

## About this Virtual Event

Employee expectations around mental health at work, as well as the physical reality of the workplace, has evolved. Organizations must place employee well-being at the top of their priorities to best support their workforce.

This 3rd Annual University of Michigan event will bring together key stakeholders to discuss strategies to improve employee mental health.

**Date:** Wednesday, August 17, 2022 from 1:00 - 5:30 pm ET

**Registration Fee:** \$60 for individual ticket; \$180 (up to 5 seats) or \$300 (up to 10 seats) for corporate pass; \$25 for U of M faculty/staff individual ticket  
[Please contact us if you need assistance with the fee]

**Questions?** Contact [workplaceconference@umich.edu](mailto:workplaceconference@umich.edu)

**Register Here:** [depressioncenter.org/wmhc](https://depressioncenter.org/wmhc)

## WHO SHOULD JOIN?

- Employers
- Mental health professionals and researchers
- C-Suite leaders
- HR professionals
- DEI professionals
- Leaders from diverse industries (public, private, and non-profit organizations)
- Anyone with an interest in learning about and supporting workplace mental health

## HIGHLIGHTS

- Discover real-world strategies for your workplace
- Hear from well-respected industry and academic experts
- Get your questions answered through interactive Q&A
- Learn from a selection of personal stories, case studies, and panel discussion
- Receive a recording of the event and a copy of slides from each session
- Approved by U-M for 0.4 Continuing Education Units (4 contact hours)

August 17, 2022

# Schedule-At-A-Glance

Time	Session	Speaker
1:00 – 1:20 pm	<i>Welcome and Opening Remarks</i>	<b>Sagar V. Parikh, MD, FRCPC</b> Co-Lead, Workplace Mental Health Solutions, University of Michigan  <b>Michelle B. Riba, MD, MS</b> Co-Lead, Workplace Mental Health Solutions, University of Michigan
1:20 – 2:15 pm	<b>Keynote</b> <b>Burnout as a Breakdown in Relationships of People at Work</b>	<b>Michael P. Leiter, PhD</b> Organizational Psychologist and Consultant, Michael Leiter Consulting & Adjunct Professor, Acadia University
2:15 – 2:20 pm	<i>Break</i>	
2:20 – 3:20 pm	<b>Panel Presentations and Discussion</b> <b>Avoiding the “Great Resignation”-- What Today’s Employees Expect from Their Workplace</b>	<b>Sagar V. Parikh, MD, FRCPC (Moderator)</b> Co-Lead, Workplace Mental Health Solutions, University of Michigan  <b>Cynthia Castro Sweet, PhD</b> Senior Director of Clinical Research, Modern Health  <b>Dyan Jenkins-Ali, MHSA</b> Senior Project Manager, University Human Resources, University of Michigan  <b>Robin W. Klein</b> Executive Consultant, Riverbank Consulting Group
3:20 – 3:30 pm	<i>Break</i>	
<b>Concurrent Breakout Sessions (select 1 from each row)</b>		
3:30 – 4:00 pm	<b>Session #1</b> <b>Negotiations of Authenticity in the Workplace &amp; Code-Switching Costs to Communities of Color</b>  <b>Maria Flores</b> , Senior Business and Operations Specialist, Eisenberg Family Depression Center, University of Michigan	<b>Session #2</b> <b>MoodLifters in the Workplace</b>  <b>Patricia Deldin, PhD</b> , Founder and CEO, MoodLifters
4:05 – 4:35 pm	<b>Session #3</b> <b>A Practical Guide to Creating a Workplace Mental Health Program</b>  <b>J.W. Fisher, PE</b> , President, Fisher Contracting Company & Chair, Great Lakes Bay Region Mental Health Partnership	<b>Session #4</b> <b>Using Talking Circles to Support Workplace Wellness, Diversity &amp; Inclusion</b>  <b>Polly Gipson, PhD</b> , Clinical Associate Professor & Associate Chair for Diversity, Equity and Inclusion, Department of Psychiatry, University of Michigan  <b>Syma Khan, MSW, MPH</b> , Clinical Social Worker & Diversity, Equity & Inclusion Co-Lead, Department of Psychiatry, University of Michigan  <b>Deirdre Conroy, PhD</b> , Clinical Professor, Department of Psychiatry

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# Schedule-At-A-Glance Cont.

Time	Session	Speaker
<i>Closing Plenary</i>		
4:40 – 5:15 pm	<b>Adaptation and Resilience: Preparing for the Future of Work Together (Interactive Session)</b>	<b>Denise Williams, PhD, MS, SPHR, SHRM-SCP,</b> Organizational Effectiveness Consultant, Michigan Medicine
<i>Closing Remarks</i>		
5:15 – 5:30 pm	<b>Adapting to the Changing Workplace: Reflections for the Future</b>	<b>Sagar V. Parikh, MD, FRCPC,</b> Co-Lead, Workplace Mental Health Solutions  <b>Michelle B. Riba, MD, MS</b> Co-Lead, Workplace Mental Health Solutions

## *A special thank you to this year's planning committee and sponsors*

### **Planning Committee:**

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### **Conference Sponsors:**

University of Michigan Eisenberg Family Depression Center  
University of Michigan Center for Occupational Health and Safety Engineering

