

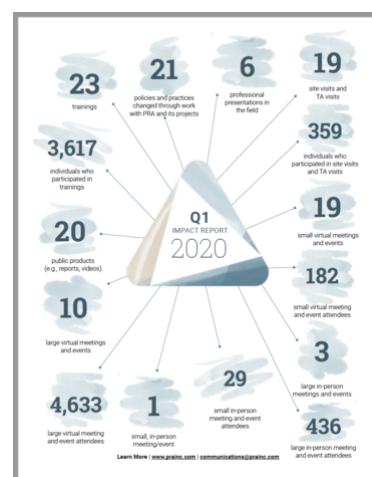


May eNews

Quarterly Impact: January to March 2020

Policy Research is pleased to release its impact report for quarter 1 of 2020. Each quarter, Policy Research publishes this document spotlighting our work across the country via our technical assistance centers, projects, and fee-for-service activities. Highlights of the January-to-March reporting period include the following:

- Reached 4,633 people through 10 large virtual meetings and events
- Hosted 23 trainings, training 3,617 people
- Facilitated 19 in-person site and technical assistance visits with 359 attendees
- Helped facilitate the change of 21 policies and practices



Read the full quarter 1 impact report for more on the following featured topics:

- NCYOJ releases brief on caring for youth with behavioral health needs in the juvenile justice system

- Policy Academy to prevent suicide among service members, Veterans, and their families hosted
- Publication and webinar explore SOAR integration in criminal justice reentry programs

[Download the Impact Report](#)

May Is Mental Health Month—Let's Celebrate!

Share That You Care: Downloadable Images

Each May, we honor Mental Health Month, which highlights the need for increased mental health awareness in our communities. Mental Health Month provides us with an opportunity to raise awareness about the importance of mental health care and to encourage people to seek help when they need it.



To encourage community conversations about the importance of taking care of your mental health, Policy Research has created a suite of three images celebrating mental health care that are available for free, public use. The images are inspired by the global “Rainbow Hunt” movement, which seeks to inspire hope and positivity during the COVID-19 pandemic. Now more than ever, it is important to take care of your mental health and to encourage others to do the same. Download the images and send them to a friend, colleague, or loved one in an email, a text, or a social media message to let them know that you’re thinking of them and are proud of them for taking care of their mental health!

[Download the Image Pack](#)

NCYOJ Releases Infographic on Youth Resilience and Well-Being

The National Center for Youth Opportunity and Justice (NCYOJ) is recognizing Mental Health Month by releasing a resource focusing on resilience and well-being among youth. While research has shown that adverse childhood experiences and toxic stress in early life can have negative effects on mental health during childhood, adolescence, and beyond, protective and promotive factors can help mitigate or eliminate this impact. Access NCYOJ's new one-page document for specific actions you can take to foster resilience and well-being in the lives of vulnerable young people.



Download the Infographic

New Episode Released: Mentally Healthy Workplaces Podcast

PRA Well-Being is pleased to announce the second episode in a four-part podcast series from PRA and the Wellness Council of America (WELCOA) on mentally healthy workplaces. In *Social Determinants of Health Part 2: The Unmentionables of Wellness*, PRA's Dr. Crystal L. Brandow interviews WELCOA President Ryan Picarella about the nontraditional determinants of health. From adverse childhood experiences to caregiver stress, there are areas of research where we are just beginning to deepen our understanding. The two talk about roles organizations can play to address such nontraditional determinants. This episode, the second of two podcasts on the social determinants of health, is now available on [iTunes](#), [Stitcher](#), and [SoundCloud](#)! A transcript of the episode is also available.

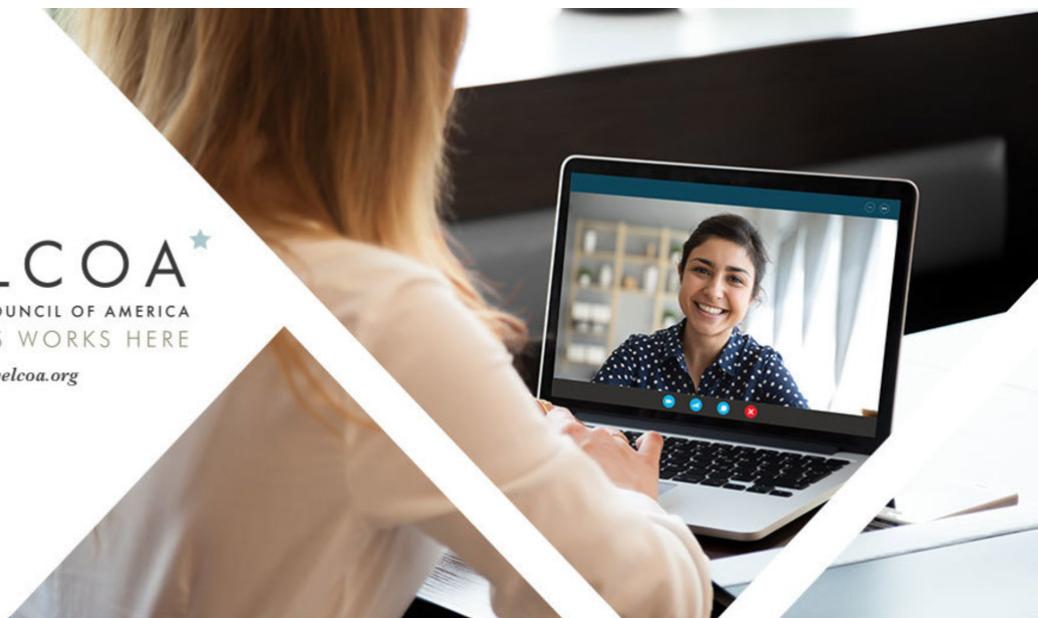
To learn more about WELCOA, visit www.welcoa.org. For access to PRA's workplace wellness resources, visit www.prainc.com.



Social Determinants of Health | PART 2

Stream the Podcast Episode

3 Actions You Can Take to Address Mental Health: Strategies for Employers from WELCOA



At this time, there is an urgent need for workplaces to effectively address mental health and suicide crises. They are complex issues and involve a variety of factors. Try these strategies to become more informed and spread awareness during Mental Health Month in May.

Action 1: Develop proactive strategic plans that address mental health and suicide prevention to protect employees and company profits. According to the 2019 “Emerging Trends in Health Care” survey, just 22 percent of employers currently have or plan to implement programs to address opioid use and suicide prevention this year. While employers can continue to take a broad approach to well-being (ensuring support for physical, emotional, financial, and social well-being), mental health is a safety priority and not simply a wellness goal. Supporting employees’ mental health should be woven into the DNA of your organization—from the environment to policy and operations. According to a 2018 [survey](#):

“Organizations with increased health engagement are focused on improving the employee experience by connecting the company’s culture and ultimately providing tools and resources that support employees when they need it most.”

Action 2: Complete a Culture and Risk Factor Checklist. You can [use this checklist](#) from a WELCOA contributor, [Mettie Spiess](#) (*A World Without Suicide*), to get insights into your company’s state of readiness. Use it to secure buy-in from your leaders for integrating mental health and stigma-reducing efforts into existing employee engagement and safety initiatives. You can also use the adaptation of WELCOA’s Quick Culture Inventory in PRA’s [Best Practices for Creating a Mentally Healthy Workplace](#) publication. There is a real cost to not effectively addressing mental health, and one thing we have all learned by watching organizations manage through this pandemic is that failure to act speaks more loudly than action—and can have more dire consequences.

Action 3: Educate yourself about suicide prevention. Here are a few myths about suicide and facts to dispel them.

Myth: If you talk about suicide and ask someone if they are suicidal you will encourage and trigger a suicide attempt.

Fact: Asking direct, caring questions about suicide will often minimize a person's anxiety and act as a deterrent to suicidal behavior. It also shows that you care and want to help.

[Keep Reading](#)

Partner Survey: Life Changes and COVID-19

[Collaborative Support Programs of New Jersey](#) (CSPNJ) is gathering information to help better understand people's experiences relative to COVID-19. For example, what has happened in your life in the past months? What kinds of help do you need? How have you helped others, and how have they helped you? A series of questions accessible via Survey Monkey will help CSPNJ better understand the impact of the current pandemic on wellness habits and overall quality of life. Peggy Swarbrick of CSPNJ is the creator of the Eight Dimensions of Wellness and is seeking responses to this survey to help illuminate the various experiences and life changes people are navigating.

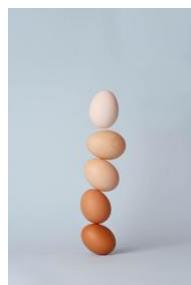
[Take the Survey](#)

Please note that the last question of the survey asks whether you live with a behavioral health condition or if you have a family member who lives with a behavioral health condition. If these answers do not apply to you or you do not wish to answer, you can leave the answer blank by selecting the drop-down options and selecting the blank option.

Recent Stories from the PRA Blog



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