



Thank you for attending and being part of Wellness in the Workplace 2022!

Wellness in the Workplace- Topics of Substance- April 27, 2022			
Time	Speaker	Organization	Topic
8:30am	Networking		
9:00am	Louise White	Tsow-Tun Le Lum Society	Traditional Welcome
9:10am	Mayor Krog	City of Nanaimo	Nanaimo Welcome
9:20am	Donya Baker	Bethlehem Centre	Bethlehem Centre Welcome
9:30am	Scott Lescak	Carbon Safety Solutions	Wellness In Workplaces
9:50am	Break		
10:00am	Nola Jeffrey	Tsow-Tun Le Lum Society	Trauma, Addiction, and Misuse
11:00am	Dr. Joanne Crandall		Identifying Psychological Stress
12:00pm	Lunch		
12:45pm	Colby Young	Vancouver Island Construction Association (VICA)	The Tailboard Toolkit: A Harm Reduction Project
1:30pm	Kira Berntson	WorkSafe BC (WSBC)	Developing Psychological Health Programs
2:15pm	Panel Discussion	Tsow-Tun Le Lum, VICA, WSBC	Management For Change
3:00pm	Scott Lescak	Carbon Safety Solutions	Summary/Close Out
3:15pm	Networking		
4:15pm	Event Close		

Wi-Fi: BCGuest

Password: Bethlehem

Please fill out our attendee Survey here:

<https://www.surveymonkey.com/r/BB3SBBC>



WELLNESS RESOURCES

Organization	Description	Link
National Institute of Occupational Safety and Health	The U.S. Occupational Safety and Health Act of 1970 established NIOSH as a research agency focused on the study of worker safety and health. NIOSH is part of the U.S. CDC and has a Total Worker Health program providing guidance on a more holistic approach to worker wellbeing.	https://www.cdc.gov/niosh/twh/default.html
Vancouver Island Construction association	The Vancouver Island Construction Association (VICA), serves the construction community: the institutional, commercial, industrial, civil, and multi-residential construction sectors on Vancouver Island, the Gulf Islands, and other coastal areas of British Columbia. VICA members come from all areas of our construction community. <ul style="list-style-type: none"> The tailgate toolkit -Increasing access to harm reduction services and ideas for those working in the construction industry. 	https://thetailgatetoolkit.ca/
Canadian Center for Occupational Health and Safety	The CCOHS is a national resource for the advancement of workplace health and safety in Canada. They provide a wealth of information on wellness, and safety in general, and offer a range of courses including: <ul style="list-style-type: none"> Opioids: What Employers Need to Know 	https://www.ccohs.ca/products/courses/opioids-employers/
WorkSafeBC	WSBC was established by provincial legislation as an agency with the mandate to oversee a no-fault insurance system for the workplace. They provide regulatory oversight, and guidance on a range of topics	https://www.worksafebc.com/en/health-safety/hazards-exposures/substance-use-impairment
	Traditionally safety has focused on physical safety. WorkSafeBC is working on creating awareness around psychological safety as well as traditional physical safety in the workplace.	https://www.worksafebc.com/en/about-us/what-we-do/industry-initiatives/psychological-safety
Canadian Mental Health Association	Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians.	https://cmha.bc.ca/
Wellness Works Canada	A non-profit workplace health and performance association supporting employers and organizational well-being practitioners and consultants to build thriving work cultures.	https://www.resources.wellnessworkscanada.ca/post/de-coding-the-psychological-health-and-safety-standard

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