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Greater Milwaukee

# Helping Employees Thrive: Mental Health a Top Priority During COVID-19

Thursday, May 28, 2020

9:00-11:00 a.m.

The impact of the COVID-19 Crisis on the mental health of employees is significant as they balance the volatility of increased and changing stressors. Communities are responding to the Crisis and its footprint as they gradually move toward the reality of our “new normal.” Our panel of experts will focus on the face of domestic violence, substance use disorders and anxiety and depression during COVID-19, and the vital role of HR Leaders and all people managers in supporting employees, working both on-site and remotely, to navigate and thrive.

## Meet Our Panelists:

**Dr. Jon A. Lehrmann MD**, Professor and Chairman,  
Department of Psychiatry and Behavioral Health, Medical College of  
Wisconsin and Associate Chief of Staff for Mental Health, Milwaukee VAMC  
<https://www.mcw.edu/departments/psychiatry-and-behavioral-medicine/faculty/jon-lehrmann-md>

**Carmen Pitre**, President and CEO, Sojourner Family Peace Center.  
<https://familypeacecenter.org/wordpress/wp-content/uploads/2019/08/carmen-bio-web.pdf>

Moderator: **Amy Spahr, SHRM-CP**, Community Outreach Director MMSHRM  
<https://www.extensionrecruiting.com/t/amy-spahr>

## Topics Include:

- Discuss the spike of mental health challenges during COVID-19.
- Overview of COVID-19's impact on domestic violence, substance use disorder, anxiety and/or depression.
- Importance of prioritizing the well-being and real life challenges faced by the workforce, both those working from home and in the workplace, as we move to re-open business.
- Recognizing the signs and symptoms that may indicate an employee is struggling to cope.
- Communication strategies and techniques to identify and support an employee who is struggling.

## SCHEDULE

**9:00-9:15 am**  
*Introductions*

**9:15-10:00 am**  
*Impact of COVID-19*

**10:00-10:45 am**  
*Strategies and Techniques*

**10:45-11:00 am**  
*Q&A*

**[CLICK HERE TO REGISTER!](#)**

**GIVE.** Now, more than ever, mental health matters. This course is being offered to you at no cost. Upon registration, you will have the opportunity to consider a gift which will be directed to NAMI Greater Milwaukee, Sojourner Family Peace Center and Medical College of WI. No gift is too small. Thank you!