CREATING AND SUSTAINING
PSYCHOLOGICALLY HEALTHY WORKPLACES:
Learning from Research and Practice

TALKING POINTS FOR REGIONAL INTERVIEWEES:
PSYCHOLOGICALLY HEALTHY WORKPLACES CONFERENCE

- The Story:
  Nominations and submissions are now open for best psychologically healthy workplace initiatives in Kelowna/Kamloops/Prince George/Victoria organizations

- This is news-relevant as:
  - Issues connected to bullying, violence and workplaces have been in the headlines

- Deadlines:
  - The deadline for employee nominations of their companies is Thursday May 15.
  - The deadline for employer applications to showcase their healthy workplace initiatives is Friday May 23.

- How to Participate:
  - Five-minute surveys -
    - Employee Nominations: http://bit.ly/EmployeesNomination
    - Employer Applications: http://bit.ly/EmployerApplications

- How it Works:
  - Employees nominate their workplaces as safe, psychologically healthy workplaces.
  - Employers are invited to complete an application to showcase their workplace initiatives in Kelowna/Kamloops /Prince George/Victoria
  - Selected employers will be invited to showcase how they have created safe, psychologically healthy workplaces at the Psychologically Healthy Workplaces Conference on Thursday June 26 and Friday June 27, 2014.
  - All nominees and employers will also receive an information kit on applying for the upcoming BC Psychological Association 2015 Psychologically Healthy Workplace Award

- Where:
  - The event happens in Vancouver, with four satellite locations
  - Regional locations will be
    - Kelowna: University of British Columbia Okanagan
    - Kamloops: Thompson Rivers University
    - Prince George: University of Northern British Columbia
    - Victoria: Royal Jubilee Hospital

- Who: The event is being organized by The Canadian Institute for the Relief of Pain and Disability (CIRPD)

- Examples of various successful workplace initiatives are:

- o implementation of policies to improve work-life balance
  employee involvement
- o programs for employee growth and development
  employee recognition programs
  delivery of stress reduction programs
  promotion of health and wellness
- o utilization of organizational psychology research evidence

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Fast Facts:
- according to a very recent survey, 27 percent of people have suffered abusive conduct at work, men make up about two-thirds of bullies, and their targets are women 57 percent of the time
- while it may be easy to put workplace harassment down to personality conflicts, in reality workplace harassment is most often a product of the workplace itself, not the people in it
- attacks on BC bus drivers are increasing, according to BC union and transit police
- BC nurses endure 10 'code whites' a day for aggression
- on any given week, roughly half a million Canadians will miss work due to a mental health problem or illness

Who Is Expected:
The conference brings together business/labour leadership, government policy-makers, WCB administrators, human resource professionals, occupational health and safety professionals, shop stewards, supervisors and managers and other stakeholders who play a role in creating and sustaining psychologically healthy workplaces to learn from academic research, applied research, and innovations in program development, implementation, and evaluation.

Conference Topics:
- Creating psychologically healthy, safe, and productive workplaces
- Addressing bullying in the workplace
- Mitigating violence in the workplace
- Effective workplace interventions to address depression and anxiety
- Implementing stress management and burn-out prevention programs
- Workplace behaviors of ill & injured employees
- Improving absence management: New directions in Return to Work / Stay at Work
- Learning from research and practice

Conference URL:
 http://cirpd.org/conf/PsychHealthy2014

Media Interviews:
- Lisa Mighton in our Vancouver office will be targeting regional media to do stories and if they are interested, will be in touch with you.
- Because you are local, regional media may choose to bypass us and find you directly. Please let us know if this happens, so that we don't continue to follow up with those media outlets.

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