

- Economic Impact of Mental Health Report from CFNOVA, Insight Region, and GMU
 - https://www.cfnova.org/images/pdf/CFNV_InsightRegion_Economic_Impact_of_Mental_Health_FINAL-Web.pdf
- CFNOVA and Insight Region Unequal Burden Report
 - <https://www.cfnova.org/news-and-stories/research-briefs-and-reports/unequal-burden>
- June 2023 Article About Mental Health Staffing Shortages in Region
 - <https://wset.com/news/local/virginia-mental-health-professional-counselor-worker-shortage-david-craft-patient-horizon-behavioral-health-aj-harold-senior-portfolio-director-deborah-oswalt-statistics-suicide-rates-depression-anxiety-lynchburg-june-2023>
- Virginia Health Care Foundation Behavioral Health Workforce Gaps
 - <https://www.vhcf.org/wp-content/uploads/2022/01/BH-Assessment-Final-1.11.2022.pdf>
- PATH Foundation Employee Assistance Program
 - <https://sales.theeap.com/wp-content/uploads/2018/04/TotalCareEAP-EmployeeBrochure.pdf>

01:04:10 Alex Carey: Good Morning, and welcome to the presentation! It's just about 8am, and the program will start at 08:30

01:08:43 kathleen.hanrahan: Just making sure we are all muted, thanks.

01:13:03 Host: Morning everyone, please let us know your organization and what location you are joining us from!

01:13:43 kathleen.hanrahan: Catholic Charities Diocese of Arlington joining from Arlington. Thank you for this opportunity.

01:17:19 Waamiq Marshall-Washington (He/Him/His): Cornerstones, Greater Reston/Herndon Area and Loudoun County!

01:18:20 Andrea Eck: Northern Virginia Family Service!

01:31:17 Host: Thank you for sharing, keep posting your organizations and location. We will begin the program in a few minutes

01:33:00 Andrea Hirsch, Ph.D. CCNA: Greetings!

01:33:08 Alex Carey: For those joining virtually, you can access a .pdf of the report here: <https://www.cfnova.org/news-and-stories/research-briefs-and-reports/workforce-mental-health>

01:33:51 Alex Carey: here's a direct link: https://www.cfnova.org/images/pdf/CFNV_InsightRegion_Economic_Impact_of_Mental_Health_FINAL-Web.pdf

01:35:12 Alex Carey: We're going to start at 08:35 as folks arrive. Keep introducing yourselves!

01:35:59 Liz Nohra: Thanks. Liz Nohra from PathForward (formerly A-SPAN)

01:36:30 Kathy Renzetti: Good morning -- Kathy Renzetti from DiscoverE

01:36:32 Andrea Hirsch, Ph.D. CCNA: Andrea Hirsch, Ph.D. Concerned Citizens Network Alexandria (CCNA)

01:37:06 Deb Bissen: Deb Bissen with McLean Project for the Arts

01:37:08 Jane Kung: Hello! Jane Kung at Fellowship Square Foundation Inc. Reston VA

01:37:09 Sonia Quiñónez (she/her), CBPP: Good morning! Sonia Quinonez, joining from Arlington

01:37:22 Abra Kurt: Good morning, everyone! ~ Abra Kurt from Britepaths

01:37:25 Niles: Good morning everyone! Niles Dookie with Sunrise Community of Virginia

01:37:29 Wajma Naderi: Morning! Wajma Naderi from Afghan Medical Professional Association of America, AMPAA

01:37:49 Diana Ortiz: Good morning everyone. Diana Ortiz, Doorways

01:37:52 Jennifer Williamson, Volunteer Fairfax: Good morning. Jennifer Williamson from Volunteer Fairfax

01:38:05 Asma Rubyat: Asma Rubyat, GMU public health Americorp, joining from Dumfries

01:38:07 Jenna White: Good morning, Jenna White from the Fairfax County Council PTA

01:38:13 Ryan Thompson: Morning everybody, Ryan Thompson from United Community!

01:38:21 Roberta Longworth (she/her): Hello All! Bobbi Longworth, ED from Fairfax County Park Foundation

01:38:30 Faith Boettger: Good morning - Faith Boettger from Social4Good

01:38:43 Kelly Henderson (she/her), Formed Families Forward: GM. Kelly Henderson, Formed Families Forward.

01:39:04 Ashley Summers, Dominion Hospital: Good morning! Ashley Summers from Dominion Hospital (Ashley.Summers2@hcahealthcare.com)

01:39:13 Kathy Mejasich, Wesley Housing: Good morning! Kathy Mejasich, Wesley Housing

01:39:19 Katie P: Good morning, Katie Pfaff with Reset180 in Reston, VA! Happy to be here.

01:40:23 Andy Johnston: Andy Johnston with the PATH Foundation.

01:41:42 Sheryl Reinstrom, ECSVA, formerly RRCS: Sheryl Reinstrom with Encompass Community Supports

01:42:42 Chrissy Cunningham: Good Morning - Chrissy Cunningham, Fairfax County NCS - Trauma-Informed Community Network

02:01:19 Host: Please remember to use the chat or Q&A function to post your questions to be shared with our panelists

02:01:31 Alex Carey: We will post the slideshow to the report page, as well as send it in the wrap up/ thank you email we'll send out later today or early tomorrow morning.

02:01:42 Alex Carey: So no worries if you miss a slide!

02:03:51 Deb Bissen: As a nonprofit arts organization, we're aware of the positive impacts of participation in the arts on people's mental health. What can arts organizations offer that might be more accessible than our current programming to help employees and everyone improve their mental health?

02:20:01 Alex Carey: Thanks for sharing, Carla

02:21:36 Kathy Mejasich, Wesley Housing: But, isn't there a shortage of mental healthcare providers too?

02:22:06 Alex Carey: folks, just saw a question about the housing burden report. you can view it here: <https://www.cfnova.org/news-and-stories/research-briefs-and-reports/unequal-burden>

02:24:28 Alex Carey: Yes, I can't find a good resource at the moment, but we have compounding shortages of mental health providers, childcare, eldercare, and housing providers

02:25:03 Kathy Mejasich, Wesley Housing: Can you ask one of the panelist how they are addressing this in the region, please?

02:25:57 Andy Johnston: Here is a recent story on mental health provider shortages in Virginia: <https://wset.com/news/local/virginia-mental-health-professional-counselor-worker-shortage-david-craft-patient-horizon-behavioral-health-aj-harold-senior-portfolio-director-deborah-oswalt-statistics-suicide-rates-depression-anxiety-lynchburg-june-2023>

02:26:51 Alex Carey: Thanks, Andy

02:29:36 Andy Johnston: Virginia Health Care Foundation's excellent report on behavioral health workforce gaps: <https://www.vhcf.org/wp-content/uploads/2022/01/BH-Assessment-Final-1.11.2022.pdf>

02:29:53 Kathy Mejasich, Wesley Housing: Thanks Andy!

02:30:52 Liz Nohra: Is this frozen just for me or everyone else?

02:31:01 Sonia Quiñónez (she/her), CBPP: me too

02:31:05 Ryan Thompson: Frozen for me as well

02:31:05 kathleen.hanrahan: Frozen for me as well.

02:31:06 Andrea Hirsch, Ph.D. CCNA: frozen also

02:31:07 Katy Schnitger: me too

02:31:14 Jane Kung: me too

02:31:20 Lisa Whetzel: me too

02:31:46 Kathy Mejasich, Wesley Housing: Now...the dreaded "black screen"! LOL!!!

02:32:20 Jacqueline Burrell: yes. frozen. and black screen

02:32:45 Alex Carey: Sorry, all. Is anyone still getting audio?

02:32:51 Kathy Mejasich, Wesley Housing: No.

02:32:53 Tara Nadel: Sorry everyone! Internet issues - we are working on it!

02:33:00 Jacqueline Burrell: no

02:33:07 Andy Johnston: PATH Foundation has worked with this entity for EAP supports for our staff and nonprofits that we serve. It is reasonably priced.
<file:///C:/Users/ajohnston/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/WNFYEXOR/TC-EmployeeBenefitSummary.pdf>

02:33:14 Kathy Mejasich, Wesley Housing: Back up! Thanks!

02:33:16 Waamiq Marshall-Washington (He/Him/His): intermittently ... mostly no

02:34:09 Alex Carey: Our sincerest apologies, folks. We'll have a recording of the presentation, as well as the powerpoint to share out later.

02:34:13 Iveth Perez: Oh no.

02:36:18 Asma Rubyat: Yes, specially for women, work for home is the better option to build neighbors connection

02:37:53 Alex Carey: Technology challenges my mental health...who can relate?

02:38:03 Andy Johnston: Better link for EAP resource that we use: <https://sales.theeap.com/wp-content/uploads/2018/04/TotalCareEAP-EmployeeBrochure.pdf>

02:38:32 Alex Carey: Thanks, Andy!

I'll include the resources shared in chat in the post-event email as well.

02:39:35 kathleen.hanrahan: Thank you so much.

02:39:37 Liz Nohra: Thank you, all!

02:39:45 Andy Johnston: Thanks all!

02:39:45 Iveth Perez: Thank you for all the good information! I really appreciate

02:39:46 Lisa Whetzel: thank you for investing in the research!

02:39:48 Sonia Quiñónez (she/her), CBPP: Thank you, Alex, for facilitating our ability to join!

02:39:48 Jennifer Williamson, Volunteer Fairfax: wonderful event

02:39:53 Alex Carey: Thank you so much for joining and discussing, everyone! Again, our sincerest apologies for the tech hiccoughs

02:39:58 Ryan Thompson: Thank you for the insightful information!

02:39:59 C. Gibson: Thank you!

02:40:01 Roberta Longworth (she/her): Thank you, CFNOVA!