

HR EXECUTIVE BREAKFAST SEMINAR

TITLE: *Working Minds: Promoting Resiliency and Preventing Distress at Work*

PRESENTER:

Sally Spencer-Thomas, Psy.D.
Executive Director
Carson Spencer Foundation



DATE: Tuesday, Nov. 10, 2009

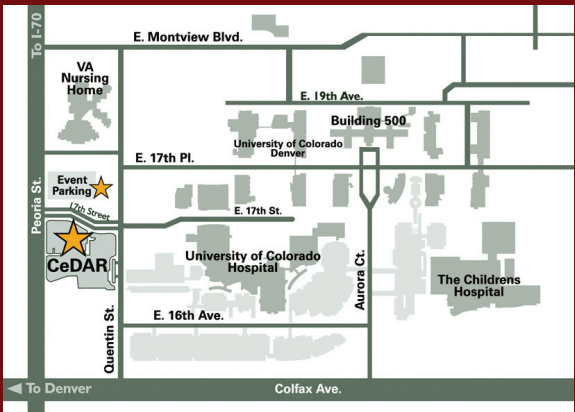
TIME: 7:00 am - 8:30 am

PLACE: CeDAR - University of Colorado Hospital
Lecture Hall
1693 No. Quentin St.
Aurora, CO 80045
720-848-3000 Main

COST: \$25 per person

TO REGISTER: Go to www.BlacktieColorado.com
Enter event code: WorkingMinds

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PROMOTING WORKPLACE WELL-BEING

With mounting economic strain facing our workplace, many organizations are experiencing mental distress that can lead to increased depression, substance abuse and even suicidal behavior. All of these conditions impact the workplace's ability to function well. The good news is there are many ways in which companies can prevent the impact of distress and promote well-being in their workplace environments. Attendees participating in this breakfast seminar will be able to:

- Appreciate the many ways that mental health conditions impact the workplace
- Identify warning signs and risk factors for people in distress
- Begin to develop a comprehensive approach to promoting mental wellness in the workplace

Participants will have an opportunity to purchase the Working Minds Toolkit at a reduced rate and receive a free "Men and Depression" DVD.

Sally Spencer-Thomas, Psy.D.

As a psychologist, mental health advocate, Division of Business faculty and survivor of her brother's suicide, Dr. Sally Spencer-Thomas sees the issues of mental health from many perspectives. Currently, she is the Executive Director for the Carson J Spencer Foundation, a Colorado-based nonprofit that envisions a world where leaders and communities are dedicated to sustaining a passion for life. She is the founder of Working Minds, the nation's first suicide prevention program exclusively dedicated to suicide prevention in the workplace. Dr. Spencer-Thomas is a professional speaker who travels nationally and internationally to engage a wide circle of people who want to change the conversation about mental health and suicide including the FBI Academy, the National Conference on Law and Higher Education and the International Association of Suicide Prevention. She currently serves as the Co-Chair Elect for the Suicide Prevention Coalition of Colorado and as the Survivor Division Chair of the American Association of Suicidology. She is the author and co-author of several books on suicide and violence prevention. Her story has been featured on NPR, 9 News, The Rocky Mountain News, and much more.

For more information about Working Minds visit:
www.WorkingMinds.org

