

High impact engagements benefit from a clearer understanding of the organization, culture, and people participating. Please respond to these questions to ensure that our work best meets your needs.

1. Who will be participating in this event: all invited employees, people managers, leadership?
2. What is a typical workday like for those participating and their teams? Are people working onsite, remotely, in a hybrid model? Are people working long hours? Is there autonomy?
3. How would you describe the organization's culture as it relates to mental health? Open and accepting; not quite there yet; this is new for us?
4. Would you describe employees as comfortable sharing about mental health at work? How much of a factor is stigma?
5. Any recent mental health related incidents or crises at work or involving employees or their families that should be considered in preparing for this engagement?
6. What activities, presentations, resources, and/or focus has your organization had on workplace mental health to date? Is there an Employee Resource Group (ERG) that includes mental health?
7. What resources does your organization offer to employees or their families experiencing a mental health concern (EAP, digital health solutions, health plan benefits, what others)?
8. What are key mental health issues that you would like covered in this engagement?
 - Recognizing the early warning signs of mental health concerns.
 - Starting a conversation with someone you are concerned about.
 - Supporting someone in connecting with care and resources.
 - Understanding burnout: recognition, prevention, and more.
 - Creating a caring organizational culture.
 - Improving access to mental health care for employees and their families.
 - Other topics – please identify?
9. What are the biggest challenges when it comes to stress, mental health, and well-being?
10. What mental health tools, resources, and information would be most valuable to your organization?
11. What other learning opportunities have been offered that went well? What made them successful?
12. What was not asked but should have been?

Please note: Responses to these questions will be used solely for preparation of the engagement and not shared outside of NAMI.

CONTACT INFORMATION

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