

Supporting Educators' Mental Health: Workplace Mental Health Barriers and Strategies

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Educator Well-Being

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Teachers and Mental Health

- What do you feel causes most stress among teachers?
- Is there something specific about the workplace dynamic that is particularly stressful for teachers (changes to structure, administrative interests v. education focuses)?
- What are barriers unique to you or the teaching environment?

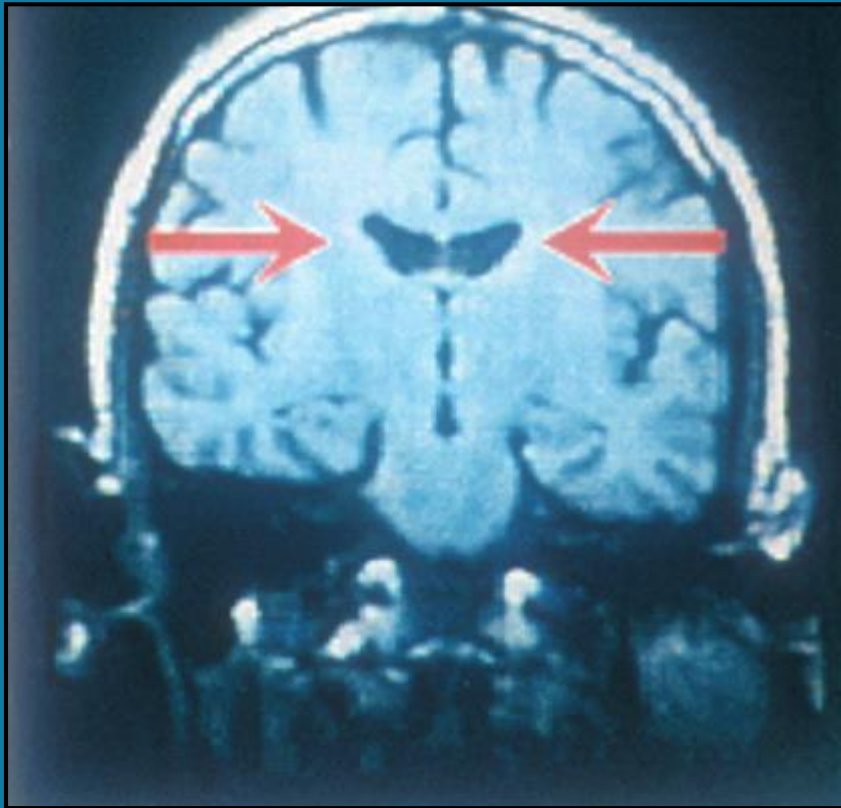
Mental Health Problems Need Attention NOW (MH trends and importance)

- Mood problems, anxiety, and substance abuse affect 1 in every 5!
- “Touches” and “impacts” 5 out of 5!
- Relevant to all families and all schools / workplaces
- Mental health problems can also worsen physical health problems
- Tragic things can happen when left untreated or ignored

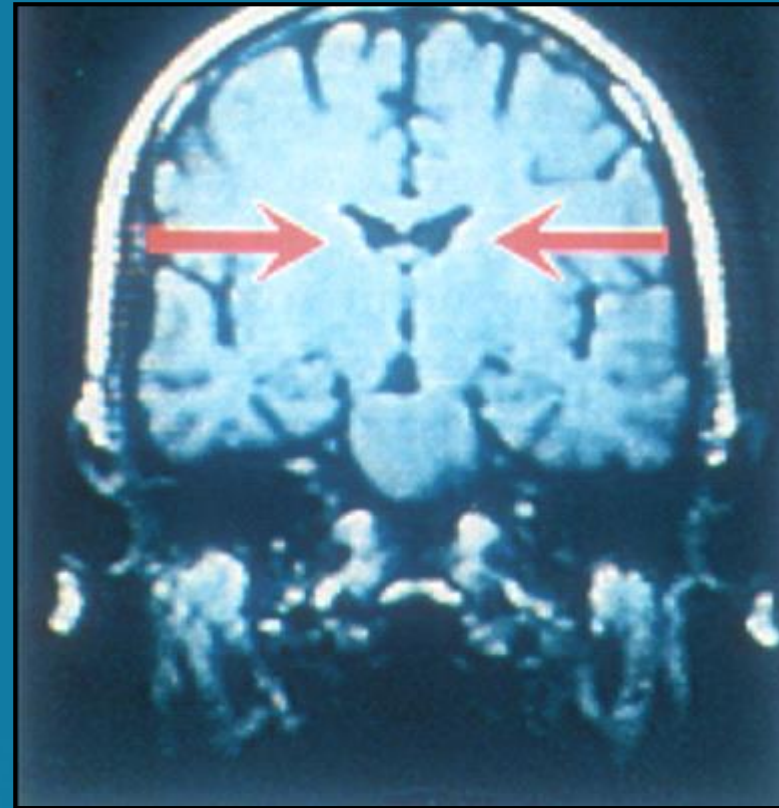


Impact of Untreated Mental Health Problems

Healthy Brain



Brain w/ Bipolar Disorder



40% Temporal
Lobe Shrinkage!

This Impacts:
Long Term Memory
Speech Recognition

The Right Care at
the Right Time
can Make the
Difference!

Key Barriers in Mental Health

- Person doesn't recognize problem
- Stigma against getting help
- Poor access to care
- Even when care received, was it the right treatment (one that has been shown to work) ?



21st century health care

- Most popular doctor is ...Dr. Google
- People want to take charge of their own care; figure it out, ideally fix it yourself
- We turn to technology and apps for all kinds of problems, so why not health care, why not mental health management?



The FeelingBetterNow Strategy

Using latest technology to increase **Access** to **Actionable** mental health **solutions** through **Comprehensive and Innovative** new media like **online assessments, mobile apps, and self-help strategies**, that are **curated** by mental health professionals.



OTIP Members Strategy – Case Study

- OTIP has contracted with the Mensante company to provide a benefit to Ontario educators as a free benefit, called FeelingBetterNow (FBN)
- FBN is a tool that helps you ANONYMOUSLY log on, answer screening questions, get possible conditions identified, and provides a summary of key treatments for these conditions, along with a host of coping and wellness tools

Comprehensive Coverage Integrating Assessment and Treatment

FeelingBetterNow[®] covers
95% of the mental health
issues affecting workers

Depression
Generalized Anxiety
Social Anxiety
Panic Attacks
Bipolar Disorder
PTSD
OCD
Alcohol and Substance Abuse
ADHD
Insomnia
Anger issues
Eating Disorders
Adjustment Issues

FeelingBetterNow® and OTIP Partnership

- FBN supporting OTIP Members (and Teacher's Life) since 2009—currently over 300,000 educators and their families covered!
- Union and organization access to FeelingBetterNow
 - ✓ Separate Access portals
 - ✓ Anonymous, unlimited access
 - ✓ Aggregated reporting by organization to OTIP



Engagement Strategies

- Marketing Materials: Bookmarks, wallet cards, posters
- Identifying ground-level champions (stewards, union-reps, local health and wellness officers/teams, Local Presidents)
- Supporting on-going initiatives
 - Conferences
 - Professional Development Activities
 - Federation Day
- Workshops, lunch & learns, Mental Health initiatives



FeelingBetterNow® OTIP Utilization

- “Very useful. I felt this site allowed to think of things my doctor did not ask about. Thank You”
- “Easy to understand and felt at ease answering the questions.”
- “Great site... Think it should be in all schools.”



Lessons in Technology and Mental Health

- Leveraging technology to maximize accessibility of tools and resources
- Teachers are unique, but are still employees who need to feel supported by their communities
- 10 years of experience in mental health and leveraging technology
- 1 in 5 of all people, working or not, suffer from a mental health disorder

Learning from You

- What tools do you want to see in your mental health toolbox?
- What initiatives have you found to be successful in engaging mental health?
- In your experience, what has been found to be the most helpful intervention?

Feelingbetternow.com

Contact info@mensante.com for any questions