

UNIVERSITY OF KENTUCKY BOARD OF TRUSTEES

Erika Chambers, Director, Employee Engagement and Work-Life



MENTAL HEALTH SUPPORT FOR EMPLOYEES

Presentation to the Human Resources and University Relations Committee

Current Support

UK Psychiatry

Team Blue Clinic

LiveHealth Online

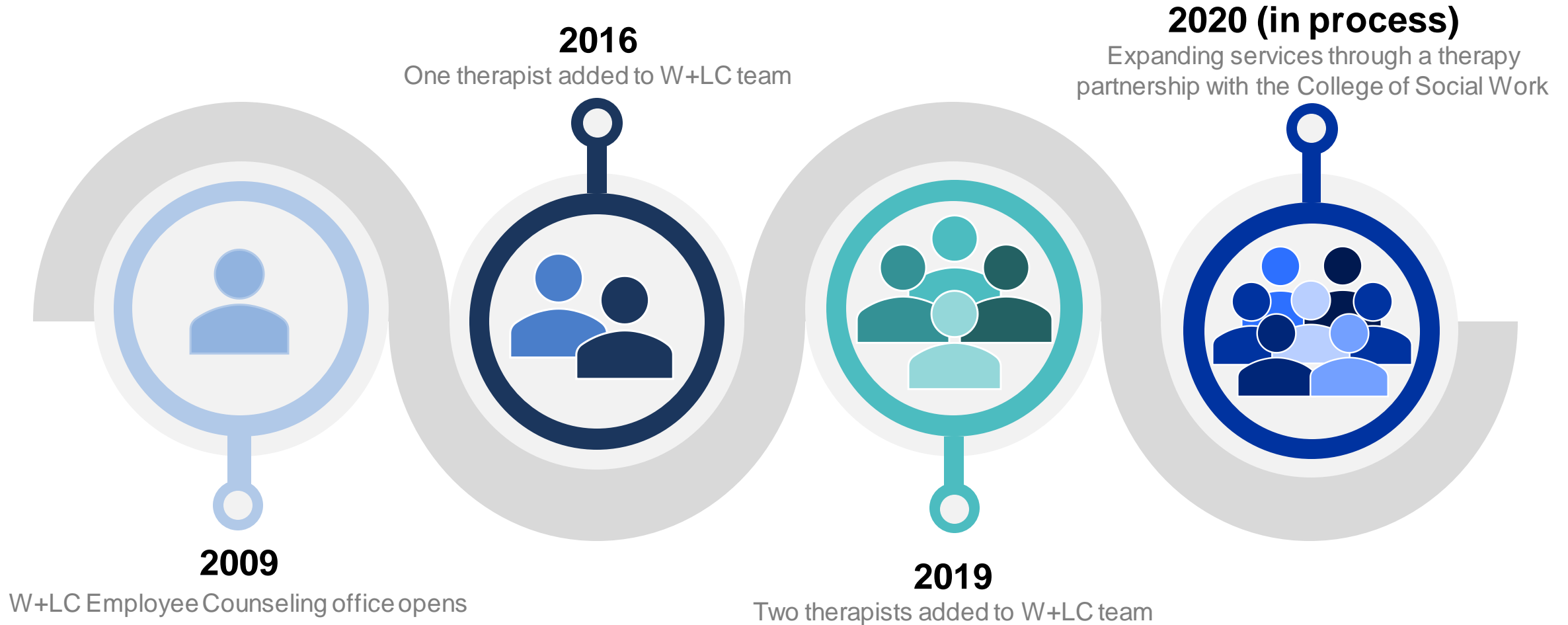
Work+Life
Connections
Employee
Counseling

Therapy through Work+Life Connections (W+LC)

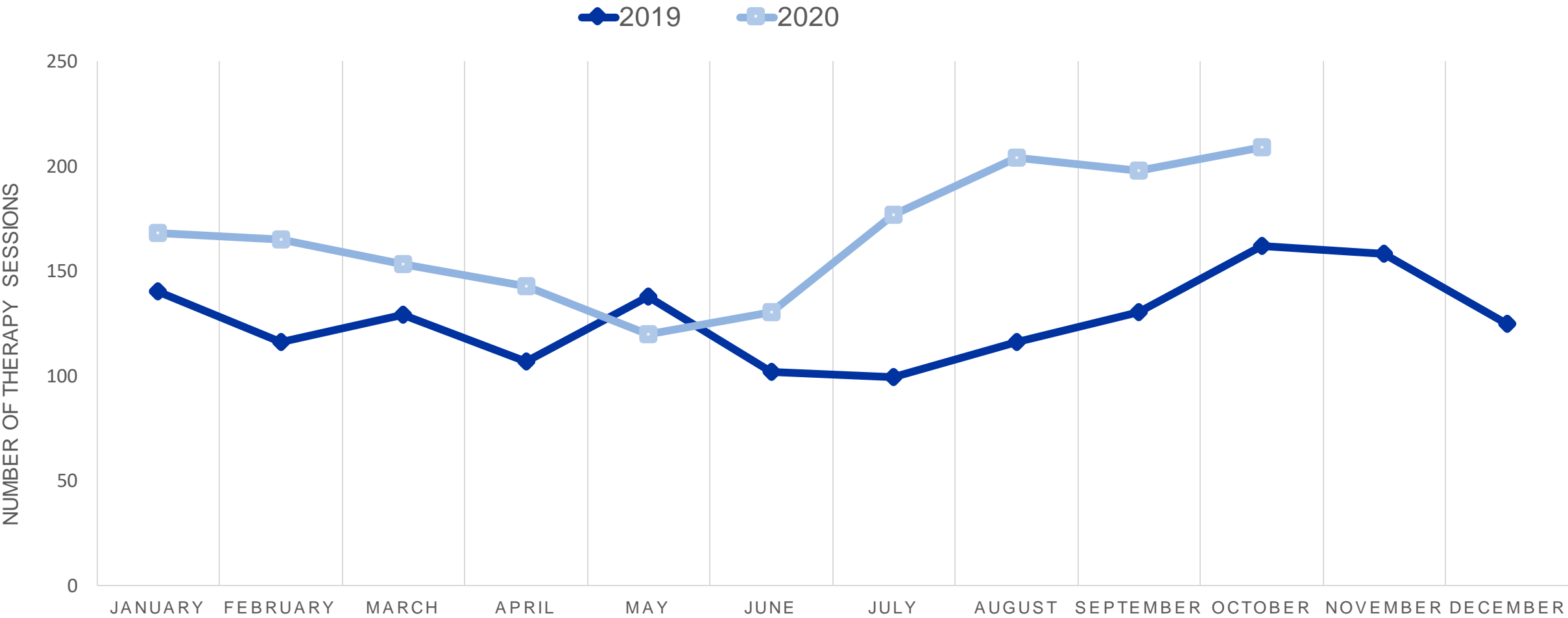
- Offers five individual sessions at no cost to the client
- Employees, spouses, sponsored dependents, unmarried children of employees and retirees are eligible for services



Therapy through W+LC



Individual Therapy Sessions through W+LC in 2019 and 2020



Presentations to Support Teams

Grief and Loss

- Understanding Grief and Loss
- Workplace Grief

Stress

- Reframing in Times of Stress
- Stress Management for First Responders
- Identifying and Managing Anxiety and Worry

Resilience

- Creating a Resilient Mindset
- Laughter is the Best Medicine

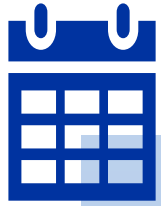
Mindfulness

- Meditation 101
- Communicating Mindfully
- Mindfulness for Health Care Workers

Self-care

- Self Care in a Time of Social Distancing
- Tools for Self-Care and Exploring Life Purpose

HR offers at least one event every week and on-demand resources



Virtual Events

- Holiday Well-Being Campaign
- Real-Talk with Therapists
- Mindful Self-Compassion
- Midday Mingle
- Meditation Practices



Wildly Resilient Podcast

- Giving Yourself Grace
- Stories of Resilience
- Caring for Yourself and Others
- Preventing and Managing Burnout



Videos On Demand

- Avoiding Isolation
- Children and Mental Health: Know When to Get Help
- Caregiver Burnout
- Managing Conflict at Home

Supporting Overall Well-Being

Caregiving

- Child Care
- Elder Care

Health and Wellness

- Move Well
- Eat Well
- Be Well

Financial

- Personal Finance Tools
- Personal Financial Counselor

Work and Career

- Employee Engagement
- Training and Professional Development

Identifying the Top Five Work-Life Challenges

- Child care
- Communication
- Flexibility and autonomy in performing work
- Benefits: Vacation leave and retirement contributions
- Shared workplace experience in a remote work environment

QUESTIONS





AN EQUAL OPPORTUNITY UNIVERSITY