

Workforce Wellness Month

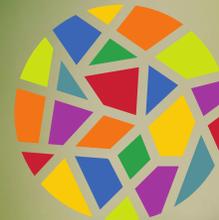
April 2021

Presenters:

Scott Gilman, MSA, Director, BHRS
He, Him, His

Ziomara Ochoa-Rodriguez, LMFT
Deputy Director, Child and Youth Services
Division, BHRS
She, Her, Hers

Nicole Westercamp, M.D.
Deputy Health & Chief Wellbeing Officer
She, Her, Hers



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**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Workforce Wellness Month Planning Committee

Shireen Malekafzali
CMO



Ziomara Ochoa
BHRS



Cindy Donis
BHRS



Chantae Rochester
BHRS



Maria Lorente-Foresti
BHRS



Vanessa Fabian
BHRS



Mary Taylor-Fullerton
BHRS



Nicole Westercamp
CMO



Erica Britton
BHRS



Regina Moreno
BHRS



Mae Le
First Five



Emily Roberts
First Five

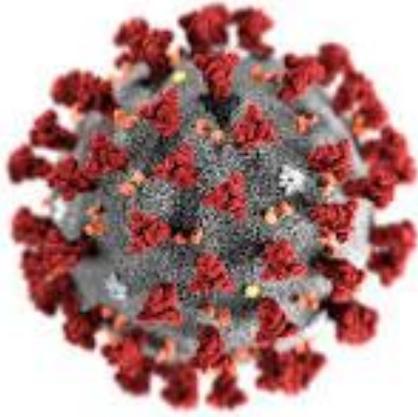


Mary McGrath
COE



Nicole Daly
HSA





What have we been holding this year?



San Mateo County Workforce Response



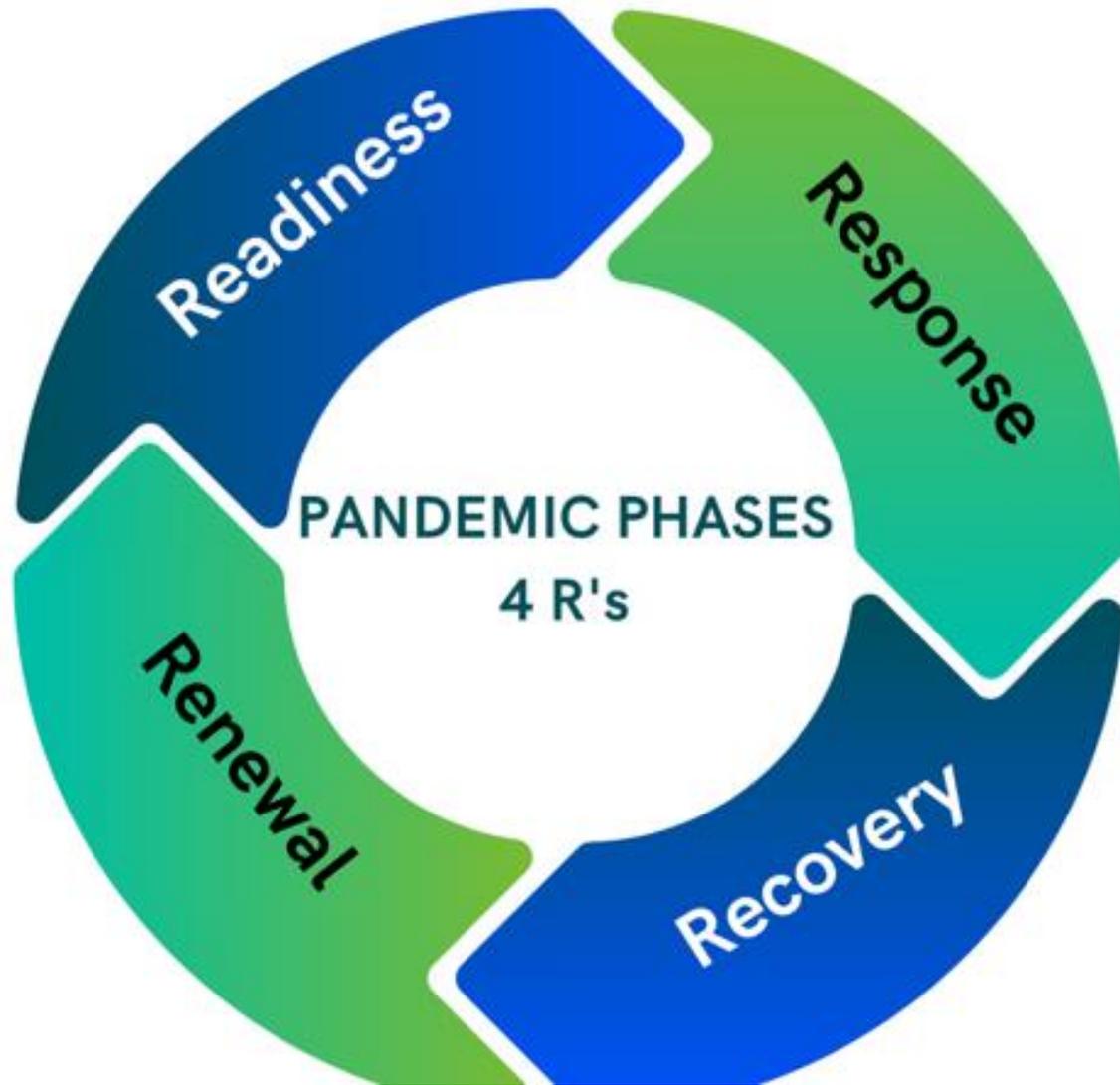
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Collective Trauma

- Pandemic Fatigue
- Zoom Fatigue
- Decision Fatigue
- Loss and grief
- Isolation
- Physical illness/somatic complaints
- Vicarious Trauma, Compassion Fatigue
- Racial Trauma

Pandemic Fatigue?





Collective Healing

- ❖ Honor and celebrate the workforce
- ❖ Reflect and promote connectedness
- ❖ Healing and growth
- ❖ Reduce stigma
- ❖ Learn new strategies to address physical and mental health
- ❖ Build resiliency and strength
- ❖ Hope
- ❖ Implement Trauma Informed System Principles
- ❖ Cultural healing practices





You Matter!

Be healthy

SAN MATEO COUNTY WELLNESS



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Workforce Wellness Month

Caring for Ourselves as a Workforce

<https://wellness.smc-hr.org/>

Thank you to County HR Wellness Department:

Alysa Stanford, Wellness Program Manager

Julie Goebel, Senior Graphic Specialist

Lisa Okada, Deputy Director of Human Resources

Thank you Michael Callagy, County Manager

Thank you to the Board of Supervisors

Thank you to the San Mateo County Workforce

thank you!



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