

Mental Health for Local Elected Officials: New Tools and Emerging Supports

MENTAL HEALTH TOOLKIT FOR ELECTED OFFICIALS

A TOOLKIT OVERVIEW



AGENDA

- How we got here
- Toolkit overview
- Next steps
- UBCM Group Benefits for Elected Officials
- Q&A

PROGRAM GOALS AND OUTCOMES

- Remove barriers
- Build mental health literacy
- Reduce stigma
- Strengthen Resilience
- Improve early access to support
- Foster peer connection

TOOLKIT COMPONENTS

- Component 1: Continuing Education
- Component 2: Application Based Programming
 - A) Employee and Family Assistance Plan (EFAP)
 - B) Mental Health First Aid Essentials Training

KEY CONSIDERATIONS

- Easy access
- Accessibility
- Confidentiality
- Security

COMPONENT I: CONTINUING EDUCATION

- Confidential access to BC Local Government Learning Hub
- Self paced, voluntary selection of materials to choose from
- Curriculum themes include:
 - Mental Health & Well-Being
 - Healthy, Safe & Respectful Workplaces
 - Personal Health & Resilience

PARTNERS

- Pacific Blue Cross
- Homewood Health
- HeadsUpGuys

- More to come...



HEADSUPGUYS

COMPONENT 2: EFAP

- Employee and Family Assistance Plan (Homewood Health)
- Confidential access to counselling, coaching and mental health resources
- Available 24/7 through in-person, telephone, and online channels

PATHFINDER COMPREHENSIVE

Pathfinder Pro

- In-person & Multi-Modality
- Counselling
- MeetNow - Immediate, on-demand
- Counselling
- Sentio Self-Directed iCBT
- Sentio Counsellor-Assisted iCBT
- Burnout & Stress Solutions
- DEI Matching & Support
- Guided Care Recommendations

Pathfinder Comprehensive

All the features of PRO with:

- Sentio Integrated Therapy
- Depression Therapy
- Anxiety Therapy
- Trauma Therapy
- Substance Use Therapy
- Crisis Management Services
- Mental Health Training Platform (LMS)

COMPONENT 2: MENTAL HEALTH FIRST AID ESSENTIALS

- Increase Mental Health Awareness
- Understand stigma, diagnostic labelling and barriers to helping
- Learn effective communication techniques
- Learn reflective self-awareness
- Review mental health support resource mapping

NEXT STEPS

- Curriculum development underway
- Program materials coming soon
- Application process details to follow

UBCM GROUP BENEFITS PLAN FOR ELECTED OFFICIALS

- Increased coverage for mental health supports (standard and enhanced plan)
- Increased lifetime maximums
- Increased practitioner coverage (enhanced plan)
- Competitive pricing

QUESTIONS?

Thank you for attending! For further questions regarding the Toolkit or UBCM Group Benefits Plan, please contact:

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COMMON GOOD

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2026



Vancouver Food Runners

In appreciation of our speakers today and with thanks for your contribution, UBCM has made a donation to the Vancouver Food Runners. Building connections between local businesses, nonprofits, and volunteers to ensure surplus food reaches essential community food programs. Vancouver Food Runners believe in turning surplus food into meaningful change. They believe good food belongs to people, not landfills!