18th Annual Occupational Health Symposium

April 28-29, 2016 • Cedar Rapids, Iowa
The Hotel at Kirkwood

Jointly provided by: The University of Iowa’s College of Public Health’s Healthier Workforce Center of Excellence, Heartland Center for Occupational Health & Safety, and WORKSAFE IOWA with The University of Iowa Carver College of Medicine, and The University of Iowa College of Nursing.
### Purpose
This symposium will address the ever-changing nature of work and implications of these changes for the health, safety and well-being of workers. This year the symposium will give special attention to stress and mental health in the workplace and the integral role of occupational health and safety in a successful workplace.

### Intended Audience
This symposium is intended for physicians, physician assistants, nurses, nurse practitioners, safety professionals, administrators, wellness administrators, human resource professionals, and other individuals interested in improving the health and safety of workers.

### Registration
The registration fee for the 18th Annual Occupational Health Symposium includes all program materials, breakfast, lunch, refreshment breaks, and awarding of continuing education credits each day. Pre-registration is required.

### Cancellation/Refund Policy
If registration is cancelled on or before April 11, 2016, the registration fee will be refunded, less a $30 handling charge. No-shows or cancellations after April 11, 2016 will be invoiced the full registration fee.

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<th>One day pass</th>
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<td>$130</td>
<td>General Public</td>
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<td>$105</td>
<td>NIAOHN Members</td>
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<td>Heartland Center Trainees</td>
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### Conference Location & Lodging
The Hotel at Kirkwood has a block of rooms reserved for April 27, 28 & 29, 2016 for $119+tax per room per night for single or double occupancy. Group code is: Occupational Health Symposium. Reservations should be made by April 6, 2016. Free parking is provided at The Hotel at Kirkwood.

**THE HOTEL AT KIRKWOOD CENTER**
7725 Kirkwood Blvd SW
Cedar Rapids, IA 52404
319-848-8700 or 877-751-5111 toll free
[www.thehotelatkirkwood.com](http://www.thehotelatkirkwood.com)
Agenda - Thursday, April 28, 2016
Stress & Mental Health in the Workplace

7:30 a.m.  Registration, Exhibits, and Breakfast

7:55 a.m.  Welcome and Announcements
Diane Rohlman, MA, PhD

8:00 a.m.  Accessing Mental Health in Iowa: Challenges & Opportunities
Michael Flaum, MD

8:45 a.m.  How to Help Workers with the Stress of Non-Medical Workplace Concerns
Cynthia Joyce, MPPM, MES

9:00 a.m.  Exhibits and Refreshment Break

10:00 a.m.  FMLA and ADA Implications Related to Employee Mental Health
Brian J. Fagan, JD

11:30 a.m. Lunch (provided) and Exhibits

12:30 p.m.  Substance Abuse to Cope with Workplace Stress
Lisa Kriz, RN

1:30 p.m.  Post Traumatic Stress Disorder and the Workplace—What Employers and Co-Workers Should Know
Rodney Dunn, MS, CRC

2:30 p.m.  Exhibits and Refreshment Break

3:00 p.m.  Cardiovascular Disease and Stress Resilience in Law Enforcement
Sandra Ramey, PhD, RN

4:00 p.m.  Adjourn

Educational Objectives
Upon completion of this program, participants will be able to:

- Describe how to assist someone in accessing mental health services during a crisis situation
- Identify at least three (3) approaches to enhancing access to mental health services in Iowa
- Discuss the occupational health role in non-medical workplace issues
- Define a strategy for responding to non-medical worker concerns
- Develop skills in contacting workplaces about worker concerns
- Discuss requirements of employers regarding FMLA and ADA as related to individuals with mental illness or an intellectual disability
- Define workplace stress, substance abuse, and stress management
- Describe observable signs and symptoms of substance abuse
- Discuss the correlation between workplace stress and substance abuse
- Define effects that workplace stress has on workers
- Identify effective ways to manage stress without substances
- Describe signs/symptoms a worker with PTSD might display and list ways to help them
- Summarize methods that employers can do to support an employee experiencing PTSD
- Identify three (3) reasons why stress resilience training is valuable and necessary

Program Faculty

- **Rodney Dunn, MS, CRC**, Vocational Rehabilitation Specialist, Community Employment Coordinator, Veterans Administration, Iowa City, IA
- **Brian J. Fagan, JD**, Member, Simmons Perrine Moyer Bergman PLC, Cedar Rapids, IA
- **Michael Flaum, MD**, Clinical Professor of Psychiatry, Carver College of Medicine, University of Iowa, Iowa City, IA
- **Cynthia Joyce, MPPM, MES**, University Ombudsperson, University of Iowa, Iowa City, IA
- **Lisa Kriz, RN**, Drug & Alcohol Testing Coordinator, Occupational Medicine & Wellness, Covenant Clinic, Cedar Falls, IA
- **Sandra Ramey, PhD, RN**, Lecturer, College of Nursing, University of Iowa, Iowa City, IA
## Agenda - Friday, April 29, 2016

### Integral Role of Occupational Health and Safety in a Successful Workplace

**8:00 a.m.**  
*Registration and Breakfast*

**8:25 a.m.**  
*Welcome and Announcements*  
Diane Rohlman, MA, PhD

**8:30 a.m.**  
*Do I Have to be 100%? Building the Bridge for Successful Return to Work*  
Kate Harri, MA

**9:30 a.m.**  
*Re-Engineering Sedentary Work to Improve the Health of Workers*  
Lucas Carr, PhD

**10:30 a.m.**  
*Networking & Refreshment Break*

**11:00 a.m.**  
*Building Corporate Cultures of Health and Safety: Creating Synergy Between Business Performance and Community Vitality*  
Nico Pronk, PhD, FACSM, FAWHP

**12:00 p.m.**  
*Lunch (provided) and Networking*

**1:00 p.m.**  
*Worksite Wellness Case Study: Meredith Corporation*  
Tim O’Neil, MBA, CEBS

**2:00 p.m.**  
*Physical Injuries that Turn into Psychological Claims*  
Skylar Limkemann, JD

**3:00 p.m.**  
*Adjourn*

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### Educational Objectives

Upon completion of this program, participants will be able to:

- Explain that the “Return to Work Bomb” is ticking from the first day
- Recall the critical value of talking about return to work early
- Identify positive ways to communicate with employees (a.k.a. motivational interviewing)
- Discern the difference between “normal stress” and work performance issues
- Discuss the rationale and strategies to re-engineer the workplace to improve health of sedentary workers
- Explain what is meant by the “Triple Bottom Line”
- Discuss a success story of engaging employees and their spouses in a health and financial wellness program
- Summarize how to capture and maintain corporate components to create a sustainable wellness program
- Summarize psychological workers’ compensation claims
- Identify practical issues with psychological claims

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### Program Faculty

- **Lucas Carr, PhD**, Assistant Professor, Department of Health and Human Physiology, College of Liberal Arts & Sciences, University of Iowa, Iowa City, IA
- **Kate Harri, MA**, Working Solutions, LLC, Stillwater, MN
- **Skylar Limkemann, JD**, Associate Attorney, Scheldrup Blades Shrock Smith PC, Cedar Rapids, IA
- **Tim O’Neil, MBA, CEBS**, Director, Employee Benefits & Wellness, Meredith Corporation, Des Moines, IA
- **Nico Pronk, PhD, FACSM, FAWHP**, Senior Research Investigator, HealthPartners Institute, Minneapolis, MN
Continuing Education Credits

Physician Credit

This activity (18th Annual Occupational Health Symposium) has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Iowa Roy J. and Lucille A. Carver College of Medicine and WORKSAFE IOWA/Heartland Center for Occupational Health & Safety, The University of Iowa College of Public Health. The UI Carver College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Iowa Carver College of Medicine designates the live activity (18th Annual Occupational Health Symposium) on April 28 & 29, 2016 for a maximum of 11.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Maximum credits for April 28: 6.0 AMA PRA Category 1 Credits™

Maximum credits for April 29: 5.0 AMA PRA Category 1 Credits™

Nursing CEUs

The University of Iowa College of Nursing is an Iowa board of Nursing Approved Provider: Number 1. The program number is 16 119 93. The Heartland Center requires full time attendance each day for CEU award. Contact hours each day:

* **Stress & Mental Health in the Workplace**
  April 28th = 7.2 hours

* **Integral Role of Occupational Health and Safety in a Successful Workplace**
  April 29th = 6.0 hours

* Attendance at both April 28th & 29th awards 13.2 contact hours.