



Wednesday, May 19, 2021

11 a.m. to 12 Noon ET

Virtual Platform: Zoom

FREE for PA Chamber Members and Non-Members

Anxiety and depression are surging nationwide as fear and uncertainty persist amid the COVID-19 pandemic. It is critical that employers adopt a people-first approach to balancing mental health challenges with employee productivity.

Top clinical psychologist Dr. Michael Diller of WellSpan EAP and WellSpan Health will discuss the latest research on the physical, mental, and emotional impacts of COVID-19 with emphasis on employee wellbeing. He will offer practical strategies and resources that businesses can use to support and connect with employees.

This free program is designed to help employers better serve the wellness needs of their workforce now and beyond the pandemic.

Program Highlights:

- The latest research on the nationwide mental health crisis and its effect on employee productivity and success
- Strategies to extend emotional wellness into a company's workplace culture
- Responding to employees with emotional, psychological and tangible needs
- Tips to give employees for enhancing their self-care and resilience through a crisis and beyond
- Strategies to avoid workplace burnout among Human Resources professionals

Mental Health Wellness Strategies for Employers

Date: Wednesday, May 19, 2021

Time of Webinar: 11 a.m. – 12:00 Noon ET

Price: Free to members and non-members

More event details available online at pachamber.org/events

After registering, you will receive a confirmation email containing information about joining the Webinar.

About the Speaker



Michael Diller is a Licensed Psychologist and Director of WellSpan EAP for WellSpan Health. He earned his bachelor's degree from the University of Pittsburgh, holds a master's degree in Clinical Psychology from Loyola College in Maryland and a Doctor of Psychology Degree in Clinical Psychology from the University of Hartford. He spent nineteen years in clinical practice, fifteen of those years at WellSpan Behavioral Health, now known as WellSpan Philhaven. Dr. Diller served as a clinical supervisor from 2006 to 2016 overseeing clinical operations of WBH-Meadowlands outpatient office. He has been with WSEAP since 2016 and has been

passionate about finding better ways to support his fellow coworkers, raising awareness of mental health issues in the workplace, and offering ways to provide a culture of caring to support overall wellbeing.

PHR, SPHR and GPHR Credits

This activity has been approved for **1 (HR General) recertification credit hour** toward GPHR, HRBP, HRMP, PHR and SPHR recertification through the HR Certification Institute. Please be sure to note the activity ID number on your recertification application form.

For more information about certification or recertification, please visit the HR Certification Institute website at hrcl.org.



The use of this official seal confirms that this Activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval.

SHRM Credits

The Pennsylvania Chamber of Business and Industry is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CPSM or SHRM-SCPSM. This program is valid for **1 PDC for the SHRM-CP or SHRM-SCP**. For more information about certification or recertification, please visit shrmcertification.org.



CLE Credits

This program has been approved by the PA Continuing Legal Education Board for **1 hour of substantive law, practice and procedure CLE credit** and 0 hours of ethics, professionalism or substance abuse CLE credit. After the webinar, attorneys should contact the PA Chamber's Sue Smith at ssmith@pachamber.org or 717 720-5457 with their CLE/Attorney number so the PA Chamber can submit the credits to the CLE Board.

CPE Credits

CPE Credits: 1 Management

Program Sponsor: PX177225

Prerequisites: None

Level: **Management**

Objective: To provide practical information on how companies can use strategies to deal with the nationwide mental health crisis affecting workers; and the negative impact to the bottom line for companies who ignore this growing crisis.