



**12th Annual Journey to Wellness Grantee Meeting Agenda
Thursday, October 22, 2020**

The purpose of Journey to Wellness is to create an engaging environment where grantees can learn about effective employee wellness strategies, exchange ideas, brainstorm solutions to challenges, celebrate successes, and build a network of colleagues for inspiration and support.

Learning Targets: Participants will be able to:

- Discover the 3 types of stigma that harm individual and organizational well-being as well as how to reduce each
- Walk away with best practice strategies to support your personal and team member mental well-being
- Gain confidence in learning how to take compassionate stigma-free action when a colleague is struggling
- Identify up to 3 ideas to put into action at your organization

- 9:00 am** **Welcome**
(Holly Spruance – OEA Choice Trust)
(Debbie Brudevold – OEA Choice Trust Board of Trustees)
- 9:10 am** **Overview of the Day**
(Inge Aldersebaes – OEA Choice Trust)
- 9:15 am** **Crushing Stigma and Creating Mentally Healthy Workplaces**
(Mettie Spiess – CWP, CPHSA, Certified Psychological Health & Safety Advisor, Founder of A World Without Suicide)
- Q&A with Mettie**
- 10:30 am** **10 Minute Break**
- 10:40 am** **What’s New at the Trust**
(Holly Spruance – OEA Choice Trust)
- 10:45 am** **Website Tour**
(Arien Bates – OEA Choice Trust)
- 10:50 am** **Walker Tracker Celebration: Congratulations North Powder!!**
(Rachel Drushella – OEA Choice Trust)
- 11:05 am** **Journey to Wellness Survey and Prizes**
- 11:20 am** **Closing Reflection**
(John Larson – OEA President)
- 11:30 am** **PDU’s and Adjourn**