“There is hope, even when your brain tells you there isn’t.”
- John Green

National Suicide Prevention Month Webinar
Elephant in the Room: Let’s Talk About Suicide

September is National Suicide Prevention Month, and the Forest Service is once again hosting the webinar titled “The Elephant in the Room: Let’s Talk about Suicide.” Hosted by Jack Harris, trained mediator and traumatic stress counselor, participants will learn about his philosophy of “helping keep good people good.” This webinar will provide information on suicide prevention, intervention, and postvention, and will teach skills to identify and respond to cues and warning signs related to suicide.

**Date:** Tuesday, September 14, 2021

**Time:** 10:00 a.m. Alaska / 11:00 a.m. Pacific / 12:00 p.m. Mountain / 1:00 p.m. Central / 2:00 p.m. Eastern & Atlantic Standard

**How to Join:** https://usfs.adobeconnect.com/dv/

**Call-in Number:** 1-888-844-9904 **Access Code:** 1625330#

For more information about the webinars, suicide, and support resources, contact Shelly Pacheco, (505) 328–5725, shelly.pacheco@usda.gov

Take the 2021 National Work Environment Survey

Currently, 14% of our workforce has responded to the National Work Environment Survey. Are you sure that 14% is providing information that reflects your experience and what’s most important to you? Everyone has a unique perspective on their work environment, and the more we hear from employees, the better equipped we are to make meaningful, beneficial change.

If you haven’t responded yet, you should have received a reminder email this week from “USDA Forest Service <FSSurveyhelp@forsmarshgroup.com>” Be sure to check your “Other” inbox if you used the “Focused” messages feature in Outlook. You have until September 30th to respond…let your voice be heard!
Employee Wellbeing Information Kits

Employee health and wellbeing information kits are available to facilitate conversations with our employees who are engaged in emergency response. The kits contain ready-made posters, Incident Action Plan inserts, and morning briefing examples for easy deployment. Agency Administrators and Incident Management Teams can work together to use these kits on incidents.

This link takes you to a SharePoint site which includes the kits and instructions for use. [Incident Kits - Behavioral Health and Employee Wellbeing (sharepoint.com)]

For questions, to provide feedback, share topic ideas, or to get coaching on how to use these kits, please contact K.C. Briggs (WEPO, Behavioral Health and Employee Wellbeing Program Manager) 541-954-6520 kimberly.briggs2@usda.gov

Upcoming Work Environment Webinars, Courses, and Events

**Conflict Management and Prevention**

**Communicating Effectively During the Performance Appraisal Process**

Performance-based discussions are often challenging and can sometimes be stressful. Effective communication can change the climate of these conversations by creating a space for meaningful and productive dialogue. Join us to discuss this more, learn some new techniques, and share ways to make this process more valuable by communicating respectfully.

**Date:** Wednesday, September 15, 2021

**Time:** 9:00 a.m. Alaska / 10:00 a.m. Pacific / 11:00 a.m. Mountain / 12:00 p.m. Central / 1:00 p.m. Eastern & Atlantic Standard

**Duration:** 1.5 hours
How to Join: https://usfs.adobeconnect.com/cr-500/
Call-in Number: 1-888-844-9904 Access Code: 6715754#
Hosted By: Linda Burroughs-Glover (WO)

Training and Employee Development

National Supervisor Training: Creating a Positive Work Environment

Grow your supervisory skills to help navigate the unique challenges and opportunities supervisors face every day. This five-hour interactive webinar equips supervisors with knowledge, skills, and techniques to grow their performance as leaders, motivate employees, improve engagement, and get results. Participants will have the opportunity to engage with peer supervisors and explore the interdependence of skills in emotional intelligence and the role supervisors play in fostering a positive work environment. All supervisors are highly encouraged to attend one session.

Dates: Weekly sessions April through November 2021
Duration: 5 hours
Type of Session: MS Teams Webinar
AgLearn Registration: FS National Supervisor Training 2021

After logging into AgLearn, select "Sign-up" for the session you would like to attend.

Hosted by: WEPO-Training and Employee Development Branch (TED)
Questions or Special Accommodations: Please send an email to SM.FS.TED_SupvrDev@usda.gov

Tools to Improve Your Financial Wellness

Financial wellness is a critical aspect in our personal wellbeing because money-related stress can affect every aspect of our lives. As such, our personal and professional productivity could potentially suffer due to financial worry.

We’re happy to announce a new tool for all employees from Dmason Financial Planning. We have self-paced, training tools in AgLearn to help you understand Federal benefits and make plans to manage and invest your money to fund the lifestyle you choose.

For more information about Dmason Financial Planning Tools, please visit: Dmason Financial Planning Tools site announcement To enroll in a financial planning course, please visit:
https://aglearn.usda.gov/totara/coursecatalog/courses.php

Learn What’s Possible! Join a This Is Who We Are Engagement

This is Who We Are (TIWWA) continues to raise the bar on what it means to be values-based, purpose-driven, and relationship-focused. In direct demonstration of the core concepts of TIWWA, several agency units are “stewarding the whole” by volunteering trained, experienced ambassadors for a new national team offering weekly engagements to employees throughout the agency. This new cadre will host engagements on Tuesdays (9 a.m. – 4 p.m. Pacific) and Wednesdays (9 a.m. – 4 p.m. Eastern), with a third day to be added after the busy summer field season. These engagements are open to any employee in the agency and satisfy the AgLearn requirement for “6140 National This is
Who We Are Employee Engagement Session 1”. To register, employees simply visit EventBrite and choose a date and time that fits their schedule.

If you have any questions about TIWWA or just want to learn more, contact national program manager Brad Tait at bradley.tait@usda.gov.

**New employee Video Onboarding Series**

The video series is available via AgLearn - Onboarding Video Series. The videos provide an overview of the Forest Service, benefits, resources, and much more. You can register for the series and receive training credit.

**Questions?** Please join human resources specialists to answer your questions regarding HR systems, pay, leave, benefits, and retirement. Q&A session details are in AgLearn.

Note: eAuthentication login is needed to access AgLearn. The new hire guide and onboarding checklist also have helpful resources.

**Recorded Webinars**

**A Guide to Virtual and Hybrid Meetings**

**Recording:** [https://usfs.adobeconnect.com/psqd7bkukox1/](https://usfs.adobeconnect.com/psqd7bkukox1/)

**Playing time:** 90 minutes

**Mindful Parenting and Caregiving**

**Recording:** [https://usfs.adobeconnect.com/p7vblsxrn781/](https://usfs.adobeconnect.com/p7vblsxrn781/)

**Playing time:** 1 hour

**Additional Tools and Resources**

**Employee Assistance Program (EAP)**

The Forest Service Employee Assistance Program (EAP) offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems. EAP addresses a broad and complex body of issues affecting mental and emotional well-being, such as alcohol and other substance abuse, stress, grief, family problems, and psychological disorders. EAP counselors also work in a consultative role with managers and supervisors to address employee and organizational challenges and needs. To access EAP, please visit: [FS Mental Health Roadmap (arcgis.com)](https://fs.m LAND)  

**National Institutes of Health (NIH) Suicide Prevention**