



**AGENDA**

**Thursday, January 18, 2018**

**12:30 PM – 7:30 PM** Registration Desk Open

*Pre-Function IV*

**1:00 PM – 1:15 PM** Welcome & Overview

*Salon IV*

**1:15 PM – 2:15 PM** Mental Health First Aid

*Salon IV*

*Speaker: Effie Heotis, MS, Consultant for Be Free Lake of Lake County*

Mental Health First Aid is the initial help provided to a person developing a mental health or substance use problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, mental health first aid is given until appropriate treatment is found or until the crisis has resolved. Participants in the groundbreaking Mental Health First Aid training course learn how to identify, understand and respond to signs of mental illnesses and substance use disorders and refer people to the help they may need.

*Sponsored by:*



**2:15 PM – 3:30 PM** ADA Cases – Panel

*Salon IV*

*Speakers: Michael Spellman, Sniffen & Spellman, P.A.; Rick Swann, FICURMA*



A review of scenarios and case studies involving mental impairments which may be protected under the ADA, and the proper response by employers.

Sponsored by:



3:30 PM – 3:45 PM

Refreshment Break

*Pre-Function IV*

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3:45 PM – 4:45 PM

Trends in Mental Health Management

*Salon IV*

*Speaker: Ewuria Darley, MS, American Psychiatric Association*

This session will address some of the issues surrounding mental health among the working population. Participants will understand the business case, barriers and access to care, costly conditions and strategies to take action in an effective way.

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4:45 PM – 5:30 PM

Mental Health, EAP, and Workplace Culture

*Salon IV*

*Speaker: Terri Johnson, BA, RN, COHN, W.S. Badcock Corporation*

Overview of the effects of mental illness in the workplace, the cause, the cost, physiology, EAP programs, and culture, how they fit together.

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# FASI 2018 Winter Meeting

January 18-19, 2018  
Westin Lake Mary  
Lake Mary, FL



**FASI** FLORIDA ASSOCIATION OF SELF INSURED

6:15 PM – 7:00 PM

Cocktail Hour

*Pre-Function IV*

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7:00 PM – 8:30 PM

Networking Dinner

*Salon IV*

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## Friday, January 19, 2018

7:30 AM – 8:00 AM

Morning Stretch

*Seminole Ballroom*

*Led by: Holly Murphy, MA, MPH, Tampa General Hospital*

Start the last day of the conference enjoying 30 minutes of stretching. Relaxing and energizing, this session offers the benefits of stretching to help you get through your day!

8:30 AM – 9:00 AM

Continental Breakfast

*Pre-Function IV*

Sponsored by:



9:00 AM – 10:00 AM

Impact Injuries & Subsequent Depression

*Salon IV*



*Speaker: Dr. Dana Robert Desser, DO*

As we all know musculoskeletal injuries can have impact far outside of just the pain and discomfort from the original injury. These injuries can affect mental health and lead to things such as post-traumatic stress disorder, depression as well as anxiety. We will work to develop a list of goals for treatment as well as strategies needed and resources to effectively prevent this from happening in our injured workers.

Sponsored by:



10:00 AM – 11:30 AM

**Taking Care of You: Building Skills for Self-Care**

*Salon IV*

*Speakers: Holly Murphy, MA, MPH & Seema Weinstein, Ph.D., Tampa General Hospital*

The health and wellness of your body, mind, and spirit are essential to safeguarding your wellbeing, however; in such a busy world, you may find yourself taking care of others but not yourself. During this session you will learn about the importance of self-care and how it relates to resilience, practice methods to increase resilience, and discover ways to build organizational resilience. Be prepared to add some tools to your resilience-building toolbox, recharge your inner battery, and have fun!

Sponsored by:



11:30 AM – 12:30 PM

**Annual Conference Planning Session**

*Salon IV*

*Led by: Josiah Pritchard, Mayo Clinic*

12:30 PM

**Meeting Adjourned**