Building Healthy & Supportive Workplaces Together
About the MHC Collaborative

Create a Workplace Culture that Supports Mental Health

At Mental Health Connecticut (MHC), we envision a future where wellbeing is rooted in respect for the condition of being human. Regardless of the location of your workspace - home office, corporation, community-based - these environments are part of our community and deserve the investment to be safe and healthy places to work.

Annual membership in the MHC Collaborative includes a mix of strategic guidance and point-in-time needs assessment for leadership, delivered simultaneously with training and workshops for all employees.

Did you know?

The average American spends 90,000 hours at work during their lifetime, which equals one-third of our lives in a work environment that has the potential to impact our mental health and wellbeing.
“Everyone has the right to work and all workers have the right to a safe and healthy working environment.”

- World Health Organization
## What We Offer

<table>
<thead>
<tr>
<th>Trainings &amp; Workshops</th>
<th>Monthly Coaching</th>
<th>Guides &amp; Resources</th>
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</thead>
<tbody>
<tr>
<td>Customized topics include mental health, DEI, cultural humility, communication, self-care, and more</td>
<td>Schedule one-hour calls or in person meetings with MHC staff to discuss progress</td>
<td>Gain access to templates, guides, and toolkits to support workplace mental health efforts</td>
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### Our Process:

<table>
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<tr>
<th>Step</th>
<th>Review</th>
<th>Assess</th>
<th>Present Findings</th>
<th>Prioritize</th>
<th>Support</th>
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<td>1</td>
<td>Where is your organization today?</td>
<td>Is the experience of employees aligned with leadership’s objectives?</td>
<td>What did we uncover about the workplace environment that needs to be addressed?</td>
<td>What areas can be addressed today and tomorrow?</td>
<td>We have a plan, now what?</td>
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<td>2</td>
<td>Goal: Create a baseline using MHA’s Bell Seal and US Surgeon General’s Five Essentials for Workplace Mental Health &amp; Well-Being</td>
<td>Goal: Find the gaps by collecting feedback from leadership and employees</td>
<td>Goal: Create opportunities for leadership to implement</td>
<td>Goal: Align next steps with company strategy</td>
<td>Goal: Address the gaps identified to build a culture of workplace mental health</td>
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MHC Collaborative Membership

Your First Year

**Orientation and Kickoff Meeting**
Clarify resources, process, workflow, and logistics, including team introductions and expectation setting

**Assessment**
Conduct an asset survey, gather additional data, hold focus groups with key employees to understand current support levels, and review of current materials/offerings

**Reporting**
Offer insights including the company’s current position in fostering a mentally healthy workplace, strengths and gaps compared to future goals, and areas of improvement

**Trainings & Resources**
First year membership includes either Mental Health First Aid training for 10-25 staff, or one 3-hour training or two 60-90 minutes trainings from our course catalogue for unlimited attendees. Members receive access to materials to boost workplace mental health initiatives

**Evaluation and Renewal**
Members participate in an evaluation of their experience and are invited to renew their membership for continued access to resources, trainings, and monthly coaching from MHC Collaborative staff

Questions?
Contact collab@mhconn.org for more information.
Member Benefits & Investment

First-year Members

Gain expert support and guidance to transform the mental health culture of your workplace.

- Thorough assessment of your workforce culture, environment, benefits, policies, procedures, and employee experience
- Delivery of findings and recommendations that identify gaps and address needs to improve the mental health of your work environment
- Support for leadership in creating an action plan for implementation
- Customized trainings and workshops on workplace mental health, DEI, cultural humility, communication, self-care, and more
- Monthly coaching and engagement with MHC staff
- Access to resources, templates, and guides to boost workplace mental health initiatives

Membership Renewal

Together, we build on the foundation of your first year of membership and help navigate the evolving needs of your workplace.

- Monthly coaching and engagement with MHC staff
- Access to additional trainings and workshops
- Access to resources, templates, and guides to boost workplace mental health initiatives
- Guidance on applying for Mental Health America’s Bell Seal for Workplace Mental Health
Start building a happier, healthier workplace today.

Contact collab@mhconn.org for more info or to become a member.

As a platinum-level recipient of Mental Health America’s Bell Seal for Workplace Mental Health, MHC created a program to support professionals dedicated to workplace mental health called the MHC Collaborative.
What People Say

Building a Great Place to Work

“Our agency reached out to MHC when we were undergoing a change in executive leadership and recognized that we needed help navigating the waters with our team. MHC was a great partner in helping us to find the space for our team’s concerns to be heard and with creative ideas to improve upon what we were doing.”

Christa Latteri
Executive Director Long Island Consultation Center (LICC)

“Our agency partnered with MHC to promote cultural humility and DEI in the workplace for professionals in the disability field. Jacquilyn presented best practices such as creating a shared language and BRAVE spaces in the workplace, which 90% of the participants felt confident that they could implement in their programs. The content was easy to understand and naturally eased any nervousness around the topic of diversity, equity, and inclusion. We highly recommend considering MHC for your workplace wellness initiatives!”

Krista Opstedal, Research Associate
North Dakota Center for Persons with Disabilities, Minot State University

“Working with MHC has truly been what I envision as a shared partnership. One of the best parts of The Collaborative was the deep dive assessment and how MHC took the time to really understand what we needed. The team at MHC listened to our feedback, and when things had to be adapted for FCP Euro, it was clear that MHC was invested in this work being the best that it could be for the specific demands of our employees, and our unique culture and workplace environment.”

Nicole Batista
Wellness Coordinator, FCP Euro