

12:03:20 From Dolly Clayton to All panelists : Remind us please how to access the recording.

12:03:58 From Dolly Clayton to All panelists : Will you send a follow up email with the resources from the chat and the recording link?

12:04:22 From Isabelle Garcia to All panelists : Yes. We will send a follow-up email after the event with the recording and the resources.

12:04:32 From Isabelle Garcia to All panelists : Thanks for asking!

12:05:20 From Dr. Jodi Frey (she/her) Univ of MD : Welcome! To learn more about Social Work in the Workplace and Employee Assistance, please check out the following resources: (1) UMSSW Workplace & EA Sub-specialization: [www.ssw.umaryland.edu/eap](http://www.ssw.umaryland.edu/eap) (2) UMSSW International Employee Assistance Digital Archive: [www.EAArchive.org](http://www.EAArchive.org) and (3) Employee Assistance Professionals Association or EAPA: [www.EAPAssn.org](http://www.EAPAssn.org)

12:08:24 From Dolly Clayton to All panelists : What is the best way that you have found to address secondary trauma affecting employees who do the "hard" work that social workers inherently do?

12:10:13 From Isabelle Garcia to All panelists : Thank you Tanya!!

12:12:28 From Isabelle Garcia : Just want to let everyone know that we will send a follow-up email after the event with the resources that are shared today, as well as a link of our recorded chat today.

12:17:30 From Dr. Jodi Frey (she/her) Univ of MD : Digital Solutions for Employee Mental Health: Landscape Overview, Employer Experiences and Best Practices by Emily London: <https://archive.hshsl.umaryland.edu/handle/10713/14087>

12:17:38 From Dr. Jodi Frey (she/her) Univ of MD : OneMind PsyberGuide - "The Yelp" of mental health apps: <https://onemindpsyberguide.org/>

12:20:04 From Tanya Bryant-Nickens, LCSW-C, CEAP to All panelists : Simple Practice, Therapy Notes, Doxy.me,

12:23:35 From Dr. Jodi Frey (she/her) Univ of MD : Please see some of the work of Dr. Laura Morgan Roberts at <https://positiveorgs.bus.umich.edu/people/laura-morgan-roberts/>

12:24:02 From Dr. Jodi Frey (she/her) Univ of MD : Jodi Frey's recent article in Harvard Business Review: "How EAPs can help your whole company address racism at work" at <https://archive.hshsl.umaryland.edu/handle/10713/14035> )

12:24:46 From Dr. Jodi Frey (she/her) Univ of MD : PsychHub Resource List on Race, Racism and Mental Health (Google doc - regularly updated): [https://docs.google.com/document/d/1AGLE01NitQ1JI7MvQXZxrpEbAvr42r5Rewj0\\_iXaKtE/edit#heading=h.m3e2itrl9ci](https://docs.google.com/document/d/1AGLE01NitQ1JI7MvQXZxrpEbAvr42r5Rewj0_iXaKtE/edit#heading=h.m3e2itrl9ci)

12:25:29 From Dr. Jodi Frey (she/her) Univ of MD : Shawna Murray-Browne, LCSW-C for training and consultation for workplaces working to be more anti-racist and liberation-focused: <https://www.shawnamurraybrowne.com/>

12:26:39 From Isabelle Garcia to All panelists : Tanya and Jodi - we're at 12:25PM.

12:29:09 From Brittany Duke : I took a course with Shawna Murray-Browne LCSW-C, it was very enlightening!

12:29:39 From Dan Jones : I have to leave to meet with a

client, but thank you both so much for sharing your expertise!

12:30:45 From Sarah Frazell : thanks for this! have to run to another meeting but look forward to checking out the resources too!

12:31:59 From clwilliams to All panelists : Yay we love Tanya!

12:32:17 From Isabelle Garcia : Thank you, Tanya!

12:34:00 From Dr. Jodi Frey (she/her) Univ of MD : For information on the UMSSW Sub-specialization, please see [www.ssw.umaryland.edu/eap](http://www.ssw.umaryland.edu/eap) and to give directly to the Fund, please see: [https://ssw-umaryland.givecorps.com/causes/13872-employee-assistance-program?utm\\_source=SEA19&utm\\_medium=SEA19&utm\\_campaign=SEA19&utm\\_term=SEA19&utm\\_content=SEA19](https://ssw-umaryland.givecorps.com/causes/13872-employee-assistance-program?utm_source=SEA19&utm_medium=SEA19&utm_campaign=SEA19&utm_term=SEA19&utm_content=SEA19)

12:37:05 From Isabelle Garcia to All panelists : Jodi and Tanya - Another question from Dolly:  
From Dolly Clayton to All Panelists: 12:06 PM  
What is the best way that you have found to address secondary trauma affecting employees who do the "hard" work that social workers inherently do?

12:40:04 From Dr. Jodi Frey (she/her) Univ of MD : <https://cashmd.org/>

12:41:40 From Isabelle Garcia to All panelists : Jodi and Tanya - we're at 12:40PM.

12:47:49 From Isabelle Garcia to All panelists : Jodi and Tanya - we're at 12:45PM

12:50:33 From Megan Healy (she/her/hers) to All panelists : Thank you!

12:50:43 From Dr. Jodi Frey (she/her) Univ of MD : U.S. National Guidelines on Workplace Suicide Prevention: [www.WorkplaceSuicidePrevention.com](http://www.WorkplaceSuicidePrevention.com) provide a great example of integrating upstream and downstream approaches to suicide prevention and broader workplace mental health and well-being.

12:54:35 From Dr. Jodi Frey (she/her) Univ of MD : <https://ceoroundtable.heart.org/mentalhealth/>

12:55:14 From Dr. Jodi Frey (she/her) Univ of MD : Thank you: [jfrey@ssw.umaryland.edu](mailto:jfrey@ssw.umaryland.edu)  
Follow me on Facebook: @jodijacobson.frey, Twitter: @JodiJFrey, and LinkedIn: @JodiJacobsonFrey

12:55:43 From Isabelle Garcia to All panelists : Jodi and tanya - we have 5 mins left. I'm also saving the questions that are unanswered

12:56:01 From Jessica Robinson to All panelists : Thanks- this was awesome! I took your SW Response to Mass Violence and Disasters class years ago- it was one of the best courses in grad school!

12:56:20 From Tanya Bryant-Nickens, LCSW-C, CEAP to All panelists : Tanya Bryant-Nickens [madchen521@gmail.com](mailto:madchen521@gmail.com). Please give me at least a week to respond in depth. Thank you for coming today.

12:56:49 From Isabelle Garcia : Tanya Bryant-Nickens [madchen521@gmail.com](mailto:madchen521@gmail.com). Please give her at least a week to respond in depth. Thank you for coming today.

12:57:17 From Elisa Medina to All panelists : Thank you so much! Great discussion.

12:57:19 From Frances Callahan to All panelists : Thank you so much, Jodi and Tanya. Such a helpful conversation!

12:57:39 From Tanya Bryant-Nickens, LCSW-C, CEAP to All panelists : Support for social workers NASW-MD, NASW, Social Workers Unraveling Racism, Employee Assistance Program Assistance

12:57:49 From clwilliams : Great discussion!

12:57:56 From Isabelle Garcia : From Tanya: Support for social workers NASW-MD, NASW, Social Workers Unraveling Racism, Employee Assistance Program Assistance

12:58:15 From angela donn to All panelists : thank you!

12:58:21 From Tyri Deacon to All panelists : thank you!

12:58:21 From Melanie Sentz to All panelists : thank you both so much!! very interesting and relevant!