WORKING WELL:
INNOVATIVE STRATEGIES FOR
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COMMUNITY FORUM MORNING PLENARY

MORNING BREAKOUT SESSIONS

AFTERNOON BREAKOUT SESSIONS

COMMUNITY FORUM AFTERNOON PLENARY

SPOTLIGHT SERIES

CALL TO ACTION

GIVE

DON’T DENY ME

THE KENNEDY FORUM ACCOMPLISHMENTS

EXPLORE

MENTAL HEALTH FOR US

LEADERSHIP COUNCIL

GRATITUDE

NOTES

DEAR FRIENDS,

In 1909, famed architect Daniel Burnham stated, “Make no little plans, they have no magic to stir men’s blood and probably themselves will not be realized.” Today, The Kennedy Forum invites you to join us as we make BIG plans to build a world without discrimination towards those who live with mental health and substance use disorders while ensuring that access to the best care is possible for ALL in need.

President Kennedy set forth his own bold vision for mental health in America when he signed the Community Mental Health Act of 1963, stating that people with mental illness or intellectual disabilities “need no longer be alien to our affections or beyond the help of our communities.” The Kennedy Forum — over 55 years later — is working to fulfill that vision. In each of our previous Annual Meetings, we have focused on areas relating to mental health and substance use disorder that deserve deeper exploration, including children, veterans, and mental health justice. At this year’s Fifth Annual Meeting, we are excited to explore mental health in the workplace.

Most Americans spend a majority of their adult life at work, providing for their families, creating value for their employers, and contributing to our nation’s economy. And data show that a significant fraction of the workforce is currently struggling with — or at some point in their lives will struggle with — a mental health or substance use disorder. However, as a country, we largely ignore workplace mental health — at enormous cost. Each year, mental illness and substance use disorder cost employers $80 to 100 billion. For organizations willing to invest in creating a mentally healthy workplace, the potential benefits are enormous — both to their bottom lines and their employees’ quality of life.

With determination and innovation, we must continue to dream big and tackle complex challenges. We hope you will walk away inspired to make no little plans for your workplace. We hope employers will commit to transforming work culture to bring mental health and substance use out of the shadows and create supportive environments that both prevent and help mend these common afflictions. Together, we can make having a mentally healthy workplace the economic and humanitarian imperative that it is.

Onward,

Patrick J. Kennedy

Founder

Peter O’Brien

Founder, Illinois Leadership Council
EXPERIENCING SYMPTOMS OF NEGATIVE MENTAL HEALTH AT WORK IS THE NORM, NOT THE EXCEPTION.

60% experienced symptoms of a mental health condition in the past year. Symptoms were equally prevalent across levels of seniority.

Work and mental health are inextricably linked. 61% said that their productivity was affected by their mental health. 37% said that their work environment contributed to their symptoms.

Companies need to support mental health to retain and attract talent. Employees left past roles for their mental health. Employees want resources to support their mental health at work.

- 20% of all respondents
- 50% of millennials
- 75% of Gen Z-ers

86% said it’s important to them that a company’s culture supports mental health.

Mind Share Partners’ 2019 Mental Health at Work Report surveyed 1,500 individuals via an online survey from March to April 2019 through Qualtrics’ panel of survey respondents. All respondents were at least 16 years of age, employed in a full-time position at a company with at least 11 employees, and resided in the U.S. at the time of survey completion. All findings were statistically significant at a 95% confidence level.

FACTS

“Make no little plans; they have no magic to stir men’s blood and probably will themselves not be realized. Make big plans; aim high in hope and work, remembering that a noble, logical diagram once recorded will never die.”

— Daniel Hudson Burnham
Workers with substance use disorders miss nearly 50% more work days than their peers — up to six weeks annually — and absenteeism leads to losses in productivity. National Safety Council

Mental illness and substance use disorders annually cost employers $80 – $100 billion in indirect costs. Additionally, the U.S. spends an estimated $201 billion on mental illness, including anxiety, depression, and stress, making it among the costliest health conditions in the country. Journal of Clinical Psychiatry, 2015

The opioid and addiction epidemic is costing employers upwards of $78.5 billion a year in the form of healthcare, lost earnings, and employment. Med Care. 2016;54(10):901-906

For 75% of adults, the onset of mental health disorders occurs before age 24.

Most employers share a fiduciary responsibility to make sure their employees have equal access to mental health and addiction care. They have the power to investigate, ask questions, and send a clear message to the insurance companies they do business with that discriminatory practices won’t be tolerated.”

— Patrick J. Kennedy
PLEASE VISIT OUR PARTNERS EXHIBITING IN GAR HALL TO ACCESS RESOURCES THAT ARE USED TO CREATE MENTALLY HEALTHY WORK PLACES AND COMMUNITIES.

SPEAKER BIOS
For full speaker bios, please visit the event webpage at bit.ly/KFWW2019.

BREAKS & TRANSITIONS are speedy!
We have a tight schedule, so please note start times and try to arrive on time as to not interrupt the discussions.

BOOKSTORE AND BOOK SIGNINGS
Indicates a speaker will be signing their book at the bookstore located in GAR Hall during lunch. The schedule of live signings is posted outside of the bookstore.

CHARGING STATIONS
There are complimentary phone charging stations located in the foyer outside of GAR Hall.

LIVE STREAM
All Community Forum Plenaries will be livestreamed at https://thekennedyforum.org/livestream. Please share with your friends and colleagues who were not able to join us today via social media or a text.

PRACTICE SELF CARE TODAY
We, too, must be sure to attend to our own self-care. Often, we become focused on caring for others while we neglect our own well-being in the process. In the spirit of workplace wellness, we built in a sizable lunch break so that you can take some time to breathe and disconnect by taking advantage of your surroundings.

WELLNESS ROOM
Haymarket Center has generously sponsored the Wellness Space located in GAR Hall for individuals to have mind space. Please feel free to take advantage of this room throughout the day.

SOCIAL MEDIA LINKS
#WorkingWell
#KennedyForum2019
Facebook: @KennedyForum
@KennedyForumIllinois
Instagram: @KennedyForum
Twitter: @KennedyForum

DONATE
Help us fight stigma, raise awareness and connect people to services. The Kennedy Forum is working with partners to train community stakeholders on Chicago’s South Side in Mental Health First Aid and Mental Health Awareness. Please help us reach more people with a donation today. You can donate at www.thekennedyforum.org/donate

EXHIBITS
Please visit our partners exhibiting in GAR Hall to access resources that are used to create mentally healthy work places and communities.

HELPFUL INFORMATION

FOR EVERY $1 INVESTED INTO SCALED UP TREATMENT FOR COMMON MENTAL DISORDERS, THERE IS A RETURN OF $4 IN IMPROVED HEALTH AND PRODUCTIVITY.

DONATE
Help us fight stigma, raise awareness and connect people to services. The Kennedy Forum is working with partners to train community stakeholders on Chicago’s South Side in Mental Health First Aid and Mental Health Awareness. Please help us reach more people with a donation today. You can donate at www.thekennedyforum.org/donate

HELPFUL INFORMATION

For every $1 invested into scaled up treatment for common mental disorders, there is a return of $4 in improved health and productivity.

Tuesday, June 11, 2019
Daytime

Workplace Wellness at Chicago Cultural Center

Morning Plenary ......................................................... 8:30 am - 10:15 am
Morning Breakouts ................................................. 10:30 am - 11:30 am
Lunch & Networking ............................................. 11:45 am - 1:00 pm
Afternoon Breakouts .............................................. 1:15 pm - 2:15 pm
Afternoon Plenary & Call to Action .......................... 2:30 pm - 4:00 pm

Evening

Spotlight Series at the Harris Theater for Music & Dance

VIP Reception .......................................................... 4:30 pm
General Reception .................................................... 5:00 pm
Spotlight Program ................................................... 6:30 pm

“Address mental health and we’ll address our criminal justice issues, we’ll address a lot of our health-care issues, we’ll address a lot of our education issues, and we’ll address a lot of our economic issues. The ripple effect of doing the right thing in mental health is enormous.”

— Patrick J. Kennedy
Addressing employee mental health and well-being is increasingly a top priority for business leaders. Amid complex policy shifts, widening gaps in coverage, and rising rates of overdoses and suicides nationwide, taking a proactive approach to caring for the body, the mind, and the spirit benefits everyone. Stress, burnout, addiction, and depression ultimately cost employers billions in productivity and health care related expenses. It’s time to take a human-centered approach to work culture and to prioritize thriving over surviving.

As today’s top talent demands better access to mental health care and innovative strategies to address well-being, executives must reframe workplace culture and showcase tangible solutions. Given their collective purchasing power, business leaders are in a unique position to drive systemic change. This year, The Kennedy Forum convenes advocates, employers, HR professionals, labor leaders, and others to shine a spotlight on workplace well-being, and, in turn, creates a better health care system for all.

“The problems of the world cannot possibly be solved by skeptics or cynics whose horizons are limited by the obvious realities. We need men who can dream of things that never were.” — John F. Kennedy

COMMUNITY FORUM

WORKING WELL:
INNOVATIVE STRATEGIES 
FOR WORKPLACE 
WELL-BEING

Tuesday, June 11, 2019
Chicago Cultural Center

GAR HALL OPENS AND BREAKFAST
8:00 am

WELCOME AND INVOCATION
8:30 am

Patrick J. Kennedy, Former U.S. Representative (D-RI); Founder, The Kennedy Forum; Founder, Don’t Deny Me.org
Peter O’Brien, Chairman, The Kennedy Forum Illinois
Pastor Christopher T. Harris Sr., Senior Pastor, Bright Star Church of God in Christ; CEO, Bright Star Community Outreach, Inc.; CEO, The TURN Center
Mayor Lori Lightfoot, Mayor, City of Chicago

BREAKING THE SILENCE FROM 9-5: BEST PRACTICES FOR MENTAL HEALTH AND SUBSTANCE USE DISORDERS IN THE WORKPLACE
9:00 am

According to the National Institute of Mental Health (NIMH), 7.9 million adults in the U.S. live with both a mental health and substance use disorder. For too long, our work culture has expected employees to create a rigid division between personal and professional life. In this session, top researchers and policy experts challenge that tired notion and share its moral and fiscal implications. Panelists will discuss best practices for how mental health and substance use disorders impact company culture, health care costs, productivity, the bottom line, and much more.

Kate Snow, (Moderator) Senior National Correspondent, NBC News; Anchor, NBC Nightly News, Weekend Edition
Christopher Swift, Chairman & CEO, The Hartford
Kelly Nantel, Vice President, Communications & Advocacy, National Safety Council
Dr. Mark Friedlander, Chief Medical Officer, Aetna
Garen Staglin, Co-Founder & Board Chairman, One Mind

THRIVE: MENTAL HEALTH TREATMENT FOR EVERYONE
9:55 am

Chirlane McCray, First Lady, New York City

BREAK AND TRANSITION TO BREAKOUT SESSIONS
10:15 am
HUMAN-CENTERED HR: FIGHTING STIGMA TO CREATE A SUPPORTIVE WORK ENVIRONMENT FOR ALL
5th Floor Washington Room
A healthy workforce yields happier, more engaged and productive employees. As we begin to understand the human and fiscal costs of neglecting mental health in the workplace, forward-thinking leaders across industries are looking to promote mental well-being as a key strategy in hiring and retaining top talent.

This session will examine ways to supplement traditional benefits packages, human resource policies, and wellness initiatives.

• Darcy Gruttadaro, Director, Center for Workplace Mental Health, American Psychiatric Association Foundation (moderator)
• Nilka Thomas, Vice President, Talent & Inclusion, Lyft
• James Boland, President, International Union of Bricklayers
• Lonnie Stephenson, International President, International Brotherhood of Electrical Workers

BRIDGING THE GAP: A POLICY-DRIVEN, SMART BUSINESS APPROACH TO HEALTH INSURANCE AND EMPLOYEE ASSISTANCE PROGRAMS
Claudia Cassidy Theater
As the health insurance industry continues to grapple with complex health insurance plan structures, out-of-pocket requirements often shift the burden of high cost treatments to patients and their families. As large purchasers, business leaders can leverage their collective power to impact change in health care policy and the system at-large. As employers, they can be proactive in implementing programs that ensure parity accreditation and supplement traditional health insurance plans. Learn about innovative solutions to promote mental wellness, add value for employees, and increase productivity and retention.

• Dr. Kate Wolin, CEO, Coeus Health (moderator)
• Dr. Mark Jones, General Director, Health & Medical Services, Union Pacific Railroad
• Nicole Thurman, Vice President, Talent Management, CHG Healthcare
• Gary Cohen, President & CEO, Employee Resource Systems
• Michael Thompson, President & CEO, National Alliance of Healthcare Purchaser Coalitions

FIRST RESPONDERS: TRAUMA-INFORMED APPROACHES TO SERVING THOSE WHO SERVE
Main Stage: Preston Bradley Hall
Due to high-stakes responsibilities and unpredictable work environments, some industries are more vulnerable to trauma. First responders, military personnel, and those facing high-stress situations should be afforded robust support prior to and following a traumatic experience. Hear from brave leaders and explore innovative and compassionate tools for promoting “post-traumatic resilience.”

• Daniel DeGryse, Director, Rosecrance Florian Program; Battalion Chief, Chicago Fire Department (moderator)
• Leah Siedman, Paramedic, Mental Health Advocate
• Domingo Herraiz, Director of Programs, International Association of Chiefs of Police
• Cindy Lannon, Mental Health Activist

THE INSPIRED CLASSROOM: ADDRESSING THE SOCIAL-EMOTIONAL NEEDS OF OUR EDUCATORS
5th Floor Garland Room
According to research from the National Alliance on Mental Illness (NAMI), we know that 50 percent of all mental illness begins by age 14. We also know that students from low-income, urban communities are at higher risk of experiencing trauma in childhood — often with devastating consequences later in life. This alarming combination impacting school-aged children, we must prioritize the health and needs of those too often responsible for our children’s emotional support: teachers. This session will explore pioneering initiatives that promote healthy learning environments for all.

• Amy Kennedy, Education Director, The Kennedy Forum (moderator)
• Dr. Marc Brackett, Founding Director, Yale Center for Emotional Intelligence
• Laura Bay, Immediate Past President, National PTA
• Dr. Jared Scher, Clinical Psychologist, Founder, TecherCoach
"SHOULD I TELL MY BOSS?: BUILDING A COMPASSIONATE ENVIRONMENT AROUND EMPLOYEE MENTAL HEALTH

5th Floor Washington Room

Managing a mental health or substance use disorder can be challenging. Managing a mental health or substance use disorder at work — where one is frequently measured on success and productivity — can be overwhelming. Employers and managers can do better in supporting employees who come forward about mental health or substance use disorders. Research shows that it supports engagement, productivity, and overall employee well-being. Hear from mental health experts with lived experiences and engaged employers as they share best practices for supporting employees.

- Sonja Kellen, Director, Global Health & Wellness Benefits, Microsoft (moderator)
- Linea Johnson, Mental Health Advocate; Author, Perfect Chaos
- Rwenshaun Miller, Founder & Executive Director, Eustress Inc.
- Dr. Judy Grisel, Neuroscientist; Author, Never Enough

WALKING THE WALK: PRIORITIZING MENTAL HEALTH IN YOUR HIRING AND MANAGEMENT PROCESSES

5th Floor Garland Room

Talking about stigma surrounding mental illness is easy, but playing an active role in breaking down everyday barriers can be complex. What’s the best way to end mental health stigma in the workplace? Hire people living with mental health disorders and surround them with a supportive environment. We’ll talk about walking the walk of inclusion and diversity in your workplace while building a compassionate, safe culture for employees and prospective hires.

- Dr. Kelly Clark, Immediate Past President, American Society of Addiction Medicine (moderator)
- Dr. Jessica Clemons, Psychiatrist; Founder, @AskDrJess
- Dr. Nathaniel Demers, Vice President & Director of Programs, Grit Digital Health
- Aneela Idnani, Co-Founder, HabitAware
- David Quilleon, Senior Vice President, Global Mission, Best Buddies International

ACCESS FOR ALL: TECH’S ROLE IN INNOVATIVE SOLUTIONS TO SUPPORT EMPLOYEES

11:30 am BREAK AND MOVE TO LUNCH

1:15 pm AFTERNOON BREAKOUT SESSIONS

11:30 am

Mental Health and Substance Use Disorder (MH/SUD) Parity Compliance Update

Claudia Cassidy Theater

With the Federal Parity Law being adopted over 10 years ago, this interactive panel will address different strategies that health plans and benefit administrators are taking to comply with federal and state regulatory parity requirements. This session will focus on different stakeholder perspectives on how MH/SUD service use should be offered in an environment where parity enforcement activities are increasing. Learn about the emerging pressure points and business strategies to promote parity compliance.

- Elena Lynett, Senior Health Benefits Consultant, The Segal Group (moderator)
- Kevin Malone, Parity Accreditation Program Director, ClearHealth Quality Institute
- Todd Pearson, Legal Counsel, Aetna
- Colleen McIsaac, Chief, Division of Health Investigations, U.S. Department of Labor, Employee Benefit Administration (EBSA), Office of Enforcement

WORKING WELL: INNOVATIVE STRATEGIES FOR WORKPLACE WELL-BEING

COMMUNITY FORUM

TRILLION

In last productivity in the global economy per year due to depression and anxiety.
A WHOLE-PERSON APPROACH TO LEADERSHIP: HOW THE C-SUITE IS DRIVING THE GLOBAL CONVERSATION AROUND MENTAL HEALTH

In business, monumental change often happens from the top down. International labor leaders and CEOs from today’s most influential and trend-setting workplaces are leading the way when it comes to providing comprehensive benefits that address the whole person. Join them for a powerful discussion on what it really means to disrupt workplace culture and prioritize the physical and emotional needs of your workforce.

- Kate Snow, Senior National Correspondent, NBC News
- Richard Trumka, President, AFL-CIO
- John Stroup, President & CEO, Belden Inc.
- Nika Thomas, Vice President of Talent & Inclusion, Lyft
- Sonja Keller, Director, Global Health & Wellness Benefits, Microsoft

"ALL IN": HOW ONE EMPLOYEE CAN INSPIRE ORGANIZATIONAL ACTION TO END THE OPIOID CRISIS

In the midst of an addiction crisis that claimed over 70,000 lives in 2017, Leidos, a Virginia-based S&P 500 company providing defense, aviation, information technology, and biomedical research, is leveraging its resources for those impacted by substance use disorder. Today, Leidos shares a profound personal story about how one employer can impact the lives of those struggling.

- Roger Krone, Chairman & CEO, Leidos
- John Hindman, Senior International & Public Affairs Advisor, Leidos

CALL TO ACTION: WHY THE WORKPLACE IS INTEGRAL IN IMPROVING OUR MENTAL HEALTH

- Patrick J. Kennedy, Former U.S. Representative (D-RI); Founder, The Kennedy Forum; Founder, DonDenyMe.org

CLOSING PERFORMANCE

- Jon Robert Byrne (JRB), Recording Artist, “Get Off The Phone”
Tuesday, June 11, 2019
Spotlight Series at the Harris Theater for Music & Dance | 205 East Randolph Street

4:30 pm
VIP RECEPTION/MEET-AND-GREET

5:00 pm - 6:15 pm
GENERAL RECEPTION

6:30 pm
WELCOME
• Peter O’Brien, Chairman, The Kennedy Forum Illinois
• Patrick J. Kennedy, Former U.S. Representative (D-RI); Founder, The Kennedy Forum; Founder, Don’tDenyMe.org

6:35 pm
THE POWER OF PARTNERSHIP
• Kate Snow, Senior National Correspondent, NBC News
• Chris Bro, Curator & Host, Next: A New Music Show

6:50 pm
PURO GINA: RE-WRITING THE MANUAL OF LIVING OUT YOUR DREAMS
• Kate Snow, Senior National Correspondent, NBC News
• Gina Rodriguez, Actress & Producer

7:10 pm
PERFORMANCE
• The Hiplet Ballerinas

7:15 pm
THE TRUE STORY OF DYING TEN TIMES TO LIVE
• Heather Armstrong, Author, The Valedictorian of Being Dead

7:35 pm
STRONGER BECAUSE OF IT: A ROCKER’S JOURNEY THROUGH LOSS, HEALING & SELF-LOVE
• Chris Bro, Curator & Host, Next: A New Music Show
• Elle King, Singer & Songwriter

7:50 pm
AIN’T NOBODY’S BABY: ELLE KING PERFORMS “BABY OUTLAW” LIVE
• Elle King, Singer & Songwriter

8:00 pm
A PERSONAL JOURNEY: REMARKS AND PERFORMANCE
• Judy Collins, Singer & Songwriter

8:15 pm
THANK YOU
• Kate Snow, Senior National Correspondent, NBC News
• Chris Bro, Curator & Host, Next: A New Music Show

Heather Armstrong: Author, The Valedictorian of Being Dead
Chris Bro: Radio Host
Judy Collins: Award-winning Singer & Songwriter
Elle King: Grammy-nominated Singer
Gina Rodriguez: Golden Globe Award-winning actress & producer
Kate Snow: Senior National Correspondent, NBC News

“When we are silent, we are resigned to powerlessness—and we are not powerless in this struggle. When we speak out, when we use our voices, we cannot be ignored.”
— Patrick J. Kennedy
MAKE ILLINOIS THE MENTALLY HEALTHIEST STATE IN THE UNION TO WORK

Join us at The Kennedy Forum to make Illinois the mentally healthiest place to work in the country—from the community to the corner office. The Kennedy Forum Illinois is seeking employers to partner with us to enact the change highlighted in today’s program. Our efforts are three-fold:

• To ensure that employers are receiving the highest quality benefits products (health insurance plans and employee assistance programs) for the money they invest, while adequately meeting the mental health and substance use needs of their workforce.

• To assist employers in building organizational culture that supports mental health and substance use disorders in policy and practice. There are excellent low- and no-cost turn-key programs that help employers.

• To train companies and their employees—from public facing employees to supervisors to C-Suite—in Mental Health First Aid. The training helps people identify signs and symptoms of mental health and substance use challenges and how to help someone in a mental health or substance use-related crisis. Mental Health First Aid teaches about recovery and resilience, and the belief that individuals experiencing these challenges can and do get better and use their strengths to stay well.

The Kennedy Forum Illinois wants to partner with you to affect change. Staff will provide technical assistance and access to national best practices to achieve these three points. There are no employers too small or too big to change a life. Please contact James Burns, Program Director, for more information at james@thekennedyforum.org.

Together with NAMI Chicago, Sertoma Centre, and other community partners, The Kennedy Forum is engaging hundreds of Chicagoans to improve crisis response for those with mental health and substance use challenges. In 2018, we trained 751 residents of Chicago’s south side in mental health awareness and Mental Health First Aid (MHFA), raised awareness about how to access a Crisis Intervention Team (CIT) trained police officer, and provided information about how to access community services.

HELP US IMPROVE CRISIS RESPONSE IN CHICAGO

Visit thekennedyforum.org/donate and make a donation today!

HELP US SUPPORT 1,000+ RESIDENTS OF CHICAGO’S SOUTH SIDE.

Your contribution will:
• Increase mental health literacy (knowledge of signs and symptoms of mental illness)
• Reduce stigmatizing attitudes/beliefs about mental illness
• Increase requests for CIT trained police officers in crisis situations
• Increase referrals to community behavioral health services
ANNUAL FORUM
The January 2018 Annual Meeting—“Bending Towards Justice: A Summit for Mental Health Equity”—was attended by over 800 individuals and generated 1.7 billion media impressions across the globe. This was driven, among other things, by the extensive media coverage of Michael Phelps and David Axelrod discussing Phelps’ mental health challenges and suicidal ideation during and after his swimming career.

SOUTH SIDE MENTAL HEALTH AWARENESS PROJECT
Delivered free mental health training to nearly 1,000 community stakeholders from Chicago’s far south side. The trainings included information about signs and symptoms of mental health, where to find resources in the community, and when and how to contact a specially trained police officer in a mental health crisis.

ON THE TABLE
Engaged a diverse group of Illinoisans in the “On The Table” initiative, designed to engage community members in discussions regarding mental health and substance use disorder with the purpose of impacting stigma. Over 200 conversations touched over 3,000 people in over 75 zip codes across the country.

POLICY
Illinois enacted the strongest state mental health and addiction parity law in the country in order to help end insurance discrimination against these conditions. Legislation based on this law is being copied in states across the country.
MENTAL HEALTH FOR US

Mental Health for US is a nonpartisan educational initiative focused on elevating mental health and addiction in national policy conversations during the 2020 election cycle by empowering grassroots advocates and improving candidate and policymaker literacy. With nearly one in five Americans living with mental illness and one in 12 living with addiction, and deaths from suicide and overdose at an all-time high, prevention and access to treatment should be top priorities for policymakers. Led by The Kennedy Forum, the American Foundation for Suicide Prevention, The Jed Foundation, Mental Health America, the National Alliance on Mental Illness, and the National Council for Behavioral Health, Mental Health for US is dedicated to uniting the American people to make systematic, long-term change through civic engagement. Learn more at MentalHealthforUs.net.

EXPLOR E

THE CHICAGO CULTURAL CENTER
You are in one of Chicago’s gems! This Chicago landmark building dates back to 1897; it was the city’s first Public Library building and free cultural center and offers a wide range of cultural activities to the general public. Take some time to explore the art galleries and exhibits on the first floor.

MILLENNIUM PARK
Across the street from us is the largest outdoor green space in Chicago Millennium Park. The site holds a variety of public art and gardens. The park has won various prizes for its design and for being environmentally conscious. The park covers the Millennium Station of the commuter train and a large parking garage making it the world’s largest rooftop garden.

THE BEAN
Cloud Gate is an iconic Chicago sculpture located in Millennium Park. Its highly reflective surface appears to be seamless, but is actually made up of 168 stainless steel plates that were welded together. Its legume-like shape has earned it the nickname “The Bean” among Chicago residents, and is a must-see attraction while in downtown.

MICHIGAN AVENUE
Sometimes you just have to shop! The street running on the east side of the Cultural Center is Michigan Avenue. While south of the famed “Magnificent Mile” portion of the corridor, the blocks surrounding us contain shops and restaurants to help satisfy the tourist in your heart.
THANK YOU TO OUR VOLUNTEERS

Karen Allyn
Erica Bailey
Kim Baker
Melanie Boone
Ellie Borgstrom
Mercedes Cervantes
Veronica Cullinan
Aimee Daniel
Shannon Decker
Susan delCordova
Ann Dismukes
Diane Dupard
Rebecca Fritz
Mary Gabel
Irini Gaglos
Aidan Guthman
Emily Henry
Wynne Lacey
Kate Lakowski
Reemy Linstrom
Amanda Lucas
Jorge Luna
Ashley Maahs
Vanessa Matheny
Ethel McGlounel
Charlotte Morris
Deborah Murphy
Timothy Omann
Matthew Porter
Brooke Roothaan
Patricia Salgado
Maryann Shepard
Clare Shore
Michelle Sloan
Miran Smith
Lynn Thomas
Rolando Torres
Jaya Vanga
Diane Voiss
Barbara Whitman
Masha Yakovleva

“The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life.”

— Jane Addams
WORKING WELL:
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