

# SYMPOSIUM

## “Mental Health in the Workplace”



**Date:** Wednesday, September 27, 2017

**Time:** 8 am - 5:15 pm

**Location:** UCLA



Southern California Education and  
Research Center

**Why Is This Important? 20.3% of adults 18 or over have one or more mental disorders and they are employed fulltime.**

### OVERVIEW

According to a recent study\*, 22.5% of adults 18 or older have one or more mental disorders. **The vast majority of that group, 20.3% of the population, are employed fulltime. That's 23,737,000 people!**

It goes without saying, but we'll say it anyway -- a person at work with a mental disorder can be a cause for concern. **Depression, anxiety and substance abuse all have the potential of resulting in interpersonal conflict, workplace violence, reduced productivity, lost work time and many other problems.**

This symposium will explore:

- ◇ The scope of the problem and its impact
- ◇ Increasing productivity and decreasing absenteeism

- ◇ Promoting successful Return to Work and Stay at Work practices including psychotherapy and psychopharmacology
- ◇ Substance abuse and the impact of new marijuana laws on the workplace

### WHO SHOULD ATTEND

This activity is intended for physicians, physician assistants, nurses, nurse practitioners, industrial hygienists, safety professionals; and accommodations, disability and human resources specialists, employers, supervisors, union representatives and members of health and safety committees.

\* SAMHSA (Substance Abuse and Mental Health Service Administration), Center for Behavioral Health Statistics and Quality, CBHSQ Data Review, October 2014

## SYMPOSIUM

# "Mental Health in the Workplace"



### GOALS AND OBJECTIVES

This symposium will:

- ◆ Define the scope and the impact of behavior health conditions in the workplace.
- ◆ Explain the extent to which behavioral health conditions compromise an employee's productivity, absenteeism, and cost.
- ◆ Discuss the behavioral health conditions that most commonly contribute to issues in the workplace.
- ◆ Evaluate utilization of psychotherapy and psychopharmacology in the outlined patient population.
- ◆ Present programs that have been shown to successfully address early, safe return to work, workplace health and safety, and appropriate accommodation.

### SYMPOSIUM LEARNING OBJECTIVES\*:

By the end of the symposium, participants should be able to:

1. Describe the impact of behavioral health conditions in the workplace to both the employer and the employee.
2. Recognize behavioral health conditions that commonly limit an employee's productivity.
3. Summarize available programs shown to increase productivity and decrease absenteeism in employees with these conditions.
4. Review the appropriate treatment that may promote the most appropriate, safe return to work.
5. Formulate workplace accommodations that may facilitate and maintain a successful return to work / stay at work.

\* Each presentation will have its own Learning Objectives which may be found on the event web page.

For more information, please see the webpage:

<http://erc.ucla.edu/course/mentalhealth/>

### REGISTRATION INFORMATION

Pre-registration is required and will be accepted on a first-come, first-served basis. Registration fee includes course materials, refreshments, lunch, and certificate of completion when attendance requirements are met.

**Registration Fee: \$379**

**Early Bird Fee (ends August 25, 2017): \$279**

Online registration:

<https://commerce.cashnet.com/socaleducationandresearchcenter>

Register by phone: 310/206-2304

Payment Terms (<http://erc.ucla.edu/payment-terms/>) for all terms:

**Paying by credit card:** All major credit cards accepted.

**Paying by check:** Payable to **University of California Regents**

**Phone registration:** Call 310/206-2304

If you have special dietary or accessibility requirements, please email us at

[erc@ph.ucla.edu](mailto:erc@ph.ucla.edu) once you have registered.

#### Registration Form

Name: \_\_\_\_\_ Degrees/Certificates: \_\_\_\_\_  
Title: \_\_\_\_\_ Department: \_\_\_\_\_  
Company/Agency: \_\_\_\_\_  
Address \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Daytime phone: \_\_\_\_\_ Cell #: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Payment Amt \$ \_\_\_\_\_ Method of Payment: \_\_\_\_\_ Check \_\_\_\_\_ Credit Card Type of Credit Card \_\_\_\_\_  
For your safety, we no longer take credit card information on this form. If you wish to pay by credit card, please either register online at <https://commerce.cashnet.com/socaleducationandresearchcenter> or call us at 310/206-2304.  
Profession: \_\_\_\_\_ Physician \_\_\_\_\_ Ind. Hygienist \_\_\_\_\_ Nurse \_\_\_\_\_ Safety or Other: \_\_\_\_\_  
Employer: \_\_\_\_\_ Federal Gov. \_\_\_\_\_ State Gov. \_\_\_\_\_ Local Gov. \_\_\_\_\_ Academic \_\_\_\_\_ Private \_\_\_\_\_ NGO/Non-Profit \_\_\_\_\_  
Self-Employed \_\_\_\_\_ Other \_\_\_\_\_

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**UC Irvine** Continuing Education/Outreach

# Symposium “Mental Health in the Workplace”



## LOCATION

**UCLA Faculty Center**

## HOTEL ACCOMMODATIONS

*(These are suggestions only. No rooms are reserved.)*

### UCLA Tiverton House

<http://tivertonhouse.ucla.edu>

### UCLA Guest House

<http://guesthouse.ucla.edu/index.php>

### UCLA Luskin Conference Center

<http://luskinconferencecenter.ucla.edu/>

## ACCREDITATION

- **CME** -- The Southern California Education and Research Center is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

The SCERC designates this live activity for a maximum of 8.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

⇒ **All CME attendees must complete an assessment and evaluation form that includes your identification information.**

- **ABIH** — The current event contains 8.0 contact hours which may be eligible for ABIH credit.

- **REHS** — 8.0 REHS Contact Hours *The SCERC is an Accrediting Agency approved by the California Department of Public Health.*
- **BRN** — Provider approved by the California Board of Registered Nursing, Provider #13555 (SCERC) for 8.0 contact hours.
- **BCSP** — .8 COC point by the Board of Certified Safety Professionals
- **CDMS** -- Certification of Disability Management Specialist has been approved for 8.0 contact hours. Approval #20170222, Activity Code: W1000837
- **CPDM** -- Certified Professional in Disability management has been approved for 8.0 contact hours.
- **CCMP** -- Certified Case Management Professional has been approved for 8.0 contact hours.
- **CRCC** -- Commission on Rehabilitation Counselor Certification has approved 7.5 contact hours, approval #TRN2037515.
- **CDMP/CRTWC** -- The Canadian Society of Professionals in Disability Management recognizes the Mental Health in the Workplace Symposium will provide an opportunity for CDMP and CRTWC professionals to receive Continuing Education Credit hours. It is expected that professionals who attend the full symposium and optimize all learning activities may be credited with 8.0 CEC hours.



<http://erc.ucla.edu/course/mentalhealth>

**UCLA** Southern California  
Education and Research Center  
**UCIrvine** *Continuing Education/Outreach*

## SYMPOSIUM PLANNING COMMITTEE

**Edward C. Alvino, MD**, Chief Medical Officer, UNUM

**Oscar Arias, MD, ScD**, Assistant Director, SCERC, University of California Los Angeles

**Catherine, Boomus, MD, MPH** Assistant Professor and SCERC Residency Director, Center for Occupational safety and Health, University of California, Irvine

**Tori Weeks**, Director, Workforce Solutions, UNUM

## PRESENTERS

**David A. Adler, MD**, Professor Of Psychiatry and Medicine, Tufts Univ. School of Medicine; Senior Psychiatrist, Dept. of Psychiatry; Senior Scientist, Institute for Clinical Research, The Center for Health Solutions, Tufts Medical Center

**Taha M. Ahmad MD, MPH, FACP**, Chief of Service, Occupational Health Services Kaiser Permanente Panorama City

**Jorge Cherbosque**, Campus Human Resources, University of California Los Angeles

**Marnie Dobson, PhD**, Assistant Adjunct Professor, Dept. of Medicine, UC Irvine

**Tess Elconin**, UCLA Med Center, Chancellor's Office of Legal Affairs, University of California Los Angeles

**Michael Gitlin, MD**. Professor of Clinical Psychiatry, School of Medicine, University of California Los Angeles

**Stuart Gitlow, MD, MPH**, Board Certified in Psychiatry, Forensic Psychiatry, and Addiction Medicine; Past President of the American Society of Addiction Medicine

**Leslie Israel, DO, MPH, FACOEM**, Medical Director, Dept. of Water & Power, City of Los Angeles

**Nanette Levine-Mann**, Campus Human Resources, University of California Los Angeles

**Adrienne Malka**, Assistant Director, Insurance & Risk Management, University of California Los Angeles

**Karen Miotto, MD**, Professor of Clinical Psychiatry, University of California Los Angeles; Chair, UCLA Physician Wellness Program and Medical Staff Health Committee

**Kathleen Shiroma**, Employee Relations Consultant, Campus Human Resources, University of California Los Angeles

## Symposium

### “Mental Health in the Workplace”

#### AGENDA\*

**WEDNESDAY, SEPTEMBER 27, 2017**

Co-Moderators: Edward C. Alvino and Catherine Boomus

7:30 – 8:00 am

**Registration/Refreshments**

8:00 – 8:15 am

**Welcome, Introductions, Overview --**  
Alvino / Boomus

***I. The Scope of Behavioral Health Conditions in the Workplace and their Impact on the Employee and the Employer***

8:15 – 9:00 am

**The Magnitude of the Problem –**  
Nanette Levine-Mann, Jorge Cherbosque, and Tess Elconin

9:00 – 9:45 am

**The Scope of Mental Health Conditions in the Work Place –**  
Michael Gitlin

\*subject to modification

10:15 – 11:00 am

**Managing Behavior Health Disability from An Occupational Medicine Perspective -** Taha Ahmad

11:00 am – 12:00 pm

**Panel Discussion on the Impact of Behavioral Health Conditions in the Workplace to Both the Employer, the Employee, and Employee Representatives -** Leslie Israel, Adrienne Malka, Marnie Dobson, Kathleen Shiroma, Tori Weeks

12:00 – 12:30 pm

**Q & A –** All morning speakers

12:30 – 2:00 pm

***II. Increasing Productivity and Decreasing Absenteeism in Employees with Behavioral Health Conditions***

**Luncheon Keynote Speaker –** David Adler

***III. Promoting a Successful Return to Work at the Earliest Time Compatible with Health and Safety for Employees on Disability with Behavioral Health Conditions***

2:00 – 2:45 pm

**Utilizing Psychotherapy and Psychopharmacology to Promote a Timely and Successful Return to Work -**  
Karen Miotto

2:45 – 3:30 pm

**Addressing Disability from a Medical Standpoint when Chronic Pain becomes the Chief Complaint –**  
Edward C. Alvino

3:45 – 4:30 pm

**Alcoholism, Addiction, and Medical Marijuana in the Workplace –** Stuart Gitlow

4:30 – 5:00 pm

**Q & A –** all afternoon speakers

5:00 – 5:15 pm

**Wrap-up/evaluations**

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## SOUTHERN CALIFORNIA EDUCATION AND RESEARCH CENTER (SCERC)

### Who We Are

The SCERC is a NIOSH (National Institute for Occupational Safety and Health) ERC. It is one of 18 ERCs at major universities whose goal is to train occupational health and safety professionals, provide them with professional development, and train non-professionals in occupational health and safety best practices. The SCERC is located in the Fielding School of Public Health at the University of California, Los Angeles, and includes the Center for Occupational and Environmental Medicine at UC Irvine School of Medicine, the Occupational and Environmental Health Nursing Program at the UCLA School of Nursing and the Industrial Hygiene Program at UCLA.

***For more information, please see the webpage:***

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OUR WEBSITE -

<http://erc.ucla.edu/>