

Speaker Fact Sheet

Chesapeake PDC: April 15th 2021

TOPIC: “Workplace Mental Health”

SPEAKER: Alyssa Toran, LCSW-C

THREE LEARNING OBJECTIVES: (at least)

1. Participants will be able to identify at least 3 depressive and anxious symptoms
2. Participants will be able to describe what “the resilient zone” is and what happens when an employee is “bumped’ out of that zone
3. Participants will be able to identify at least 3 interventions that they can use to assist employees

DESCRIPTION OF PRESENTATION: (min, 2-3 sentences)

Occupational health and safety professionals need guidance on recognizing the employee with mental health issues and how to help them. This presentation will discuss some common mental health issues in the workplace and the role of stress, sleep, substance abuse and COVID-19.

SPEAKER TITLE AND EMPLOYER: (as you wish it to be displayed)

Alyssa Toran, LCSW-C

mySupport On-site Clinician

SPEAKER BIO: (paragraph)

Alyssa Toran, LCSW-C is a clinical social worker and clinician in the mySupport office at Johns Hopkins University and Health System. Johns Hopkins employees and their family members can access free 24/7 confidential counseling and referral services through mySupport by calling 443-997-7000

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