

Mental Health & Wellness Caucus

JOIN US!

Our first in-person meeting is
Tuesday October 19 at 5 pm



About Us

- Formed in February 2021
- We are a diverse caucus, with members from a wide variety of disciplines within our profession.

Vision

Our profession prioritizes mental health and wellness in all aspects of the emergency management and within the response community.

Mission

To bring mental health and wellness to the forefront of the emergency management and response community; provide a platform where we openly discuss issues; become a critical part of overall emergency management culture; and reduce the stigma surrounding mental health issues that impact individuals, professionals, and organizations.

Caucus Leadership

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

Caucus Vice Chair - Scott Carpenter, CEM
Program Analyst, FEMA Region 1

IAEM Board Liaison - Cathy Clark, 2nd VP

Future Goals

Support the emergency management and response community to:

- Encourage and advocate for open conversations about mental health and wellness.
- Promote mental health and wellness resources.
- Share mental health awareness messaging and mechanisms to encourage people to seek support.
- Recommend resources and techniques that normalize mental health and wellness in organizations.

Stop by the Brain Break Room to relax and recharge!
Visit the conference website to sign up for meditation, breathwork, and chair yoga sessions throughout the conference

**Scan QR code for more information
about the caucus and access to helpful
resources**

