

# Big View Community Engagement

Hosted by KOOTASCA Community Action

## Mental Health & the Workplace

Dr. Chris Caulkins, EdD, MPH, MA

May 30<sup>th</sup> 9:00 – 12:30

**During our adult lives, a large proportion of our time is spent at work.** Our experience in the workplace is one of the factors determining our overall wellbeing. The Pew Research Center reports that 46% of U.S. workers who receive paid time off take less time than they are offered citing worries of falling behind at work or feeling badly about their co-workers taking on additional work. Employers who put in workplace initiatives to promote mental health and to support employees who have mental disorders see gains not only in the health of their employees but also in their productivity at work.

A negative working environment may lead to physical and mental health problems, harmful use of substances or alcohol, and absenteeism. Mental health symptoms in the workplace are experienced at higher rates by employees who are LGBTQ+, Black, Indigenous, and People of Color.



According to the 2022 Healthiest Communities survey, Itasca County ranks higher than the state average in the number of adults with frequent mental distress and deaths of despair. In Itasca County 17.7% of Medicare beneficiaries reported depression. Of Minnesota's 87 counties, **Itasca County ranks near the top of completed suicides in Minnesota.**

### From KOOTASCA's 2023 Community Needs Assessment:

68% of participants reported that dealing with emotional or mental health issues was a problem. 74% of participants reported that it was a problem having too much stress in their daily lives. 56% of participants reported that it was a problem doing things they normally enjoy or feeling sad, empty, and blue.

Learning themes:

- Recognize and respond to warning signs
- Identify support and rehabilitation for distress and burnout
- Reduce the stigma associated with mental health issues or concerns
  - Suicide rates by industry & occupation

Circles of Support is a program of KOOTASCA Community Action

Dr. Chris Caulkins, accredited Suicidologist. His expertise spans a wide range of roles, including emergency services, higher education, and formal and informal leadership and management. His extensive research and experience have made him a leading expert in a number of health, mental health, and emergency medicine topics. Chris is well known for his creative, engaging, and interactive educational presentations. Chris has studied suicide intensely since March 5<sup>th</sup>, 2003, when his wife died by suicide.

This event is free and open to the public but **pre-registration is required**.

Location: KOOTASCA Conference Room, *Central Square Mall*  
201 NW 4<sup>th</sup> Street, Grand Rapids

**Directions to KOOTASCA's Conference Room:**

Enter main doors at Mall. Proceed to Spartan Deli, turn right. Proceed toward the Mall doors that exit towards highway. Turn right, enter door, follow hallway to meeting room.

*Any issue that has the potential to adversely impact people in poverty may become the subject of a Big View Community Engagement event.*

Community members from all income levels are welcome to attend and encouraged to engage in respectful dialogue around meeting topics.

*It is our position to uphold the voice and dignity of the poor.*

Contact Amy Blomquist at 218-212-2810 or [amyb@kootasca.org](mailto:amyb@kootasca.org)

Space in this workshop is limited. Early registration is encouraged.

Circles of Support at Kootasca



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