

# Supporting Mental Wellness and Recovery in the Workplace with Research

## A NSERC CCSIF Funded Project



# Outline

Welcome and team introductions

Poll Everywhere

Research overview & discussion

Refresh Wellness App & discussion

Conclusion

# Objectives

## Objective 1

### Reflect

- Personal experiences

## Objective 2

### Identify

- Supportive workplace environment characteristics

## Objective 3

### Explore

- Socially innovative app

# Research Overview

- Partners and Funder
- Abstract
- Study Outcomes
- Participants
- Methodology

# Mental Health and Recovery in the Workplace: Challenging Leadership to Redefine Organizational Culture

Collaboration between:

- Saskatchewan Polytechnic's Psychiatric Nursing and Computer Studies and Technology program
- Refresh Inc.
- Canadian Mental Health Association Saskatchewan Division

# Funder

- **Natural Sciences and Engineering Research Council of Canada (NSERC)**
- **College and Community Social Innovation Fund (CCSIF)**
  - Facilitates collaborative and social innovation research
  - Connects Canada's colleges and polytechnics with the research needs of local community organizations
  - 2 year project

# Study Outcomes

- Discover the characteristics of a supportive workplace environment.
- Discover if work-based education has an effect supportive effect in the workplace; and the social support resources needed by families and caregivers.
- Inform the further development of the Refresh Wellness app.

# Participants

- Two groups of study participants:
  - Those who are family members or caregivers of those with lived experience with mental wellness challenges.
  - Those with a lived experience working to sustain mental wellness in the workplace and/or those whose employment environment has created acquired mental wellness challenges.



# Methodology

- A mixed methods approach:
  - Community Based Participatory Model
  - Cooperative Inquiry Action Research Model
    - Quantitative data will be gathered from survey questionnaires.
    - Qualitative data will be collected in focus groups.

# Community Based Participatory Research Model (CBPR)

- A partnership approach to research that **equitably** involves community members, organizational representatives, researchers, and others in all aspects of the research process, with all partners in the process contributing expertise and sharing in the decision-making and ownership.

# Community Based Participatory Research

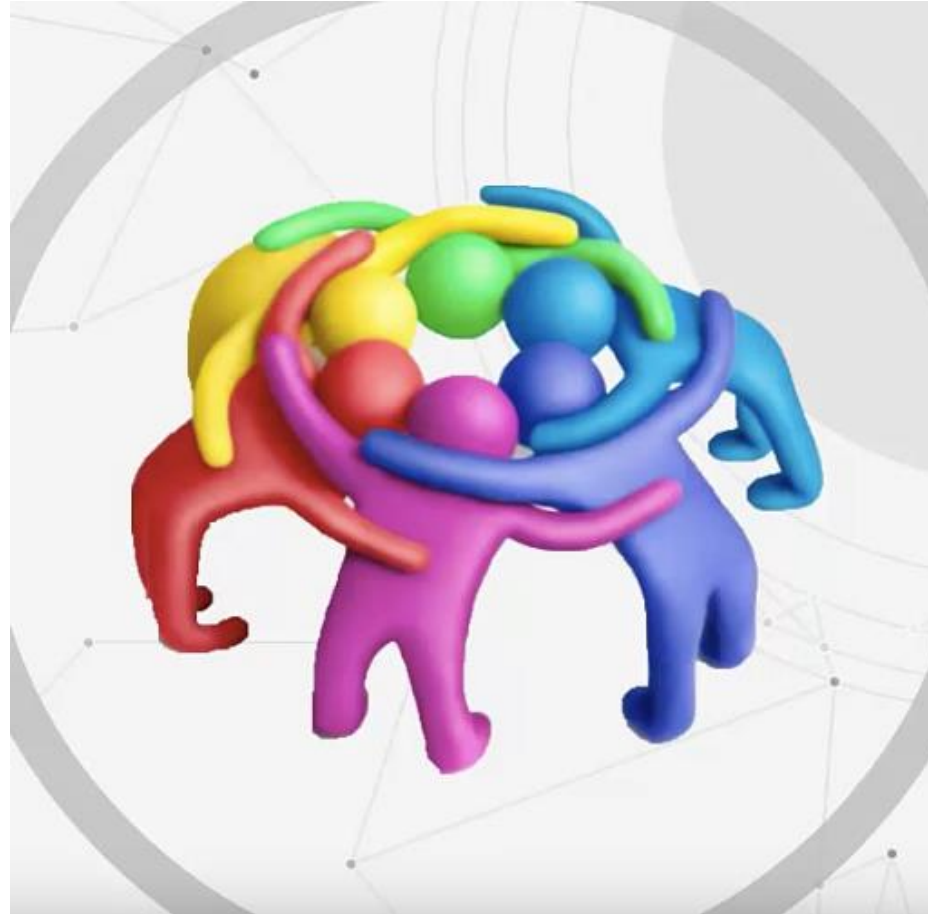
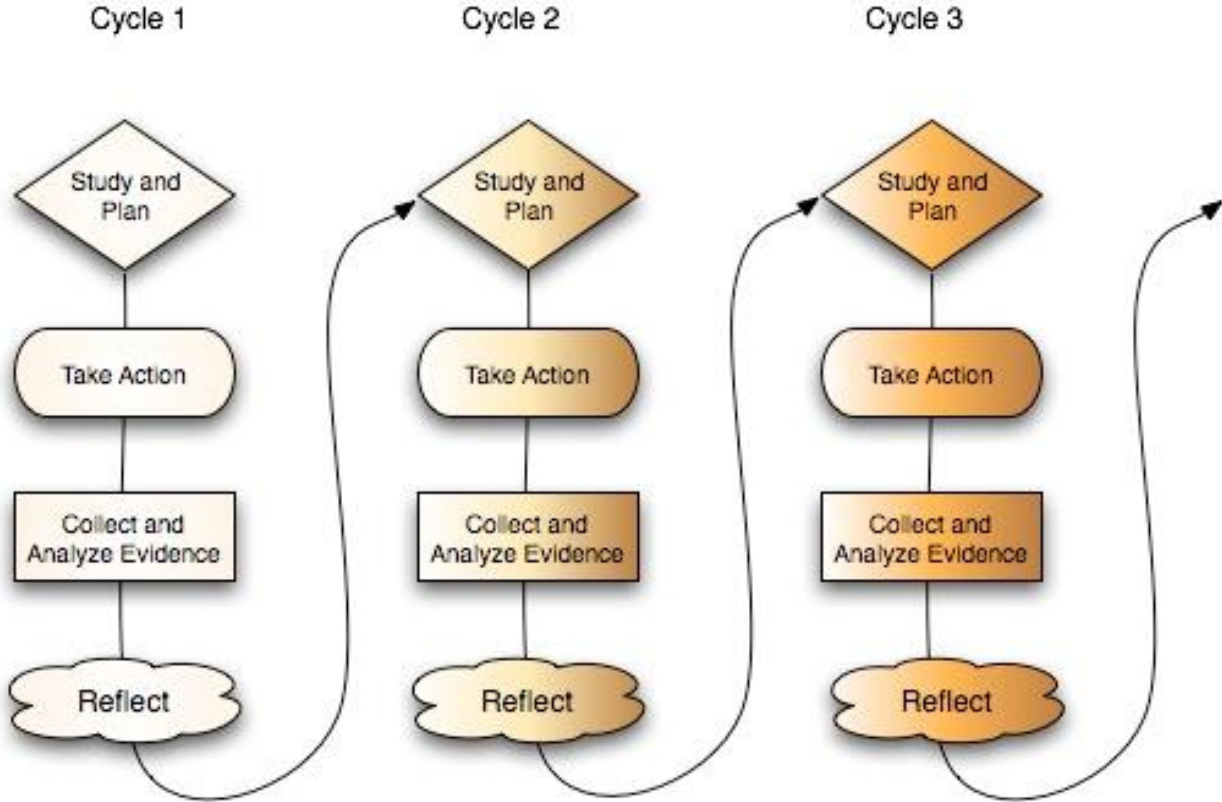


Image obtained from <https://www.boulderfoodrescue.org/cbdr/>

# Cooperative Inquiry Action Research

- Focus of the research is to seek individual and family perspectives regarding important factors in the community and in employer-employee relationships promoting recovery from acute mental illness episodes or challenges to mental wellness.

# Cooperative Inquiry Action Research



Progressive Problem Solving with Action Research

Image obtained from Wikimedia Commons

# Cooperative Inquiry Action Research

Co-operative inquiry is a way of working **with** other people who have similar concerns and interests by:

- studying and planning through literature review and engagement
- understanding our world, make sense of your life and develop new and creative ways of looking at things,
- learning how to act to change things you may want to change,
- reflecting upon increased knowledge to enhance organizational practices and change.

# Poll Everywhere Activity

Text CAROLINEHOFF625 to (780)800-5606 once to join the A or B

- Have you ever participated in poll everywhere before:

Yes A

No B



Image obtained from: <https://www.global-english.com/blog/tips-for-tefl-discussion-classes/>

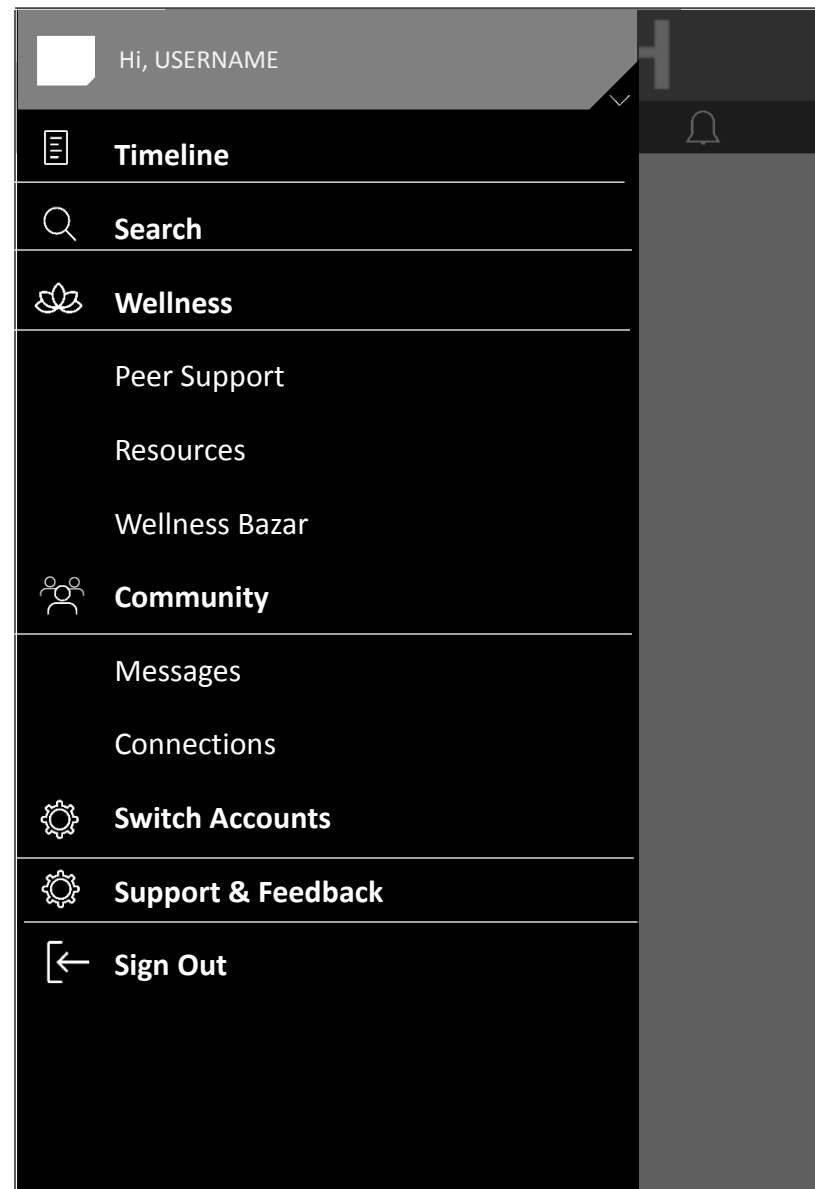


# Refresh App

Wireframes

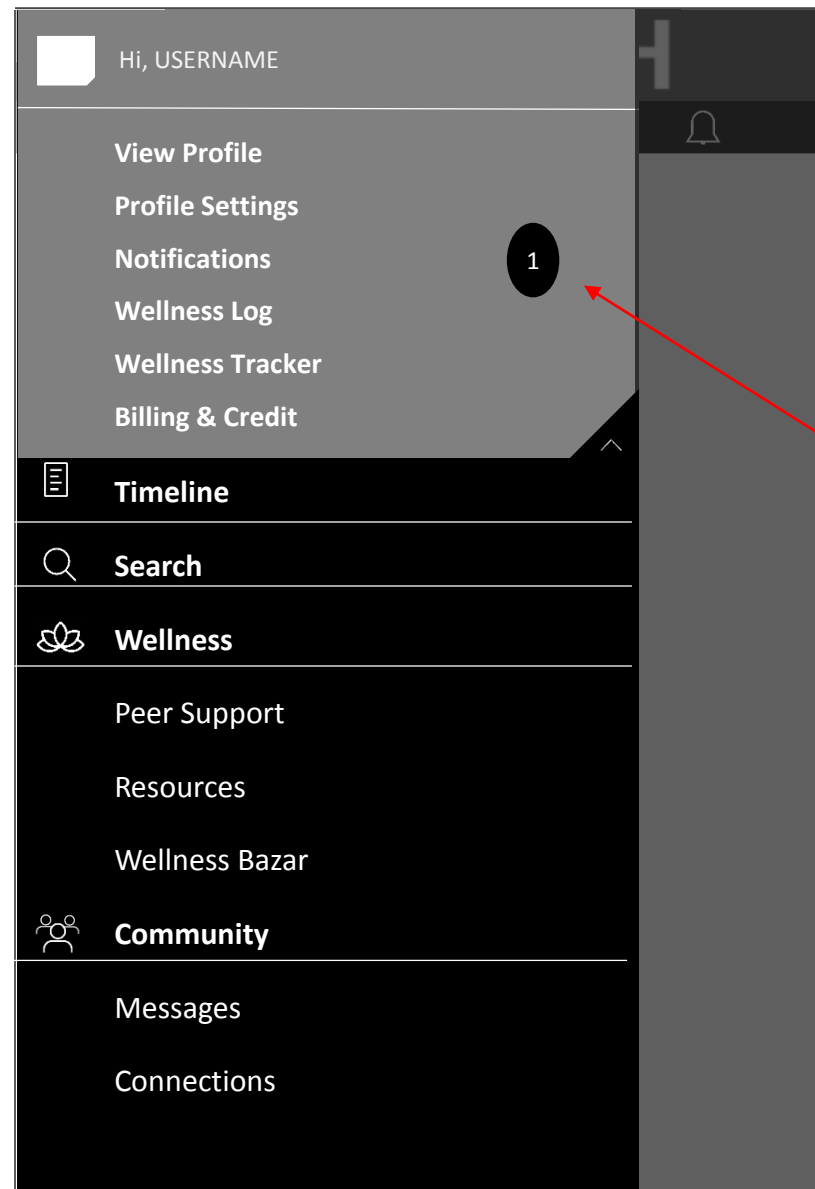


# Main Menu



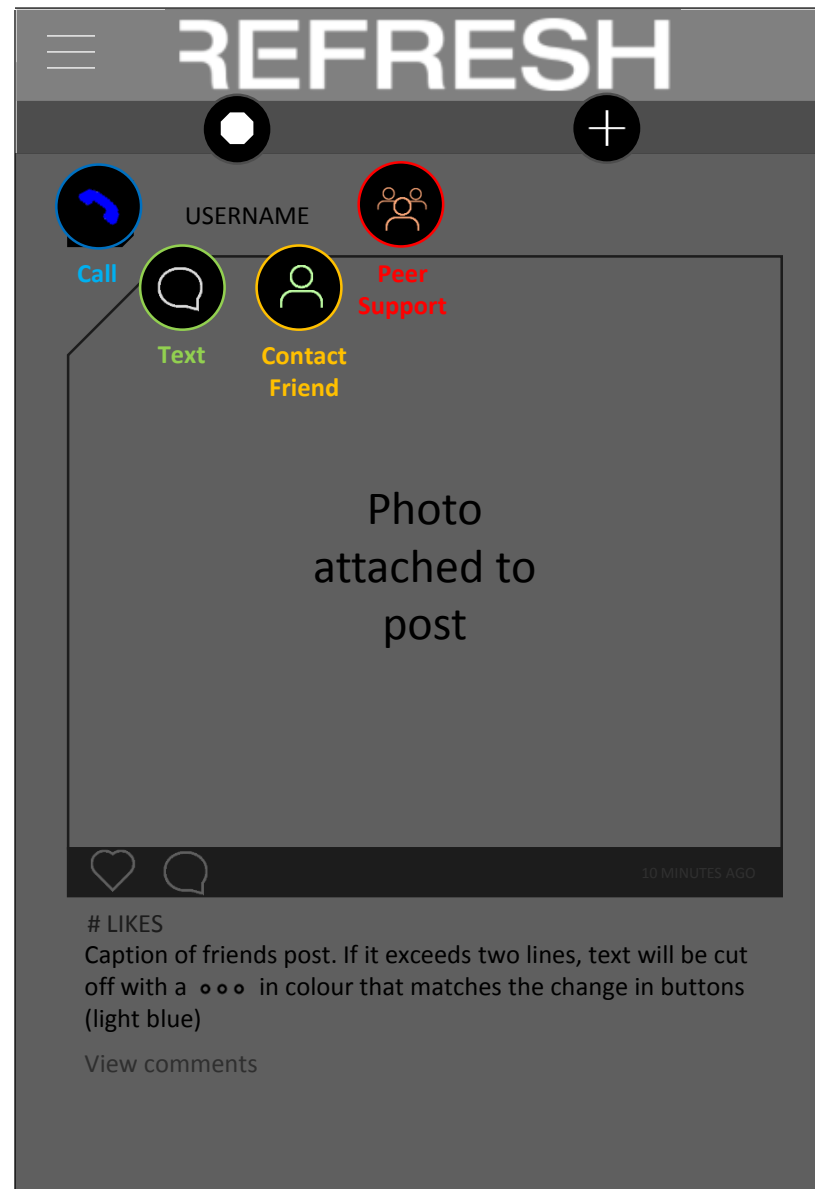
## Notes

- Menu A
- This is what the menu will look like when you first click on the menu icon
- Will be blacked out part of the current screen that the user is on (right side of menu)
- Users will scroll to get through all of the menu options if it exceeds their screen



## Notes

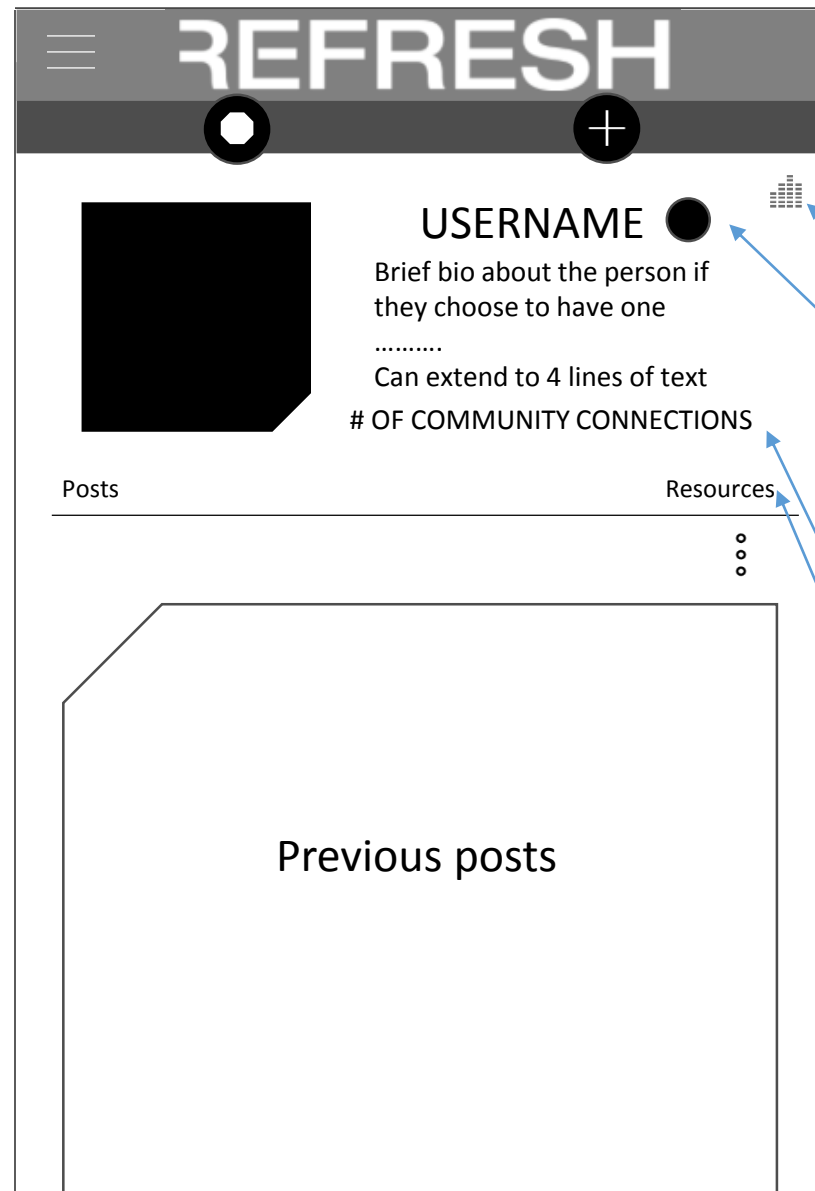
- Menu B
- This is what the menu will look like when you first click on the menu icon
- When you click on arrow pointing down this will come down pushing down the main menu
- Will be blacked out part of the current screen that the user is on (right side of menu)
- Notification number will only appear if user has a notification



## Notes

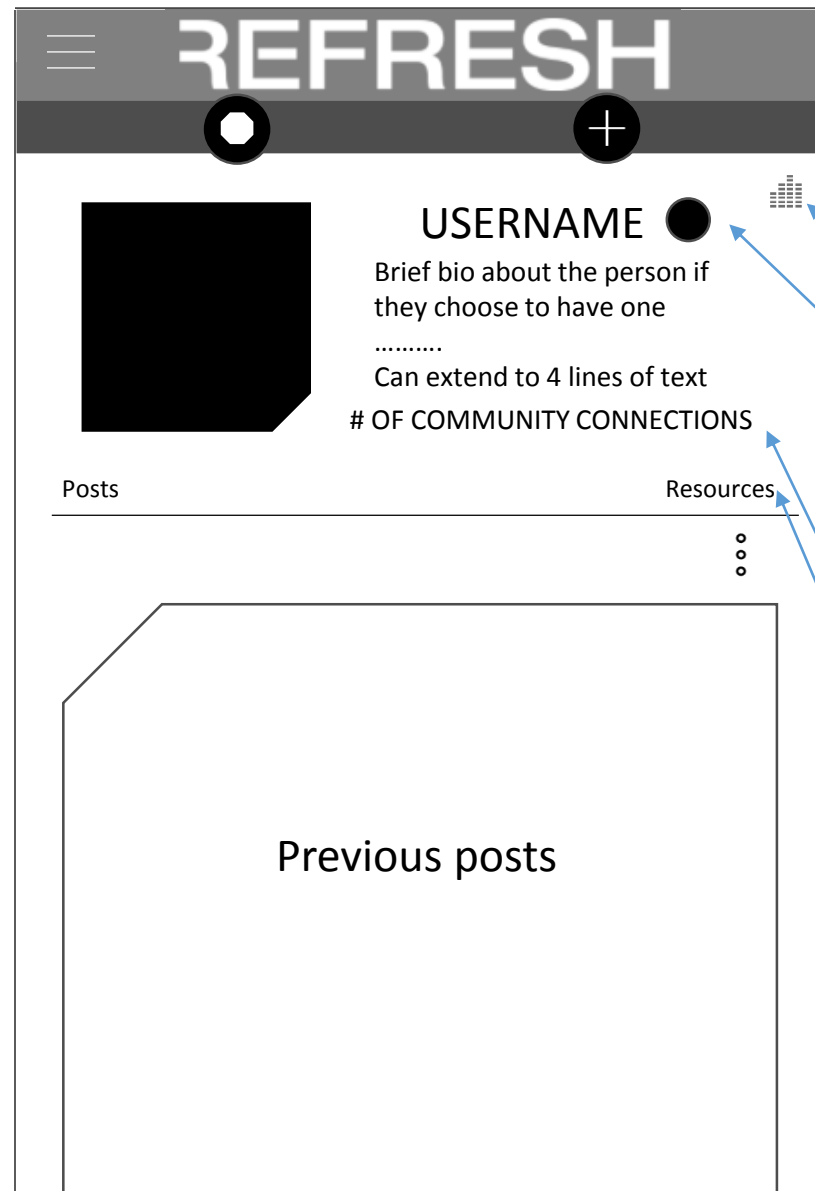
- Support button menu
- \*\*will consult with Canada mental health, and other professionals on what should be included
- Get to this by clicking octagon sign at the top
- Circles with support options appear over blacked out screen
  - support options can be
    - Call – appropriate line for region
    - Text – appropriate line for region
    - Contact friend
    - Peer support

**View Profile**






## Notes

- View Profile page - user
- User can see what their profile looks like to both themselves and their friends
- Can scroll through their past posts
- Statistics function can be added for researchers or businesses upon request
- Verification icon – three options, can have multiple
  - Peer support
  - Professional
  - Organization
- If organization
  - Say # of Followers as opposed to connections
  - resources tab will be available
  - Organizations have to contact refresh to add resources



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  - Peer support
    - 
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      - 
      - Organization
        - 
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# Profile Settings

☰ REFRESH

⊖ ⊕



Change Photo

Name  
Jon Doe

---

Username  
jondoe89

---


Bio  
My name is Jon Doe, I'm a university student....  
Etc.

---



**Verify Me**

### Notes

- Profile settings A
- Users can edit their profile information here



# REFRESH



Username  
jondoe89

---

Bio  
My name is Jon Doe, I'm a university student...  
Etc.

---

**Verify Me**

**Private information**

Email  
jondoe89@gmail.com

---

Birthday  
Dec. 3, 1987

---

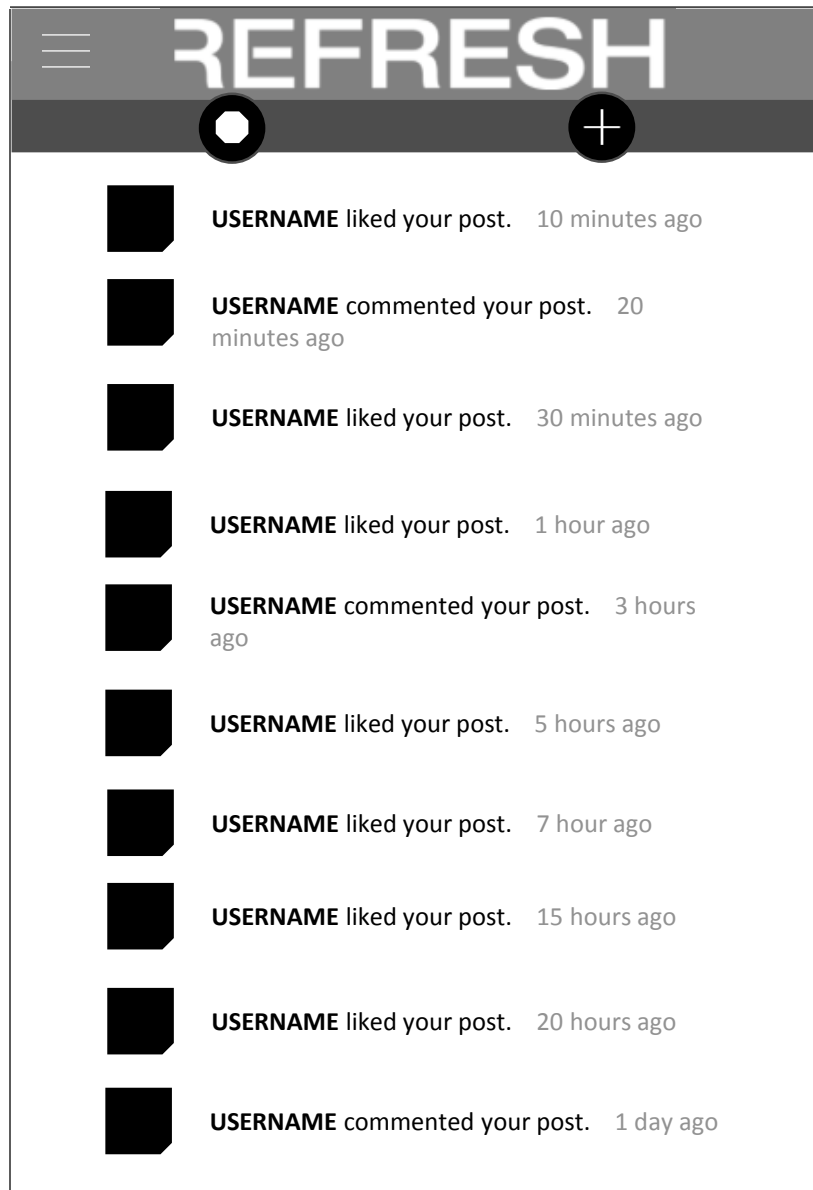
Gender  
Male

---

## Notes

- Profile settings B
- Users can edit their profile information here
- Verify Me link will be in colour (light blue)
  - Take them to an application page similar to profile settings with questions that will determine if they are a good peer support (consult with professionals as to what the questions should be

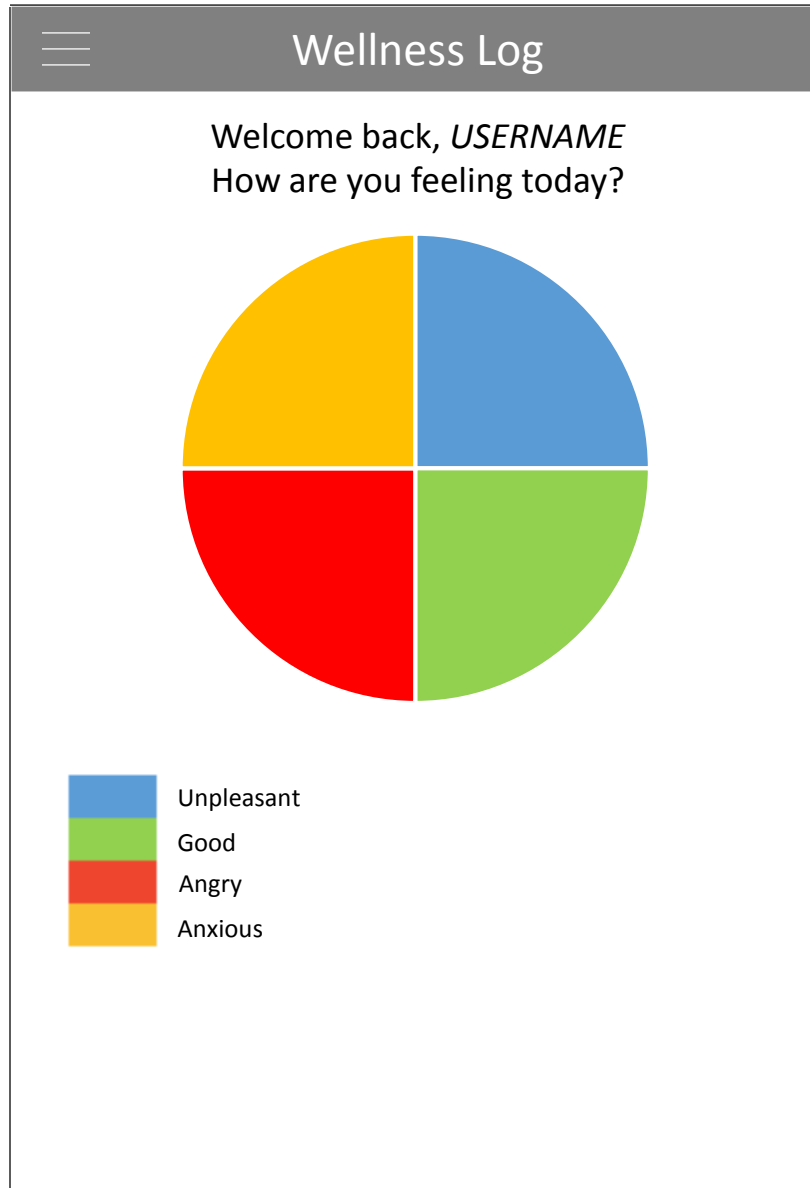
# Notifications



## Notes


- Notifications page
- Accessed both in menu and bar on screen

# Wellness Log




## Notes

- Wellness log A
- Associate a feeling with each colour that correlate with mental wellness
- Have more colour options for better expression of moods



# Wellness Log



Unpleasant  
Good  
Angry  
Anxious

Please specify what you are feeling

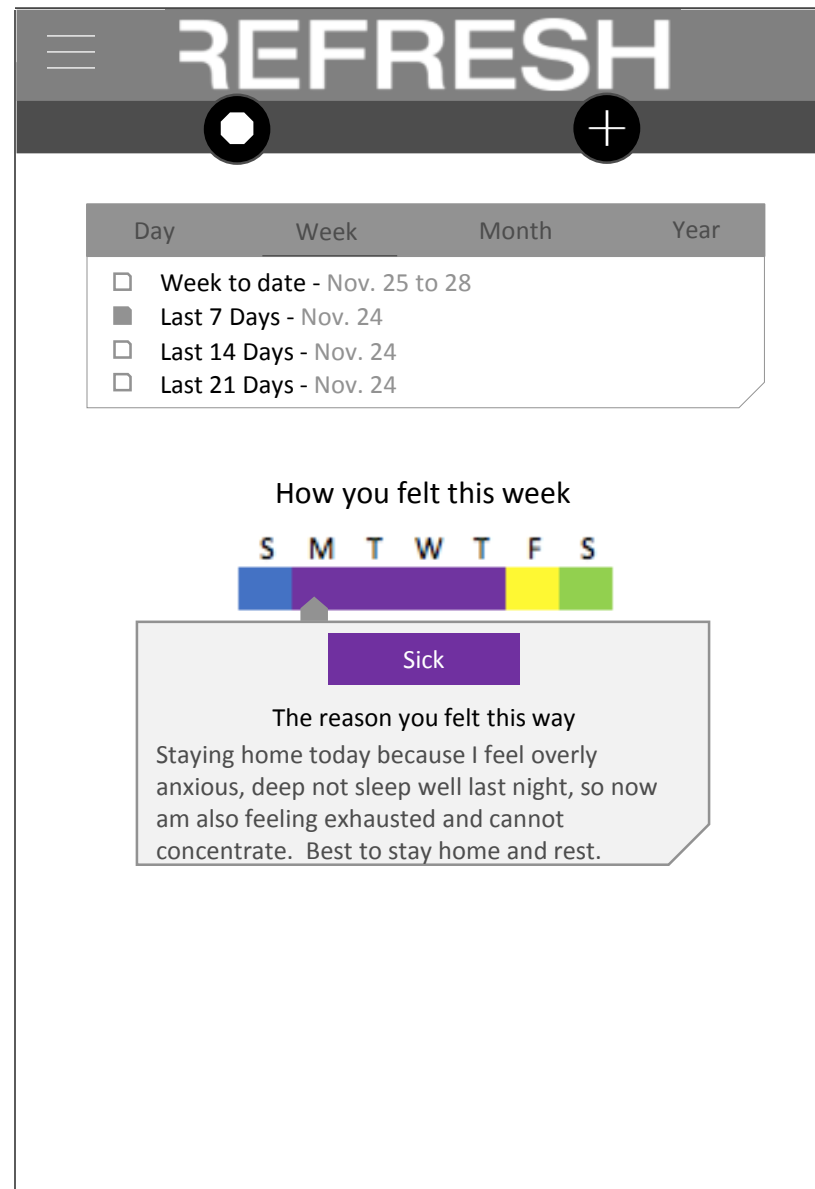
Why do you feel this way?

## Notes

- Wellness log B
- Log button will change colours once everything has been filled in (suggestion – light blue)

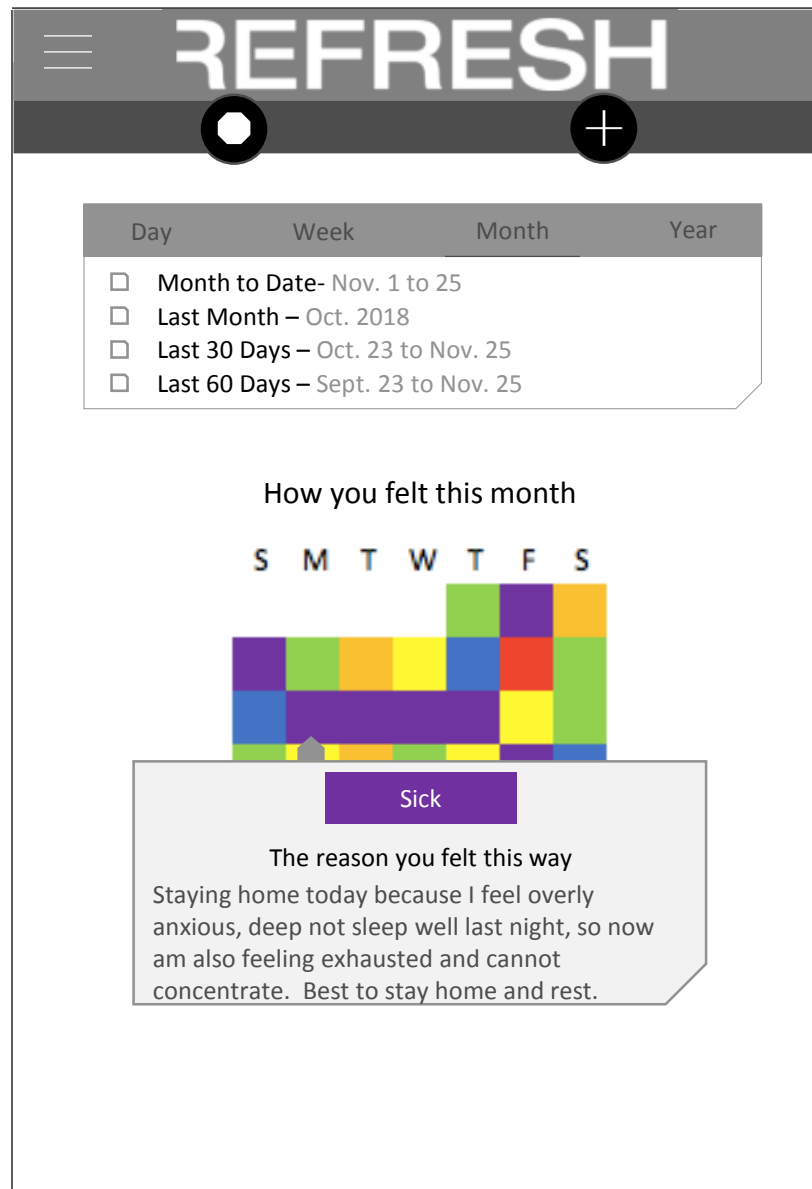


# Wellness Tracker



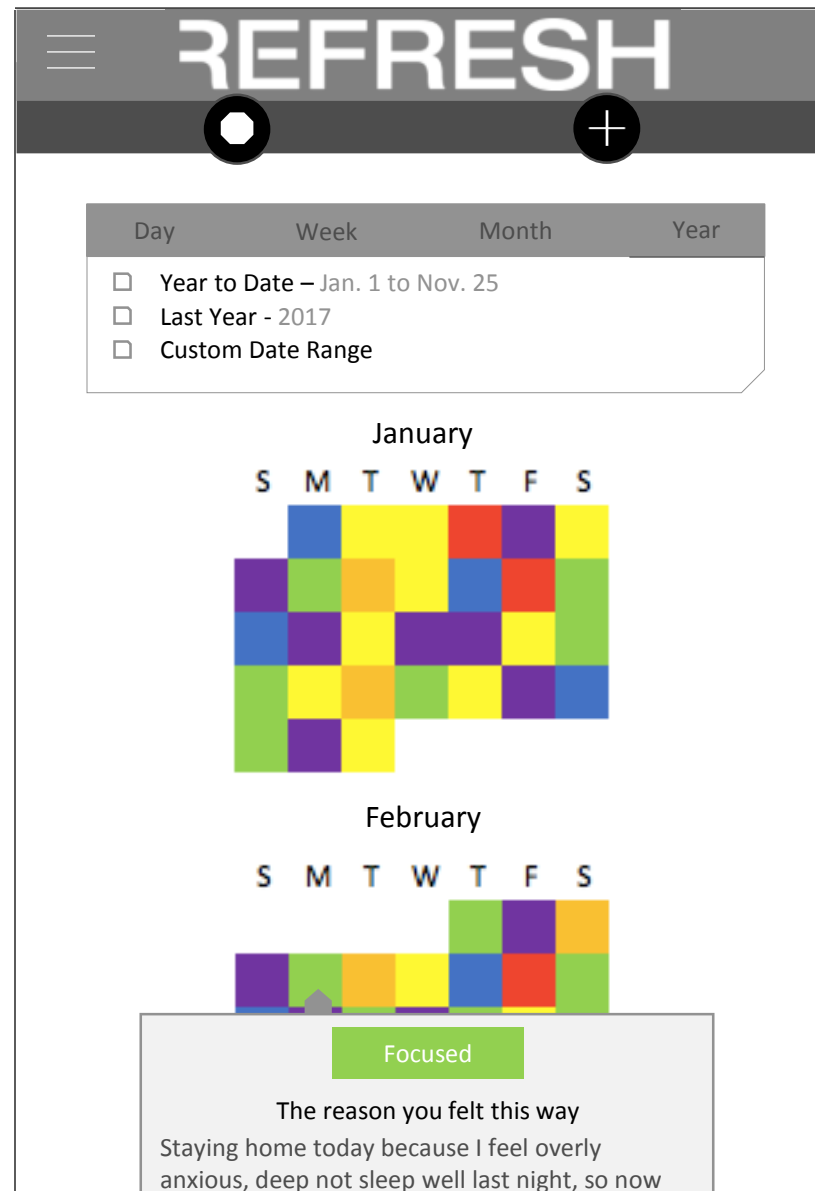
## Notes

- Wellness tracker B
- Weekly view at tracker
- User can select between the following weekly options
  - Week to date
  - Last 7 days
  - Last 14 days
  - Last 21 days
- User can tap on a day that they want more information about
- Pop up will show their mood and reason why



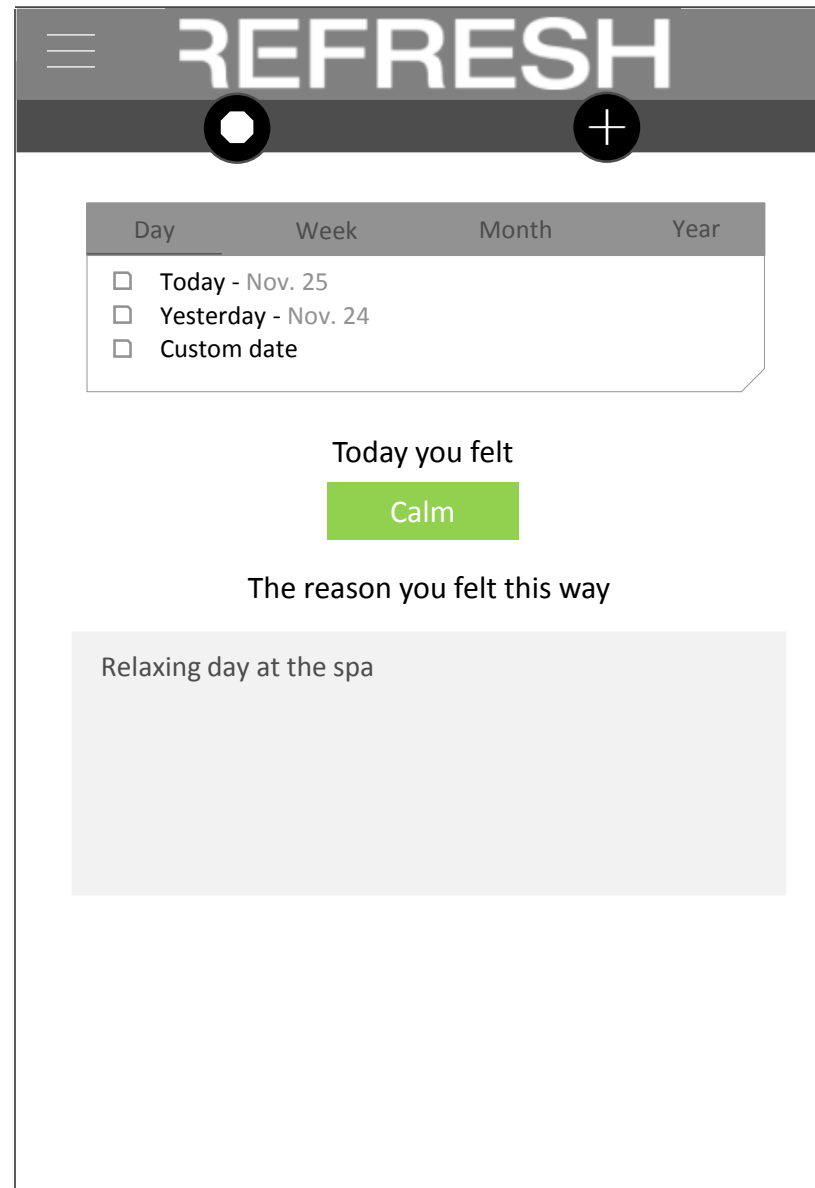
## Notes

- Wellness tracker C
- User can select between the following monthly options
  - Month to date
  - Last Month
  - Last 30 days
  - Last 60 days
- User can tap on a day that they want more information about
- Pop up will show their mood and reason why



## Notes

- Wellness tracker D
- User can select between the following yearly options
  - Year to date
  - Last Year
  - Custom date range (calendar will pop up for selection)
- User can tap on a day that they want more information about
- Pop up will show their mood and reason why



## Notes

- Wellness tracker A
- User has four categories to select within the mood tracker
  - Day
  - Week
  - Month
  - Year
- Daily view at tracker
- Can select between date/range options in drop down. Once choice is selected, menu will go away
- User can select between the following daily options
  - Today
  - Yesterday
  - Custom date (calendar will pop up for selection)





Image obtained from: <https://www.global-english.com/blog/tips-for-tefl-discussion-classes/>



Image obtained from: <https://www.access2interpreters.com/the-history-of-thank-you-around-the-world/>