



Better Every Day.



## Mental Health Support

Carrie Beshears, Well-Being Manager SFHSS



# Mental Health Statistics



- Nearly 1 in 5 American adults experiences a mental health disorder that impacts them at home and at work.



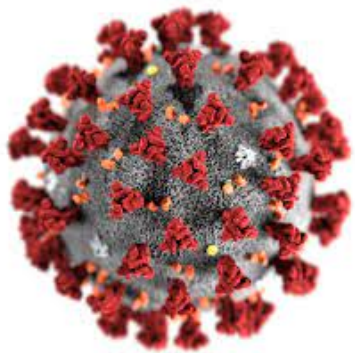
- Approximately 1 in 6 adults in California were diagnosed with a mental illness.



- During the pandemic, about 4 in 10 adults in the U.S. have reported symptoms of anxiety or depressive disorder.

# Year in Review

- **Increased need** for mental health support – COVID-19 pandemic, California fires, civil unrest, political uncertainty, violence against Black and AAPI communities, attack on Capitol Hill.....






# SFHSS Well-Being/EAP Response

- Trainings
- Campaigns
- Webinars & Classes
- Resiliency Groups
- Well-Being Support
- CredibleMind
- Message from Mayor Breed



# Training

	Mental Health First Aid (MHFA)	Stress First Aid
<i>Launched</i>	February 2021	April 2021
<i>Facilitator</i>	National Council for Behavioral Health 	SFHSS EMPLOYEE ASSISTANCE PROGRAM
<i>Curriculum</i>	Evidence based through National Council for Behavioral Health <ul style="list-style-type: none"> <li>• High-impact, skills-based training program that teaches employees how to identify, understand and respond to a person who may be developing or experiencing a mental health concern or crisis.</li> <li>• Learn how to notice a problem and have a conversation to point someone toward helpful resources.</li> </ul>	Evidence-based workshop was developed for high-risk occupations such as military, first responders and frontline medical personnel. <ul style="list-style-type: none"> <li>• Widely adapted and is appropriate for use in any setting where stress and challenges are present.</li> <li>• Helps to build a work culture of support, self-care and early intervention by teaching participants to recognize when they or a co-worker is stressed or in distress, to act by offering or reaching out for help and to refer to known resources.</li> </ul>
<i>Target Audience</i>	Leaders, managers, supervisors (4 hour) – 4 Hour  First Responders, Healthcare Workers, Behavioral Health Staff – 6 Hour	All City and County Employees

# MHFA Training

## # of Trainings:

- Scheduled: 36
- Executed: 25

**Participation: 280** (*February – April*)

**Department Specific Training:** FIR, LIB, HOM, PRT, LHH, SFPW, SFMTA, HSA, PDR




# Campaigns

## Mental Health Awareness Month – May

*Each year, millions of Americans face the reality of living with a mental illness. SFHSS is joining the national movement to raise awareness about mental health.*

**Goal:** To raise awareness about mental health and drive individuals to mental health resources.

Success Measures	Weekly Communication	Highlighted Resources	Visual Reminders
<ul style="list-style-type: none"> <li>✓ Increased call volume to EAP services.</li> <li>✓ Increased participation in the monthly webinars/seminars when compared to our average.</li> <li>✓ Increased click rates in online resources such as CredibleMind and EAP We're Here for You webpages.</li> <li>✓ Increased module clicks within CORDICO Wellness App.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Self-Care</li> <li>✓ Family Mental Health</li> <li>✓ Worry and Anxiety</li> <li>✓ Substance Abuse</li> <li>✓ Resiliency</li> </ul>	<ul style="list-style-type: none"> <li>✓ EAP We're Here for You webpage</li> <li>✓ CredibleMind dedicated resources for MHA month</li> <li>✓ Webinars/Seminars</li> <li>✓ EAP resources</li> <li>✓ Mental health resources - health plans</li> </ul>	<ul style="list-style-type: none"> <li>✓ Wear a Green Ribbon – Department Support</li> <li>✓ Lighting of City Hall Green</li> </ul> 

# Future Campaigns

- Pride Month: LGTBQIA+ Mental Health - June
- BIPOC: Mental Health – July
- Social Connectedness: Retirees



**BIPOC**  
Mental Health Month





# Webinars & Classes

- Working While Black Healing Circle - June
- [Preparing Pets for Your Return to Work](#)
- [Coping with COVID & Beyond](#)
- [Self-Compassion & Self-Care](#)
- [Resiliency in Action](#)
- [Power of Meditation](#)
- [Restorative Yoga](#)
- [City Wide Stretch Breaks](#)
- Panel Discussion: How COVID has affected your mental health.



<https://sfhss.org/events>

# Resiliency Groups

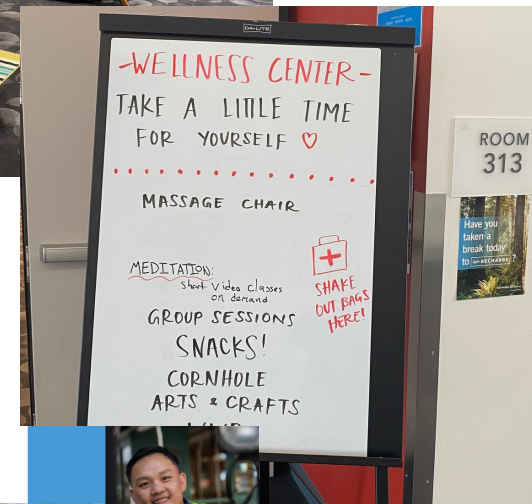
- Small Group
- Length: One Hour
- Platform: Virtual
- Facilitator: SFHSS EAP
- Description: You will have the opportunity to talk about your experiences of working in this challenging environment and hear about some practical ways to develop Resilience.



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# Well-Being Support

- Recognition and Appreciation Toolkit
  - ✓ DHR integration into 24+ Trainings
  - ✓ Learning and Develop Managers feedback and implementation
  - ✓ Pilot – coming soon
- COVID Command Center (CCC)
  - ✓ Wellness moment at All-Hands weekly meetings
  - ✓ Monthly pet therapy offering
  - ✓ Supported “active” movement area – stretch and strength station
  - ✓ Return to work transition support
- Well-Being activities
  - ✓ SFHSS Ops and All Staff meetings
  - ✓ Dept. by Request
- CORIDCO Wellness App
  - ✓ Weekly Push Notifications - May



## Employee Recognition & Appreciation

A Guide for Department Leaders



# CredibleMind

## Resources for your Mental Well-Being

- Over 200 resources for topics such as: anxiety, depression, stress, sleep, and meditation
- Apps, podcasts, videos, articles, and books
- Evidence-based approaches vetted by experts
- Mental and emotional health assessments

<https://sfhss.org/crediblemind>





# Message from Mayor London Breed



# Contact Us

WE'RE HERE *For You*

## Well-Being

[Well-being@sfgov.org](mailto:Well-being@sfgov.org)

**(628) 652-4650**

<https://sfhss.org/well-being>

## EAP

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<https://sfhss.org/eap>