



2017 Webinar Series

for Human Resource Professionals

Cascade Centers, Inc. introduces our 2017 Webinar Series for Human Resource Professionals.

These webinars are free and are approved for HRCI and SHRM credit hours. *Each webinar is one (1) HRCI and SHRM credit.*

Managing Personnel Crises: An HR Professional's Guide to Mental Health Concerns

Trevor McMurray, LCSW and Dave Christy, LPC

February 28, 2017

11:00 am (PST)

HR professionals are equipped to respond to a number of personnel issues, but may feel out of their element when it comes to more serious and uncommon mental health concerns. Experience tells us that even infrequent concerns such as suicidal thoughts, delusions, or mania do occur in the workplace and can greatly affect the working environment. This primer will present information to the HR professional on how to recognize and effectively respond to these concerns in a work environment.

Focus on Mental Health Bolsters Workplace Wellness

Anna Meiners, MA and Mary Hennessy, LPC

April 4, 2017

11:00am (PST)

Mental health issues have a long history of being stigmatized and largely ignored within the workplace, yet issues related to poor mental health, such as accidents, health care costs, absenteeism, and lost productivity are well documented. The National Institute of Mental Health estimates nearly 1 in 5 adults in the U.S. are coping with mental health issues; this does not include substance abuse. This webinar will address mental health as part of an overall wellness strategy. Key points include prevention, strategies to reduce stigma, using the Behavioral Health Risk Assessment for early problem identification, and encouraging resiliency within your organization.

Mindfulness and Productivity

Katie Zaugg, LPC

June 6, 2017

11:00am (PST)

Have you considered how mindfulness can help your employees be more effective? Have you experience improved productivity through mindfulness? During this webinar, we will discuss the basic concepts of mindfulness based stress reduction, how mindfulness and productivity are connected, and specific practices that will support you and your team to be more efficient and capable employees. Mindfulness fosters greater focus, problem-solving, creativity, and decision-making, which are crucial for HR teams. Come learn how this stress reduction technique can help you channel a more dynamic and profitable team, benefiting your whole organization.

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For more information:

Call: 800-433-2320

Text: 503-980-1777

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(Continued)

Celebrating Diversity

Shawna Oldham, MA and Caitlin Plato, MA, CADC

December 5, 2017

11:00am (PST)

Diversity will always remain relevant, let's continue the discussion. This webinar will allow space to further explore diversity and workplace dynamics, including specific skills such as identifying micro aggressions, communicating assertively, and improving self-awareness, which can augment HR's expertise in this area, leading to the enhancement of healthy interpersonal workplace interactions.



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