



MENTAL HEALTH & WELLNESS CAUCUS

Our vision is of a profession that prioritizes mental health and wellness in all aspects of the emergency management and response community.

PRE-CONFERENCE MENTAL HEALTH TRAINING

Leading through Pressure & Uncertainty: Applications for Resilient Leaders

Friday, Nov 03, 8am-5pm, Convention Center Room 104A



SPOTLIGHT SESSION

Stop the Burn(out): Practical Tools for Resilience & Wellbeing

Tuesday, Nov 07, 8:00am-9:30am, Convention Center Room 104B

BRAIN BREAK ROOM

A designated place where you can take a break from the commotion, hustle and bustle, or frenzy that can happen at a conference.

Open Fri-Weds, 8am-5pm, Convention Center Room 204

ABOUT US

We are a diverse caucus with members from a wide variety of disciplines within our profession.

Meet us! Tues, Nov 07, 5pm-5:45pm, Convention Center Room 104B

IMPORTANT!

CAUCUS LEADERSHIP

Chair: David Barber, CBCI, Senior Emergency Management Specialist, Massachusetts Institute of Technology

Vice Chair: Scott Carpenter, CEM, Program Manager, Emergency Management, Wentworth-Douglass Hospital

IAEM Board Liaison: Carrie Speranza, IAEM-USA 2nd Vice President

Contact us! MentalHealthandWellness@iaem.com

#IAEMSTRONGERSTORIES

BREAKOUT SESSION

Session: #IAEMstrongerstories

#IAEMstrongerstories is a mental health initiative designed to provide members with a safe place to share stories about their lived experiences with their peers. During this session, four IAEM members will share their stories of stress, trauma, and bravery. By telling your story, or by listening and supporting others, we can work on our mental health wellness, together.

Wednesday, Nov 08, 1:30pm-2:30pm, Convention Center Room 104A

DEDICATED IAEMCONNECT COMMUNITY

IAEM membership and login required. Go to <https://connect.iaem.org/> and search for #IAEMstrongerstories Or scan the code on the right to go directly to the Community.



Caucus Information



RESOURCES

Scan the QR codes for more information and resources.

Mental Health Resources

