

Fostering Emotional Wellbeing through Parenthood: Employer Opportunities to Promote Parents' Mental Health

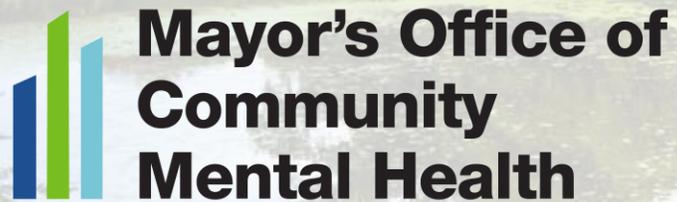
November 3, 11:30AM



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Mayor's Office of
Community
Mental Health



The Mayor's Office of Community Mental Health is an unprecedented citywide commitment to promote mental health for all New Yorkers.

In partnership with 13 City agencies and nearly 200 non-profits, the office supports 30 innovative mental health programs that serve hundreds of thousands of New Yorkers every year, regardless of insurance or immigration status.



The Jed Foundation is a non-profit organization that protects emotional health and prevents suicide for teens and young adults in the United States.

JED partners with high schools and colleges to strengthen their mental health, substance misuse and suicide prevention programs and systems.

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Opportunity: Employers can support mental health

The workplace can be activated to:

- Increase access to and quality of mental healthcare
- Create a supportive environment that promotes mental health

In doing so, **employers may also reap the social and economic benefits** of a mentally healthy workforce:

- A World Health Organization study estimated that every \$1 invested in prevention and treatment provides a return of \$4 in improved health and productivity to the US economy

Parents make up a large share of the workforce

88.5% of families with children under 18 have at least 1 parent working

71.2% of all women with children under 18 were in the labor force

92.3% of all men with children under 18 were in the labor force



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The case for focusing on parents' mental health

Supporting parents at work can yield gains in both wellbeing and organizational productivity:

- Increase employee satisfaction and productivity
- Attract top talent
- Retain quality employees
- Increase diversity amongst staff



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Opportunities for employers

Create supportive policies:

- Equitable pay
- Paid family leave
- Childcare services and subsidies
- Flexible schedules, WFH options
- Benefit plan offerings
- Lactation support

Launch programming:

- Employee Resource Groups (ERGs)
- Peer support
- Mentorship programs
- Capacity-building/education



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Panel

Moderator:

- **Dr. Nance Roy**, Chief Clinical Officer, The Jed Foundation

Panelists:

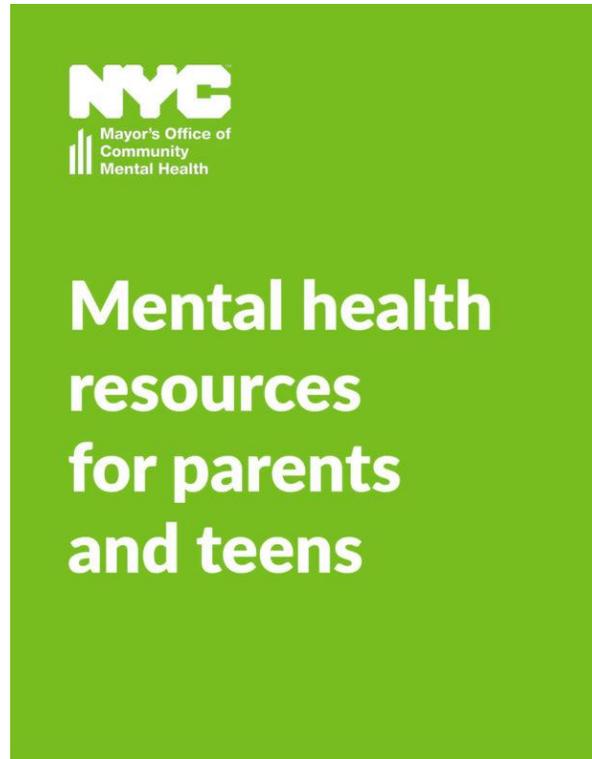
- **Deborah Friedman**, Assistant Commissioner for Workforce Engagement and Innovation, Mayor's Office of Labor Relations
- **Ian Straughter**, Assistant Vice President, Workforce Development Partnerships, NYC Economic Development Corporation
- **Michelle Martin**, Senior Vice President, Total Rewards Experience, CBS



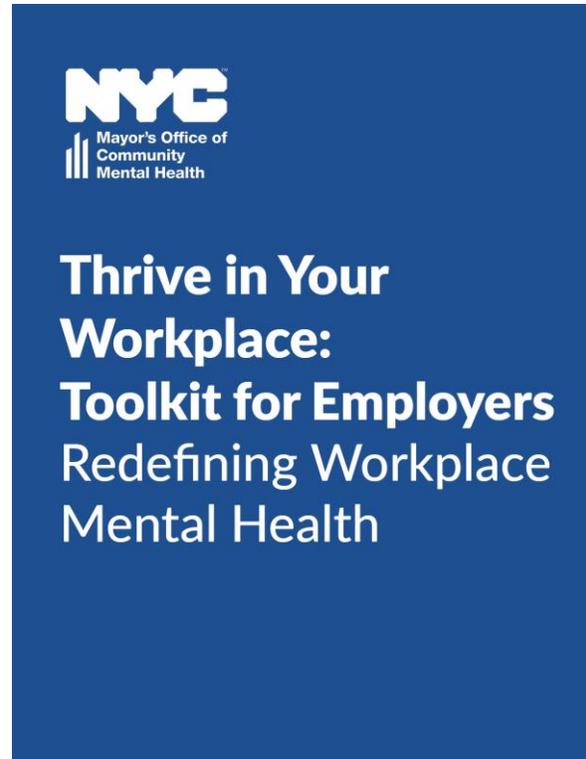
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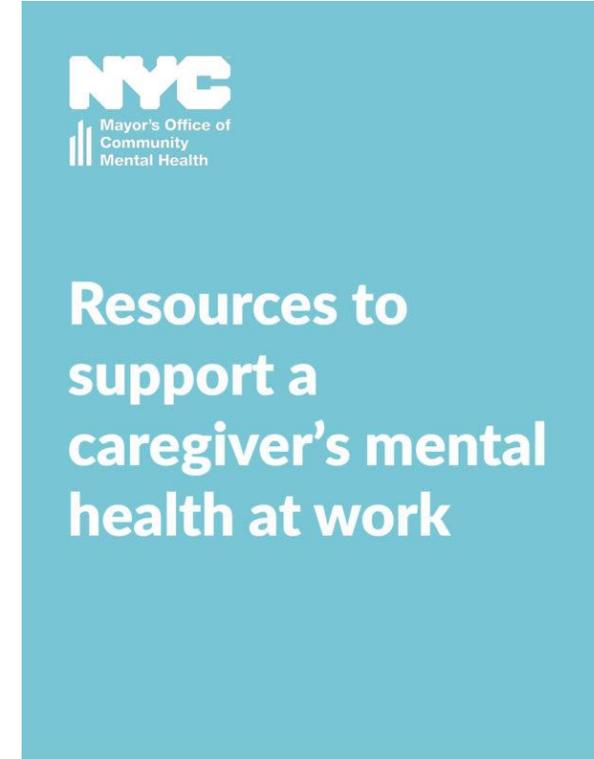
Additional resources for parents and employers



[Download the guide here](#)



[Download the toolkit here](#)



[Download the guide here](#)



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Join us for upcoming panels:

WORKSHOP SERIES:

Wednesday, November 3, 11:30AM-12:30PM

EMPLOYER OPPORTUNITIES TO PROMOTE PARENTS' MENTAL HEALTH

Hear from Dr. Nance Roy, JED's Chief Clinical Officer, about strategies that employers can implement to support parents in their workforce, and from employer representatives and parents in the workforce about what works to foster wellbeing.

Tuesday, November 9, 3:00PM-4:00PM

PROMOTING YOUR MENTAL HEALTH AS A PARENT

Hear from Dr. Suzanne Button, JED's Senior Clinical Director for High School Programming, about strategies and resources that parents can employ to address stress, and directly from parents about how to stay emotionally well while balancing parenting responsibilities.

Tuesday, November 16, 4:00PM-5:00PM

SUPPORTING YOUR TEEN'S MENTAL HEALTH

Hear from JED's Director of High School Programming, Dr. Wenimo Okoya, about strategies and resources that parents can employ to promote their teens' emotional wellbeing, and from teens who will share their experiences and tips firsthand.



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