

Mental Health Matters

Workplace Concerns During the Pandemic

Workplace Safety Webinar Series
Tuesday, May 18, 2021 – 11 AM to Noon
[Click Here to Register](#)

Now more than ever, the focus on mental health is at the forefront of everyone's minds.

Prairie St. John's, in partnership with OECS, will provide you with education on the topics that matter, including resources and proactive mitigation strategies on how to deal with employee mental health during the pandemic.

This free webinar will:

- Talk about how to prevent the stigmas of employees who are getting vaccinated vs those who are not; and those working from home vs those at the office.

- Share how to approach an employee who may have mental health concerns.
- Describe resources available beyond the Employee Assistance Program (EAP).
- Talk about proactive vs reactive methods for safety and mental health.
- Describe how to create an environment that supports work life balance - in order to counteract burnout from working at home, covering extra plant shifts, dealing with increased production demands, and handling additional family responsibilities.

Join moderator Melissa Olheiser, OECS Safety Associate and Business Development Lead, for the inside track!

WHO



This event is for business owners, presidents, safety, HR and plant management, construction superintendents and project managers.

WHERE



ZOOM Webinar – see registration information

WHEN



Tuesday, May 18, 2021
11:00 AM Presentation
11:45 AM Q & A
12:00 PM Available for follow-up calls

REGISTRATION



[Click Here to Register](#) or call/email Anita at 763.417.9599 or Anita@oecscomply.com for assistance or questions. **No charge.**

THE SPEAKERS:



Michelle Parkinson, Director of Human Resources, has been with Prairie St. John's since 2010. She has more than 17 years of human resources experience in the healthcare industry. Prior to Prairie St. John's she served as the Human Resources Officer at DMS Health Technologies in Fargo for eight years, as well as at Lutheran Health Systems, at an acute care hospital, physician's clinic and nursing home in Spearfish, SD, and at a 40- bed acute care hospital in Fallon, NV.



Jeana Scheffler, MS, LPC, is a Therapist and Director of Performance Improvement and Quality Assurance at Prairie St. John's, starting there in 2016. After finishing her master's degree in clinical mental health counseling, she served an adult inpatient therapist. In 2019 she transitioned into a role including hospital improvement, compliance and regulatory functions. Jeana has completed numerous presentations for local news, schools, libraries, universities and businesses. She has a passion for sharing useful and practical information to help people better understand and support those with mental health or substance use concerns.