



CANADIAN COLLEGE OF HEALTH LEADERS COLLÈGE CANADIEN DES LEADERS EN SANTÉ

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The Newfoundland and Labrador Chapter presents:  
**Let's talk about it: Workplace mental health  
in health care settings**  
April 26, 2013

12:30 PM NDT / 11:00 AM EDT / 8:00 AM PDT / 12:00 Noon ADT

**Featured Speaker:** Lisa Adams, Consultant Mental Health and Addictions, Department of Health and Community Services

Health care settings are perhaps one of the largest workplaces in society today that is highly vulnerable to experience issues of workplace mental health. The diversity of people serviced and the employees and/or health care professionals each come with their own set of beliefs, values, attitudes and expectations. The majority of people spend approximately 30% of their life at work, but what is learned and experienced in the workplace can often penetrate into the demeanor, behaviors and even health of the care professionals, so much so that it can metamorphose into their personality, personal attributes and even infiltrate their personal value and self-worth. Health care professionals often experience challenges to the integrity of their own mental health from several key sources inclusive of patients, families, visitors and colleagues. These mental health challenges in the workplace can manifest and/or create themselves various outcomes inclusive of addictions, violence, harassment, and even moral distress. However, there are many different strategies that organizations, health care leaders and individual professionals alike can adopt and practice to help alleviate much of the stress at work that threatens a health care professional's good mental health.

**Lisa Adams** has worked 22 years for Eastern Health and other legacy boards in progressive management positions and has 3 university academic appointments in Canada. At present she is on secondment as a mental health and addictions consultant for the Dept of Health, working on the development of provincial standards of practice for addictions; a Health Canada partnership. Lisa has a PhD in nursing from the University of Alberta where her research interests are in seniors, mental health, respectful workplaces and administration. She is a certified health executive of the Canadian College of Health Leaders, has CNA certification in psychiatric, mental health nursing, is doing an EXTRA research fellowship with the Canadian Health Services Research Foundation and another fellowship with the Canadian College of Health Leaders. Lisa does consulting work on the topic of workplace bullying provincially, nationally and internationally and is currently the author of a textbook being published this fall, 2013, by Springer Publishing in New York, called "Workplace mental health for nurse leaders". She also sits on the Atlantic Collaborative Group for the implementation of the workplace psychological health national standard. Lisa is also actively involved in community agencies on a volunteer basis with the CMHA, the Seniors Resource Center and the Canadian Cancer Society.

**Register Online**

*Prices include Taxes*

<b>CCHL Member:</b>	<b>\$10.00</b>
<b>Non-Member:</b>	<b>\$15.00</b>
<b>Student:</b>	<b>\$10.00</b>
<b>NL Member:</b>	<b>FREE</b>

**\*Webinar details will be provided following registration**



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**MAINTENANCE OF CERTIFICATION**

Attendance at this program entitles certified Canadian College of Health Leaders members (CHE / Fellow) to **1 Category I credits** toward their maintenance of certification requirement.