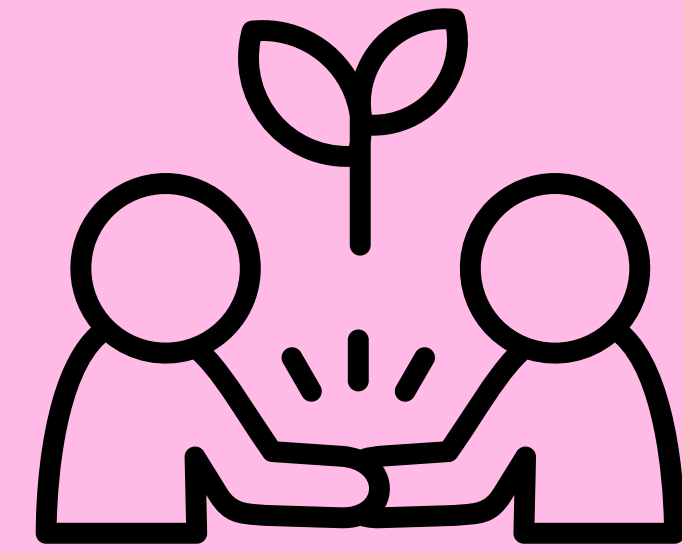




# Mental Health & Wellness Caucus

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

## THE DISASTER PLEDGE: PROTECTING THE WELLBEING OF THOSE WORKING IN DISASTERS



Weds, Nov 20, 11:00am-12:00pm, Location

The EM sector is more aware than ever of the mental health impacts of working under acute, prolonged and cumulative pressure. To prevent bad things happening to good mission-driven people, it's time to move from awareness and discussion to proactive action. **The Disaster Pledge is designed to help catalyze change with an intentional call to action.** Learn about the Pledge and how you can be part of the change as individuals and in your organization.

This session will take you on a journey from our current unsustainable state to the much-needed future state and outline why moving from concept to action will be essential to the future success of the emergency management field.

It's time to act - both for the good of mission-driven people who work in the emergency management sector and for the communities we support.

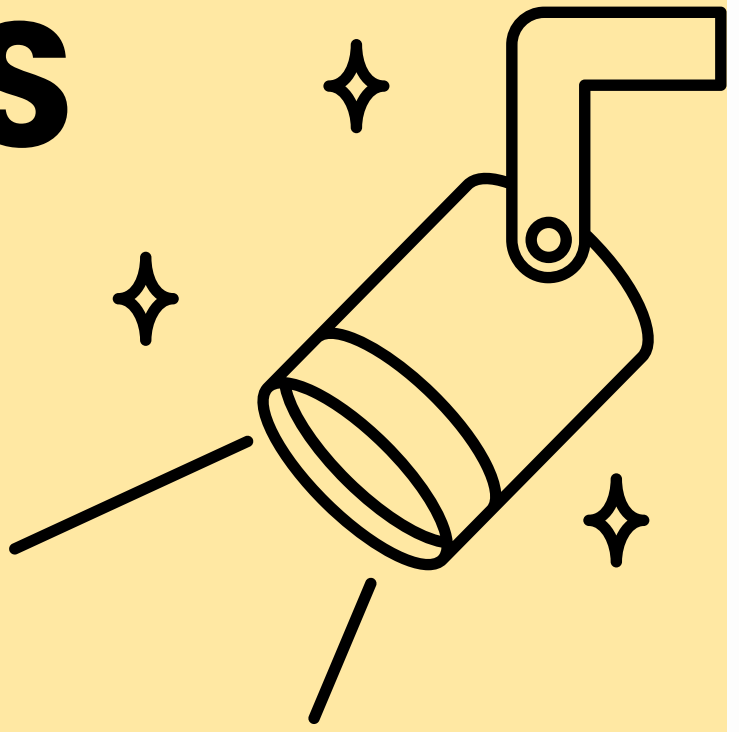
## SPOTLIGHT SESSION: IAEM STRONGER STORIES

Tues, Nov 19, 1:30pm-3:00pm, Location

IAEM Stronger Stories is a mental health initiative designed to provide members with a safe place to share stories about their lived experiences with their peers.

IAEM members will share their stories of stress, trauma, and bravery. By telling your story, or by listening and supporting others who tell theirs, we can work on our mental health wellness, together.

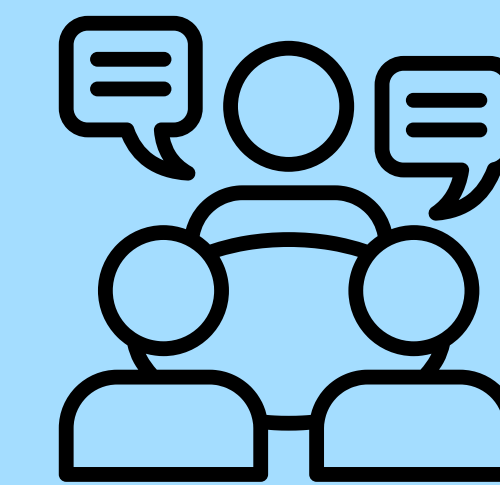
The session will include a time for mindfulness to assist in centering emotions after the session as well as some tangible tools for positive mental health exercises.



## MENTAL HEALTH AND WELLNESS SYMPOSIUM

Fri-Sat, Nov 15-16, 8am-5pm, Location

A mixture of training sessions, lessons learned, resource sharing, and networking geared toward any IAEM member who wants to learn, grow, or share their mental health and wellness journey with others.



## BRAIN BREAK ROOM

Fri-Weds, Nov 15-20, 8am-5pm  
Location



**A designated place where you can take a break from the commotion, hustle and bustle, or frenzy that can happen at a conference. There are no sessions or trainings here.**

If you feel you need a place to relax, unwind, calm down, center yourself, or just go to maybe reflect upon life's aspects, the room is open, please come in.

We have made arrangements for some yoga mats to be available in the room for your use. The mood of the room will be relaxing and calm.

## ABOUT US!

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



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

CONTACT US! [MentalHealthandWellness@iaem.com](mailto:MentalHealthandWellness@iaem.com)

## MEET US!

Tues, Nov 19, 5:30pm-6:15pm, Location

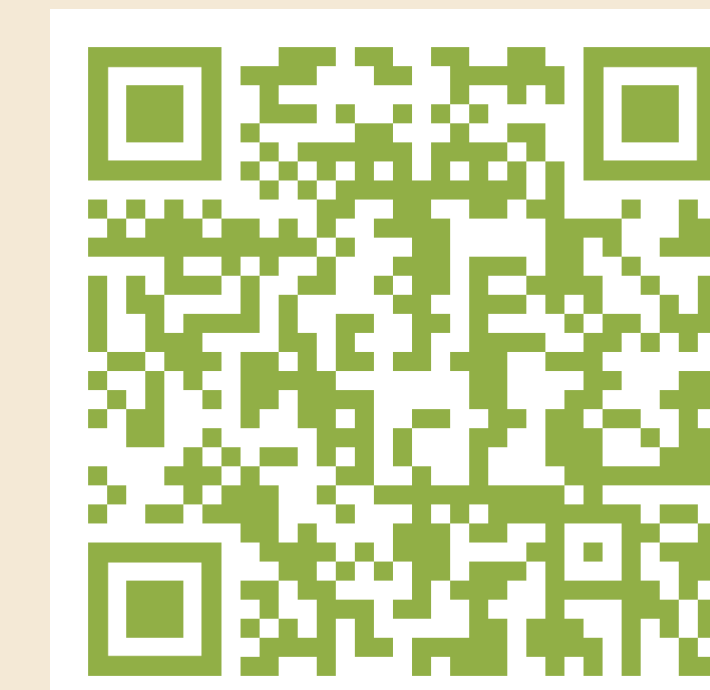


Our regular monthly meetings are held via Zoom

## RESOURCES

Scan the QR codes for more information and resources

Caucus Information



Mental Health Resources



## CAUCUS LEADERSHIP

**CHAIR: MISTY SUTTON** Curriculum Development Project Manager, Institute for Corporate and Public Safety, NorthWest Arkansas Community College **VICE CHAIR: JOLIE WILLS** Co-Founder & CEO, Hummingly **IAEM BOARD LIAISON: PENDING** Carrie Speranza, IAEM-USA 2nd Vice President