Mental Health & Wellness Caucus

**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.

**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.

**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

**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

**JOIN US!**
Our first in-person meeting is Tuesday October 19 at 5 pm

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