



Foundation 2
Crisis Services



WORKPLACE SPOTLIGHT

WHY IT MATTERS

When an employer supports employee mental health, overall outcomes are greatly improved, including employee morale, staff turnover and productivity. Companies that invest in mental health programs see a 4x return on investment due to reduced absenteeism, increased productivity and lower healthcare costs¹.

Supporting workplace wellness can provide benefits including:

- **Increased retention:** A mentally healthy workplace can improve employee retention by up to 60%².
- **Employee satisfaction:** 86% of employees say it's important that a company culture supports mental health; 80% would consider leaving their current job for one that does³.
- **Increased productivity:** 81% of companies with mental health support programs report increased employee productivity and engagement⁴.

Additionally, 81% of employees say that how employers support mental health will be an important factor when they look for future work opportunities⁵.

We're proud to be part of building healthier communities where residents can thrive. We invite you to join us in supporting workplaces to build a safer, healthier future.

1. Deloitte, 2022. 2. American Psychiatric Association Foundation, 2023. 3. APA, 2023. 4. Mental Health America, 2023. 5. Mind Share Partners, 2023.

INTERESTED IN GETTING STARTED?

It's easy to get connected with workplace wellness training. Our training team is ready to help you select the option that best fits your needs - or tailor one to fit what you're looking for!

You can learn more about these trainings, and others, on our website at foundation2.org/cores or by using the QR code below.



Workplace Wellness



foundation2.org

Access mental health support at 319-362-2174 or 988.

Help is available 24 hours a day, 365 days a year.



We offer a variety of trainings for the workplace and professional groups. All trainings are designed to support individual and group mental wellness to build healthier, safer communities.

WORKPLACE WELLNESS

Crisis Intervention & De-Escalation

Gain practical skills to recognize, respond to and safely de-escalate individuals experiencing a crisis.

- 🕒 Format: 3 hours
- 💰 Cost*: \$350

Empowering Conversations in the Workplace

Learn to enhance an individual's motivation to change by helping them explore and resolve ambivalence about behavior change.

- 🕒 Format: 90 minutes
- 💰 Cost*: \$250

Mastering the Stress Cycle - Practical Strategies for Wellness

Understand the stress cycle to help break the cycle of chronic stress and develop healthier coping mechanisms.

- 🕒 Format: 90 minutes
- 💰 Cost*: \$250

Understanding Mental Health Crises & Suicide Intervention

Build awareness, confidence and skills to effectively recognize, respond to and support individuals experiencing a mental health crisis or suicidal distress.

- 🕒 Format: 60 minutes
- 💰 Cost*: \$100

Foundation 2 Crisis Services Basics

Learn about Foundation 2 Crisis Services' mission, impact and services. This session will detail each program and explain how to access these supports.

- 🕒 Format: 1 hour
- 💰 Cost: No cost

Lunch & Learns

Choose from a menu of topics about mental wellness or suicide prevention. Individualized mental wellness trainings are also available for Lunch & Learns.

- 🕒 Format: 1 hour
- 💰 Cost*: \$100. Additional fees apply for individualized Lunch & Learns

LEARNING FOR LEADERS

These trainings are tailored to help business leaders understand, support and promote mental health care in the workplace with confidence and compassion.

Mental Health Strategies and Resources for Business Leaders

Receive tailored guidance and support to lay the foundation for a mentally well workforce.

- 🕒 Format: 90 minutes
- 💰 Cost*: \$250

Authentic & Empathetic Leadership

Learn about the benefits of leaders showing up authentically and empathetically, including appropriate disclosure of their own issues.

- 🕒 Format: 90 minutes
- 💰 Cost*: \$250

Leadership Through Crisis

Gain practical strategies to navigate the pressures of crisis situations including self-care practices, stress management tools, and ways to create psychological safety for team members.

- 🕒 Format: 90 minutes
- 💰 Cost*: \$250

CRISIS & SUICIDE PREVENTION

These in-depth trainings equip workplaces with the skills and confidence to prevent or de-escalate a mental health-related crisis.

ASIST

Learn how to recognize when someone may be contemplating suicide, and how to intervene and develop a plan to keep them safe. Suitable for ages 16+.

- 🕒 Format: 2 consecutive days, 8 hours each
- 💰 Cost*: Estimate of \$150 per person

safeTALK

Become more alert to someone thinking of suicide and learn how to connect them with further help.

- 🕒 Format: 3-4 hours
- 💰 Cost: \$300 trainer time plus \$70 per person (includes materials)

MANDT

Learn to prevent, de-escalate and intervene in behavioral interactions that could become aggressive.

- 🕒 Format: 2 consecutive days, 8 hours each
- 💰 Cost*: \$195 per person

CRISIS RESPONSE & SUPPORT

These services provide customized, evidence-based support employers and employees following a traumatic event. Services are tailored based on employer needs.

Group Processing

Group processing is a facilitated conversation that helps individuals reflect on a shared incident, repair harm and rebuild trust through open, respectful dialogue.

- 🕒 Format: 1 hour
- 💰 Cost: \$150

Communication Support & Planning

Guidance on crisis communication including emails, content for internal communications, appropriate language, and confidentiality.

- 🕒 Format: As needed
- 💰 Cost: \$150 per hour

HR Consultation

Access specifically tailored consultation depending on need and situation. Consultation includes assessing and mitigating organizational risk, response to the employee/situation and next steps.

- 🕒 Format: As needed
- 💰 Cost: \$350 per hour

Learn more on our website at foundation2.org/cores



"UFG's partnership with Foundation 2 Crisis Services has positively impacted the lives of our employees. We have utilized on-site crisis response counseling, provided suicide prevention and stress management trainings, and hosted crisis response workshops with company leaders. Our employees know Foundation 2 Crisis Services by name, and they know what to do when they are struggling because of the close relationship we have. I'm so grateful to provide this to our teams."

- Lindsay Olson
Manager of Corporate Wellness
United Fire Group Human Resources

*Does not include materials, travel, space rental or food unless noted. Additional fees may apply.