

WORKING MINDS CONTEST
Celebrating Mentally Healthy Workplaces in Colorado

With so much focus on toxic workplaces and the stress of the economy on the employee, the Carson J Spencer Foundation decided to do something a little bit different: focus on the workplaces that are getting it right. While we know many workplaces are suffering under intense pressure resulting in bullying, depression, and dissatisfaction among the ranks, other workplaces have found ways to not only survive this rough spot, but to help their staff thrive. In recognition of this, the Carson J Spencer Foundation is hosting a contest to acknowledge mentally healthy workplaces, **application due date is July 22, 2010.**

Criteria:

- Must be a Colorado workplace (nonprofit, for-profit or governmental)
- Innovative and effective approaches that promote mental health at work with
 - New and creative methods
 - Positive outcomes

Contest Guidelines: Submit 500-word essay that answers: *How is mental health promoted at your workplace? What do you do and how do you know that the strategies are effective (case studies and statistics are both welcome as evidence)?* Consider the following questions:

- How do you educate your workforce about mental health as part of overall wellness?
- What are the practices and policies that minimize distress at work?
- How does the workplace support those who are experiencing mental illness, trauma or bereavement?
- How does the workplace promote a sense of purpose and belonging?

	Recognition at our Shining Lights of Hope Benefit Auction Evening	Number of seats offered at Benefit Auction Evening	Interview and feature article in CJSF newsletter and blog (reaching 1,500)	One year membership to Working Minds Network (\$60-\$120)	Working Minds Toolkit and training	Recognition as “mentally healthy workplace” in local media outlets	Feature on Working Minds website
First Place	X	5 seats (\$500)	X	X	Toolkit and training (\$599)	X	X
Second Place	X	3 seats (\$300)	X	X	Toolkit (\$99)		X
Third Place	X	2 seats (\$200)	X	X	Toolkit (\$99)		X

Applications should be sent electronically to Sally Spencer-Thomas: Sally@CarsonJSpencer.org. For more information or to get an application call 720-244-6535.