

#### Get Started

Thank you for your interest in applying for the 2024 Carolyn C. Mattingly Award for Mental Health in the Workplace. This application contains multiple sections. You can save your work at any time by clicking "Next" to ensure your current entries are recorded and then closing the page or tab. You can return later to complete it from the same computer or device.

To submit an application, you must complete each of the following sections:

- Organization information
- Contact information
- Endorsement of required workplace programs and policies
- Checklist of additional workplace practices
- Short essays
  - Organization Description and Executive Summary
  - Cultural Elements
  - Mental Health Benefits
  - Employer Sponsored Mental Health Resources
  - Workplace Policies and Practices
  - Healthy Work Environment
  - Leadership Support
  - Outcomes
  - Innovative Approaches
- File upload of your most recent employee survey results

Complete applications including employee survey results must be submitted by Friday, May 31, 2024.

Tip: You can preview and download a PDF copy of the application <u>here</u> to help you prepare your responses in advance of completing the online application.

Note: Finalists will be asked to complete a Disclosure Form to describe any relevant employment-related issues or complaints that have occurred within the previous 18-months that could reflect negatively on the reputation of the organization or award program (e.g., lawsuits, strikes, public complaints by employees). All information provided in the disclosure shall be kept confidential and referred to only as necessary to make a determination in conjunction with the award.

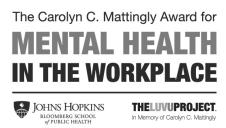
Once we have selected our award winners and honorable mention recipients, we will notify you about whether your organization was selected for recognition and provide you with feedback about your application.

If you have questions about the process, please email Ron Goetzel ( <a href="mailto:rgoetze1@jhu.edu">rgoetze1@jhu.edu</a> ) or Enid Chung Roemer ( <a href="mailto:eroemer1@jhu.edu">eroemer1@jhu.edu</a> ).	



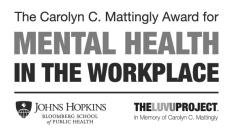
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# Organization Information Organization Name Industry Number of Employees Location (state/territory) Website



# Applicant Information

Primary Contact In	nformation
Name	
Title or Position	
Address	
Address 2	
City/Town	
State/Territory	
ZIP/Postal Code	
Email Address	
Phone Number	
Secondary Contact	Information
Name	
Title or Position	
Address	
Address 2	
City/Town	
State/Territory	
ZIP/Postal Code	
Email Address	
Phone Number	
How did you hear	about the Carolyn C. Mattingly Award for Mental Health in the Workplace?



# Required Workplace Practices

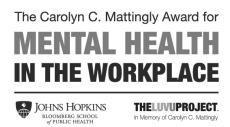
box, all-hands meetings)

To be considered for the Carolyn C. Mattingly Award for Mental Health in the Workplace, your organization must have ALL of the following workplace practices.

Please certify that each of the following programs and policies has been in place in your

organization for at least a year.	
	ce with Federal Mental Health Parity regulations
Employee Assistance Program (EAP) or equivalent	
Educational seminars on mental health topics	
Physical activity programs (e.g., exercise classes, exercise facilities, discounts to offsite fitness centers)	e breaks during the workday, onsite fitness
Stress management training and resources	
Leader participation in healthy workplace activities	
Programs/policies to prevent workplace violence	
Programs/policies to prevent sexual harassment	
Programs/policies to prevent discrimination	
Adequate time off (e.g., PTO, flexible time off, vacation da	ys, sick days, leave options)

Mechanisms that allow employees to provide feedback to management (e.g., employee surveys, suggestion



# Additional Workplace Practices

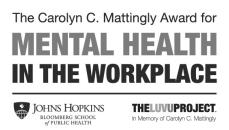
Please indicate the degree to which your organization has implemented the following programs and policies.

Work-Life Support

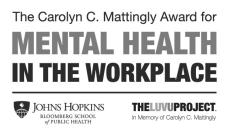
		Como omulousos hous	Most omplesses house	All amendances have
	Not currently in place	access	Most employees have access	All employees have access
Flexible work options (e.g., telecommuting, job sharing, flextime, compressed hours)	$\circ$	$\circ$	0	0
Childcare/eldercare resources				
Paid leave (e.g., maternity, paternity, adoption)	0	0	$\circ$	0
Comp time	$\bigcirc$	$\bigcirc$		$\bigcirc$
Phased transitions (e.g., return to work,	$\circ$	$\circ$	$\bigcirc$	$\bigcirc$
retirement)				
Training and Deve	opment			
	opment  Not currently in place	Some employees have access	Most employees have access	All employees have access
	Not currently in			
Training and Deve	Not currently in place			
Training and Deve	Not currently in place			
Training and Devel Skills training Tuition reimbursement Career planning	Not currently in place  out			
Training and Devel Skills training Tuition reimbursement Career planning resources Opportunities for	Not currently in place  ont  on			

Health and Safety				
	Not currently in place	Some employees have access	Most employees have access	All employees have access
Educational seminars on health and safety topics	0	$\circ$	$\circ$	$\circ$
Tobacco-free workplace				
Healthy food options available (e.g., at meetings, in vending machines, in cafeteria)	0	0		
Disease Management programs	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Weight management/nutrition programs			$\circ$	$\bigcirc$
Health Risk Assessment or screenings			$\bigcirc$	$\bigcirc$
Onsite safety or ergonomic assessments			$\circ$	$\bigcirc$
Onsite health/wellness center	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Health benefits extended to family members/domestic partners	0	0	$\circ$	$\circ$
Intranet page or website for employee health and well-being resources	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$

Reward and Reco				
	Not currently in place	Some employees have access	Most employees have access	All employees have access
Adequate pay (i.e., a living wage that is competitive within thindustry)	ne	$\circ$	0	0
Pay raises and/or bonuses based on performance	$\bigcirc$		$\bigcirc$	$\bigcirc$
Employee awards				
Recognition ceremon	nies	$\bigcirc$	$\bigcirc$	$\bigcirc$
Positive reinforcement/gratity from supervisors	ade		$\circ$	$\bigcirc$
Peer recognition program	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Employee				
accomplishments highlighted in communications	0		O	
highlighted in		ome employees have access	Most employees have access	All employees have access
highlighted in communications	So			All employees have access
highlighted in communications  Opportunities for Employee committees or	So			
highlighted in communications  Opportunities for Employee committees or workgroups  Self-managed work	So			
highlighted in communications  Opportunities for Employee committees or workgroups  Self-managed work teams  Participative problem solving/decision	So			

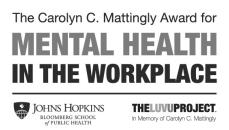


Please provide responses to all nine (9) sections in the short essay portion of this application. Descriptions can be in narrative or bulleted form. Many sections request descriptions about multiple points or areas of intervention. All areas should be addressed, even if to note that a particular area does not apply to your program (for example, the intervention is not part of your program offerings; initiative is in planning phase but not yet rolled out; data not available). Where applicable, please include a description of actions taken to address mental health disparities at your worksite(s) in terms of program use, health risks targeted, and difficulties in achieving your outcomes. Disparities may exist in terms of race, ethnicity, cultural background, gender, education, job type (salary vs. non-salary), job placement (office vs. factory vs. field), age, work location (headquarters vs. remote offices), or shift schedule.



ORGANIZATION DESCRIPTION AND EXECUTIVE SUMMARY: Describe your organization and how it strives to advance the mental health of its workforce overall. Please include each of the following areas:

<b>General description of the organization.</b> This may include products and services, target markets, geographic location, and size expressed in terms of annual revenues.
[250 words maximum]
<b>Description of your employee population.</b> This may include the number of full time and part time workers, geographic distribution, and basic demographic information (e.g., age, gender, educational background, racial/ethnic/cultural composition), and any special challenges reaching or engaging employees.
[250 words maximum]
A succinct overview of your organization's workplace mental health efforts, including
goals, individual-and organizational-level strategies, key mental health benefits and
resources, innovative approaches, and notable outcomes.  [350 words maximum]

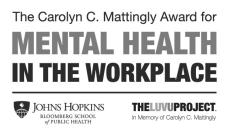


**CULTURAL ELEMENTS:** Please describe how your organization's culture supports the mental health of employees and addresses potential mental health disparities (i.e., differences in outcomes that vary by characteristics such as race or ethnicity, age, gender, sex, sexual orientation or gender identity, disability, socioeconomic status, geographic location, full-time vs. part-time, and job type or level within the organization).

Be sure to address the following four topics on how your organization both formally and informally:

- Promotes norms and shared values that support workforce mental health
- Encourages peer support
- Creates a positive work environment
- Addresses mental health disparities

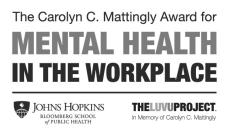
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**EMPLOYER-SPONSORED MENTAL HEALTH RESOURCES:** Please describe the mental health resources your organization has in place for employees in each of the following three areas:

- Employee Assistance Program (or equivalent) please include details about the resources offered that addresses the needs of a diverse workforce population (for example, counseling sessions, informational resources, support for supervisors, financial/legal/life management services), who has access to the resources (for example, employees, spouses, child dependents, domestic partners), and how optimal utilization of the EAP is encouraged.
- **Mental health training offered to employees** please describe the training offered to employees and the related goals, content, and audience(s) (for example, increasing awareness, improving mental health literacy, promoting supportive behaviors to peers, encouraging employees to ask for help/access resources, reducing stigma).
- Stress management practices please include information about 1) stress management training and resources for employees, 2) efforts to address organizational issues that create stress, and 3) reduction of physical and psychosocial stressors in the work environment.

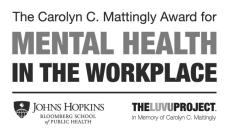
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**MENTAL HEALTH BENEFITS:** Please describe the mental health benefits your organization provides, beyond those described above – include details about each of the following four topics:

- Covered services
- Cost-sharing (for example, employee portion of premiums, copayments, and deductibles)
- Service limits (for example, number of outpatient sessions covered, annual/lifetime spending caps, prescription tiers/formularies, other limits based on diagnoses or medical necessity)
- Access to providers (for example, size and descriptions of provider networks, typical wait time for appointments, percentage of population seeking care with out-of-network providers)

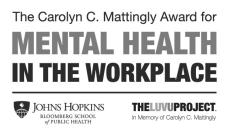
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**WORKPLACE POLICIES AND PRACTICES:** Please describe the policies and practices, including escalation procedures, your organization has in place that actively support mental well-being of your employees, help to identify, manage, and mitigate risks, provide assistance to people who experience workplace mistreatment, and promote a healthy organization in each of the following areas:

- Sexual harassment
- Safety/ergonomics
- · Racism and discrimination
- Workplace violence
- Bullying/incivility
- Diversity, Equity, and Inclusion
- Mental health disability, return-to-work plans, and accommodations

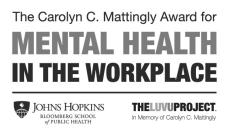
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**HEALTHY WORK ENVIRONMENT:** Please describe environmental supports your organization has in place that promote employee mental health in each of the following three areas:

- **Opportunities to mentally recharge** (for example, offering quiet room/space for meditation or rest, promoting effective use of breaks and time off)
- Opportunities for social connectedness and inclusion (for example, company social gatherings, sports clubs, employee support/resource/interest groups, volunteer opportunities)
- Supporting positive health behaviors and self-care (for example, healthy food options in cafes/vending machines, onsite fitness facilities, encouraging use of stairs)

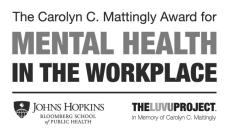
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**LEADERSHIP SUPPORT:** Please describe leadership and supervisor efforts in your organization that are supportive of employee mental health. Please include each of the following four areas:

- **Providing management-specific training** in 1) effective/supportive supervision techniques that may include mental health awareness, sensitivity training, recognition of symptoms, how to engage/support employees, and building resilience; and 2) crisis management for mental health-related situations (for example, establishing protocols for dealing with the aftermath of events such as suicides, violence in the workplace).
- Modeling healthy behaviors (for example, senior leaders and managers actively
  participating in workplace programs and activities related to mental health, including
  mental health topics when communicating about employee well-being, working to
  promote acceptance and reduce stigma, and creating an environment open to, and
  supportive of, mental and emotional well-being).
- Utilizing effective and supportive management tools and techniques (for example, providing effective performance feedback, reducing/eliminating abusive supervision practices, managing conflict effectively, tapping into organizational resources, such as manager support and training from EAP or HR, and assessing/holding managers accountable for developing and demonstrating these competencies).
- Managing work- and job-related factors that can affect mental health (for example, providing employees with sufficient autonomy and control over their work, monitoring and addressing issues such as overwork, an overabundance of boring, unchallenging, or repetitive tasks, unpredictable schedules, role conflict, and unclear expectations).

[1,000 words maximum]						

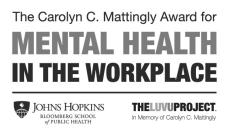


[1 000 words maximum]

**OUTCOMES:** Please describe any evaluations and related outcomes that demonstrate the impact your organization's mental health efforts have had in the categories mentioned. For each, include any efforts to measure mental health disparities that may exist in your employee population. Please provide supporting data, including details about measures used, sampling methodology, sample size, population size, and rating scales/response options, as appropriate. If available, please provide trend data for three or more years for each of the four categories. **All areas should be addressed, even if to note that a particular area does not apply to your program (e.g., data were not collected or available).** 

- **Engagement** (for example, increased awareness, participation, and satisfaction with mental health programs)
- **Mental health and well-being outcomes** (for example, fewer absences due to mental health issues and crisis incidences, lower incidences of substance use/abuse, improved sleep, and level of self-reported mental health)
- **Reduction of stigma related to mental health** (for example, increased self-reported comfort level, trust in sharing about mental health issues with peers/managers)
- **Other outcomes** (for example, increased job satisfaction, morale, perception of a culture of mental health and support from management)

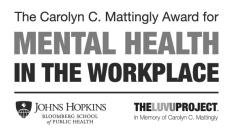
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**INNOVATIVE APPROACHES:** Please describe any innovative approaches, programs, or services your organization has used that have enhanced employee mental health outcomes (for example, use of technology, removal of barriers, making resources easily available, accessible, affordable, or free, creative communication strategies).

These may also include any community-based supports focused on social determinants of health (e.g., food insecurity, housing, transportation) that can contribute to employee mental health and well-being more broadly.

[500 words maximum]							



#### **Employee Survey Results**

Please provide employee survey data that reflect meaningful mental health issues and results for your organization. Be sure to include details including when employees were surveyed, sample size, population size, actual items used, and rating scales/response options. Extra points are gained for trend data (i.e., changes over time). Please provide the full report - not just selected questions and answers that only reflect positive results.

#### For example, your survey may address any of the following areas:

- Employee satisfaction with mental health insurance benefits provided through the organization's health plan
- Employee satisfaction with mental health resources provided by the organization
- Employee stress levels
- The degree to which employees feel recognized, valued, and appreciated
- Employee satisfaction with the degree of involvement, autonomy, or control they have at work
- Employee satisfaction with the organization's flexible work arrangements and telecommuting practices
- Employee satisfaction with the organization's health and wellness practices
- Employee satisfaction with the organization's training and development practices
- The quality of employee relationships with their supervisors
- · Overall job satisfaction, motivation, or engagement

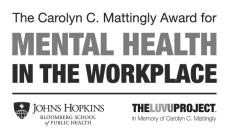
Upload your most recent employee survey results here.

Please submit a single file (10 pages or less) in PDF, DOC, or DOCX format. The maximum file size is 16MB.

Choose File

Choose File

No file chosen



# **Submit Application**

Click "Done" to submit your completed application. *Note: Once submitted, you will not be able to make any further changes to your application.*