



CAMH in the Community



Spring 2010 Brant | Burlington | Haldimand | Hamilton | Niagara | Norfolk | Waterloo | Wellington

Mental Health in the Workplace

Many people spend a large part of their waking hours in the workplace or tethered to their workplace electronically. Meaningful employment is an important determinant of health, however, the current economic uncertainty translates into additional pressures on the workplace. Work-life balance is often talked about, yet difficult to achieve and sustain. Hours spent at work may not have increased over the last ten years but role overload - having too much to do in a set time seems to be taking a toll.

There are two sides to the coin of mental health in the workplace: costs and improved health. With mental illness associated with more lost work days than any other chronic condition, costing \$17.7 billion annually in lost productivity, understanding its underpinnings is important to the Canadian economy. The business case for improving workplace culture through awareness and care is well established. Employee benefits companies are increasingly promoting mental health in the workplace. Disability and costs are reduced when mental illness is less stigmatized, treated early and the proper supports are in place. The knowledge is available - what is needed are practical solutions and strategies for action.

These issues will be addressed in Waterloo, Ontario on June 15, 2010 at a free CAMH in the Community event: **Mental Health in the Workplace**, in partnership with the Waterloo Wellington Local Health Integration Network (WWLHIN) and the Waterloo Wellington Addiction and Mental Health Network.

"Mental health disability management is never straight forward, but is successful when everyone is on board," Keynote speaker Dr. Ash Bender says. "The workplace should strive to provide for the same needs as kids in school, a healthy environment that provides opportunity and helps those who are struggling."

The event also features Bill Wilkerson, the preeminent advocate for promoting mental health in the workplace. Bill will point the way to the next milestones which need to be reached in transforming today's workplace from a venue of risk to a venue of prevention. He speaks about reversing current trends noting the emergence of the advent of depression as the leading cause of disability.

[For more information and to register>](#)

Events

CAMH in the Community event, **Mental Health in the Workplace**, in Waterloo, Ontario, June 15, 2010 from 1pm until 4pm. **Location:** Luther Village, Waterloo.

This event will be of interest to those working in the addiction and mental health sector, allied health and social services, human resources, EAP, wellness and disability management.

[For more information and to register>](#)

Provincial Summer Institute 2010: Advanced Counselling Skills for Concurrent Disorders, August 17-19, 2010, Toronto. **Please save the date.**

In response to a CAMH provincial survey in March 2009 the Institute will provide advanced learning to clinicians and other specialists working in concurrent disorders. [more>](#)

Dr. Ash Bender, MD, FRCPC

Dr. Bender is a staff psychiatrist and Deputy Clinical Director Mood and Anxiety Disorders Program at CAMH. Dr. Bender is also Clinic Head of the Work, Stress and Health Program and Psychological Trauma Program at CAMH and an Assistant Professor with the Faculty of Medicine at University of Toronto.

Dr. Bender's focus will be policy development, workplace response and accommodation of mental health in the workplace.



Mr. Bill Wilkerson

Co-founder, Chairman and CEO of the Global Business and Economic Roundtable on Addiction and Mental Health. Bill is General Chairman of the US/Canada Forum on Mental Health and Productivity and inaugural Chairman of the Workforce Advisory Committee for the Mental Health Commission of Canada.

Bill has been widely recognized for putting "mental health in the workplace" on the business agenda of corporate Canada. Bill's focus will be the magnitude and impact of mental health in the workplace.



CAMH in the Community Projects

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Professional Development: [Research and Knowledge Exchange](#) | [Concurrent Disorders](#) | [Education and Training](#)

Prevention & Health Promotion: [Tobacco Free Sports & Recreation](#) | [Suicide Prevention](#) | [Anti Stigma Young Women and Depression Prevention](#) | [Talking About Mental Illness](#) | [Seniors Medication and Alcohol](#)
[Youth Mental Health Promotion](#) | [Drug Awareness Initiatives](#) | [Prevention Program for Families](#)

System Planning: [Local System Planning](#)

Waterloo | Wellington

Professional Development: [Education and Training](#) | [Primary Care](#) | [Diversity, Inclusion & Health Equity](#)
[Concurrent Disorders](#)

Prevention & Health Promotion: [Drug Strategy](#) | [Strengthening Families](#)

System Planning: [System Planning and Development](#)

CAMH Resources

CAMH launches [KnowledgeX portal](#)



CrossCurrents [new website](#) format



CAMH Research

Workers with mental illness: _

[New study](#) indicates the need for increased workplace prevention and support

Drug costs a deterrent to depression treatment:

Troubling connection between expenses for physical illnesses and [accessing antidepressant treatment](#)

Workplace mental health: [exploring social forces that shape experience](#)

CAMH Public Policy and Health Promotion

Employment and Education for People with Mental Illness

[Discussion Paper](#)

CAMH launches KnowledgeX portal

A new web resource bridges the gap between research-based knowledge and practice among researchers, policy-makers and practitioners.

The portal features a section with a focus on [Workplace Mental Health](#).

Crosscurrents

Featured article: The courage to come out. Social worker confronts [stigma in the workplace](#).

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