and trainer education and support. My new role offers me the opportunity to expand my contribution and help steer the program through our sustainability and expansion phases. I am looking forward to increasing the numbers of managers, employees, unions and HR professionals who come into contact with our leading-edge training!

Our new look!

We are proud to introduce you to our new look! The new Wellness Works logo takes a stylized design approach. The combination of symbol, wordmark and colors is friendly, optimistic, fresh and dynamic. This is a totally unique and customized logo that will carry our program forward, identifying Wellness Works as an organized, contemporary, established and professional organization.



Helpful Tip



Managing by walking around (MBWA) is a great way to stay connected to employees and can give important information about employee wellbeing. It's difficult to know what a tough day looks like if we don't know what a good day looks like. Being able to recognize that an employee may be struggling gives greater capacity to be able to approach and address issues early and effectively.



► Free resources

As Wellness Works moves to a fee-for-service model, we wish to support employers at all stages of readiness in their allocation of resources for education and training about workplace mental health. Here are two resources that are available for free in the public domain.

Working Through It: stories of reclaiming wellbeing at work, off work and returning to work



This is a free online resource that provides videos of employees with mental health and addiction issues talking about their experiences at work,

off work and returning to work. The employees describe what worked, what they did to help themselves, how they found effective support, and their reflections on the entire experience. Hearing real people talk openly about their experiences helps to break down stigma and provide hope for employees who are currently unwell.

The resource also contains many downloadable documents that can be used by employees to clarify issues and find effective solutions on their own, with their manager or with other supports. Also available is a leader's guide for organizations who wish to use the videos as a no-cost

education tool to introduce the topic of mental health to their organization. All materials are completely free, and are not bound by copyright. Our own Donna Hardaker, the Program Manager of Wellness Works, is one of the employees on the video. Developed by Mental Health Works, an initiative of the Canadian Mental Health Association, Ontario and Mood Disorders Association of Ontario. Available at [Working Through It](#).

Right Direction for Me



This is an educational initiative designed to help raise awareness about stress and depression in the workplace, demystify the symptoms and treatments, and give employees information and motivation to seek help. The website also provides employers access to tools and resources that can be used and distributed in their organization by downloading an implementation guide, a managers toolkit, posters, PowerPoint presentations and more. Employers may choose to use these materials as a no-cost educational tool. Developed by the Partnership for Workplace Mental Health, a program of the American Psychiatric Foundation, and Employers Health Coalition, Inc. Available at [Right Direction for Me](#).

