Mental Health Strategies in the Workplace
– Case Management Conundrums

The goal is safe and sustainable return to work or stay at work for individuals who have experienced mental illness. In this second level three hour workshop participants will learn how to engage all the stakeholders in the return to work process, how to move from subjective to objective findings, why whole person approach and focus on function/work ability. Participants will learn how to recognize signs of mental health distress, how to talk to someone with mental health distress, how to access support and practical strategies for management.

- Insurance Case Managers and Human Resource Professionals are responsible for returning employees and maintaining employees at work following mental illness (e.g. depression, anxiety)
- In any given year 1 in 5 Canadians will not go to work due to mental illness
- More than **30%** of disability claims and **70%** of disability costs are attributed to mental illness
- **30-50%** of all new disability claims are attributed to mental health issues
- Depressive symptoms have been shown to be associated with occupational disability with individuals with chronic physical conditions
- Mental illness is often hidden and misunderstood

Case Management Issues:

- Medical information states that the individual can return to work however the individual states they can't
- The medial restrictions are vague and difficult to accommodate, e.g. "take breaks as needed"
- The individual reports high levels of mental distress not only at work but at home and in the community

Presented by Lorraine Mischuk O.T. Reg. (MB) C.W.C.E.
CEO / Managing Clinician, Maximize Human Capabilities – MHC Ergonomics and Occupational Therapy – full biography below.

For more information, visit our website –
http://maxot.ca/training/mental-health-strategies-in-the-workplace-conundrums/

Physical • Psychosocial • Cognitive • Spirituality
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OUR WHOLE PERSON APPROACH

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About Lorraine Mischuk

Lorraine is a registered Occupational Therapist in the Province of Manitoba and a Certified Work Capacity Evaluator. Lorraine began her career as an Occupational Therapist in the public sector in 1989. In 1993, she became the first corporate Occupational Therapist with the Canadian National Railway in its main shops. While at CN, she was responsible for the accommodation of injured employees and the development of ergonomic strategies and injury prevention programs.

Since 1997, Lorraine has operated Maximize Human Capabilities - MHC Ergonomics and Occupational Therapy. Her experience spans over 25 years of working with individuals who have sustained complex injuries often co-occurring with mental health illnesses. Due to the complexity, it is common that these injuries and illnesses affect the individuals physically, psychosocially and cognitively.

Lorraine handles early intervention of work related injuries for several major employers and has developed and implemented many employer-based prevention programs. Her client base ranges in industries and includes heavy industry, manufacturing, forestry, mining, education, and computer-based companies.

In addition to her practice, Lorraine has been a sessional lecturer at the School of Medical Rehabilitation at the University of Manitoba. She has presented at numerous conferences and workshops regarding psychosocial factors and return to work. Currently, she is presenting a two-day workshop for Occupational Therapists across Canada sponsored by the Canadian Association of Occupational Therapists titled *"Psychosocial Risk Factors and Return to Work – Let's Get Started!"*

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