

# CEOs AGAINST STIGMA

NAMI KEYSTONE PA

## CEOs Against Stigma TRAININGS

### Staff Training

- Mental illness warning signs
- How to talk to a co-worker
- Available resources and support options
- Person-first language
- Avoiding workplace roadblocks in seeking treatment and reaching recovery

### NAMI's *In Our Own Voice* anti-stigma presentation

- Changes attitudes, assumptions, and ideas about people with mental health conditions by providing a personal perspective as individuals with lived experience talk openly about what it's like to have a mental illness.

### Supervisor Training

- Mental illness warning signs
- How the effects of mental illness could manifest in the workplace
- Work habits / performance issues that could signal distress
- What to do when an employee discloses a mental illness as the reason for their performance issues
- Person-first language
- What is a supervisor's role?
- Management Techniques
- Supervisor Action Plan
- Suicide Risk Assessment
- Nonjudgmental Listening
- Available resources and support options

### Additional Resources

- Access to NAMI Keystone Pennsylvania's free resources, including educational programs and support groups.
- Organize a Family to Family Class in your workplace
  - 12-session educational program for family, significant others, and friends of adults living with mental health conditions. The free, evidenced-based course is designed to help family members understand and support their loved one living with mental illness while maintaining their own well-being.
- Train a staff member to facilitate a NAMI support group in your workplace.