

MONTHLY

UC SAFETY SPOTLIGHT

Poster of the Month

Practical Tips to Help You Keep Yourself, Your Co-workers and Your UC Campus Safe, Healthy and Secure

SEPTEMBER 2017

MENTAL HEALTH

is a Workplace Health and Safety Issue

According to a recent study*, **22.5% of adults** in the US who are 18 or older **have one or more mental disorders**. The vast majority of that group, **20.3%** of the population, are employed full time. That's **23,737,000 people!**

Ignoring mental health issues in the workplace can be a cause for concern. Left untreated, depression, anxiety and substance abuse all have the potential of resulting in interpersonal conflict, workplace violence, reduced productivity, lost work time and many other problems.

Like every other employer, the UC system must wrestle with the issues presented by employees who have struggles of their own: depression, psychoses managed by psychotropic medication, opioid abuse, and alcoholism, to name only a few. The new law permitting recreational use of marijuana presents a special challenge. And unlike many employers, the UC system's handling of these concerns is on public display every day.

Campus health and safety professionals, as well as human resources staff, need a firm grounding in the scope of the problem and its impact as well as strategies and policies for dealing with them.



Mental Health in the Workplace Symposium – September 27!

On September 27, the Southern California Education and Research Center is holding a Mental Health in the Workplace Symposium at UCLA.

This symposium will explore:

- The scope of the problem and its impact
- Increasing productivity and decreasing absenteeism
- Promoting successful Return to Work and Stay at Work practices including psychotherapy and psychopharmacology
- Substance abuse and the impact of new marijuana laws on the workplace

Goals and Objectives

This symposium will:

- Define the scope and the impact of behavior

health conditions in the workplace.

- Explain the extent to which behavioral health conditions compromise an employee's productivity, absenteeism, and cost.
- Discuss the behavioral health conditions that most commonly contribute to issues in the workplace.
- Evaluate utilization of psychotherapy and psychopharmacology in the outlined patient population.
- Present programs that have been shown to successfully address early, safe return to work, workplace health and safety, and appropriate accommodation.

Symposium Learning Objectives²:

At the end of this training, participants will be able to:

- Describe the impact of behavioral health conditions in the workplace to both the employer and the employee.
- Recognize behavioral health conditions that commonly limit an employee's productivity.
- Summarize available programs shown to increase productivity and decrease absenteeism in employees with these conditions.

- Review the appropriate treatment that may promote the most appropriate, safe return to work.
- Formulate workplace accommodations that may facilitate and maintain a successful return to work / stay at work.

For more information (presenters, agenda, and accreditation) on the symposium, [click here](#).

UC health and safety and human resources staff are eligible for a 10% discount on the registration fee in effect at the time of payment. The discount is not available online. To register and receive the discount, please contact us at (310) 206-2304.

Symposium: Mental Health in the Workplace

Date: September 27, 2017

Time: 8 am – 5:30 pm

Location: UCLA Faculty Center

* SAMHSA (Substance Abuse and Mental Health Service Administration), Center for Behavioral Health Statistics and Quality, CBHSQ Data Review, October 2014

² Each presentation will have its own Learning Objectives which may be found on the event web page.