

Resiliency Day & Lessons Learned

Featuring County Leadership:

- **Tara Jackson, Chief Administrative Officer**
- **Shawn Y. Stokes, OHRM Director**

May 4, 2022

About Resiliency Day

- May is Mental Health Awareness month. As **Behavioral Health** is one of Level Up's 5 dimensions, we continue to encourage employees to nurture their mental and emotional well-being.
- We recognize the levels of **stress, anxiety, uncertainty, grief and other emotional impacts** the pandemic continues to affect the workforce. We have an obligation to support and ensure that our employees feel seen and heard.
- Level Up will dedicate **Wednesday, May 4, 2022**, to recognize and promote **Resiliency Day**, which is a new initiative for the employee wellness program that will feature various activities that showcase challenges, triumphs and the ever-changing journey of mental health.
 - **Coffee & Chat** – a live 30-minute discussion of the Employee Wellness Program and its upcoming initiatives and activities.
 - **Webinars** – a series of live and recorded webinars focused on mental and well-being resiliency, tai chi, breathing exercises, and more.
 - **Lessons Learned** – promotes mental well-being and focuses on stories of success, loss, perseverance, leadership, and teamwork.

Program for Resiliency Day

Webinar Topic	Time
Coffee & Chat Hosted by Level Up Employee Wellness Team	9:00 a.m. – 9:30 a.m.
HeartMath Seminar INOVA Well ~ EAP	10:00 a.m. – 10:30 a.m.
Lessons Learned Hosted by Shawn Y. Stokes, OHRM Director and featuring Prince George's County Leaders	11:00 a.m. – 12:00 p.m.
Tai Chi Class INOVA Well ~ EAP	2:00 p.m. – 3:00 p.m.
Resiliency Webinar Wellness Concepts	4:00 p.m. – 5:00 p.m.



**Recorded webinars geared toward mental health will be available throughout the day for all employees to explore from our partners at Cigna and Kaiser Permanente.*

Resiliency Day:

Lessons Learned – Pivoting in the Pandemic

- One of the major events that will occur on this day is *Lessons Learned*. This virtual event will feature a roundtable discussion led by OHRM Director, Shawn Y. Stokes, and will include County leadership.
- This roundtable discussion is an opportunity for County leadership to discuss how the County transitioned operations in March 2020, at the start of the COVID-19 pandemic. This will provide employees with insight into how the County continued operations, the challenges that were faced and overcome, and the moments that we struggled to pivot and change directions.
- Level Up launched Lessons Learned in [November 2021](#). It is a virtual event that promotes mental well-being and focuses on stories of success, loss, perseverance, leadership, and teamwork. This initiative is a unique opportunity to explore stories that inspire, encourage, and motivate the County's workforce.

Lessons Learned – Pivoting in the Pandemic

The discussion will be led by Shawn Y. Stokes, OHRM Director, and feature questions submitted by employees to spark dialogue in the following topics:

- **Services & Operations**
Temporary service disruptions | New service delivery methods
- **Telework**
New program and policy | Training | Impact on workforce
- **Communication**
Employee Updates | Websites | Importance on morale
- **Health & Safety**
PPE | Employee testing | Onsite testing clinics | Vaccines



Questions

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