



2019 Panhandle Safety and Wellness Conference and Trade Show

Safety

Environmental

Wellness

Culture

Risk Management

Engagement

Gering Civic Center, Gering, NE \ September 12, 2019

Register online at www.pphd.org/pwwc.html

AGENDA

Time	Event	Safety	Wellness
8:00-8:30 a.m.	Registration		
8:30-9:30 a.m.	Opening Keynote	Unleash Your Inner Davinci - Scott Shellstrom	
9:30-9:45 a.m.	Exhibitor Break		
9:45-11:00 a.m.	Breakout Session	<p>Addiction and Mental Health in the Workplace Jim Crowser, Hazelden Betty Ford Foundation Senator Sara Howard, District 9 Omaha Learn how to recognize potential risk factors, signs, and symptoms for substance abuse and/or mental health challenges in the workplace. Methods for setting a supportive environment in the workplace and techniques for intervention will be presented. Particular emphasis will be placed on opioid use and its impact on employee health.</p> <p>Participants will:</p> <ul style="list-style-type: none"> • Understand the disease of addiction • Understand common workplace practices that support persons in recovery • Learn how to identify signs a co-worker may be impacted with substance use or mental health condition • Learn how to identify work stressors that are more commonly associated with substance use • Explore options for creating a safer workplace for persons in recovery from addiction and/or mental health challenges 	
11:00-11:15 a.m.	Exhibitor Break		
11:15 a.m.-12:15 p.m.	Breakout Sessions	<p>OSHA Update Courtney Olson, Nebraska Safety Council</p> <p>Get the details on where the administration is at with pending and new regulations. Region VII OSHA focus areas will be reviewed with a specific focus on Nebraska injury statistics and frequently cited violations.</p>	<p>Dispelling Wellness Fads and Trends Cheri Farris, Panhandle Public Health District</p> <p>“Weight loss” are two buzz words in our society, so it isn’t surprising that millions of people try out fad diets and wellness trends every year. At the end of the day if a diet or product sounds good too be true, it probably is. Join us as we discuss wellness fads and trends and what you can easily do to have a healthy lifestyle.</p>
12:15-1:00 p.m.	Luncheon	Celebrate Safety Awards and Governor's Wellness Award Recipients	
1:00-1:15 p.m.	Walk and Exhibitor Break		
1:15-2:15 p.m.	Afternoon Keynote	Breakthrough Brainstorming: Fun, Fast Strategies to Unleash Your Brilliance!	
2:15-2:30 p.m.	Raffle Break	Drawing for door prize winners - grand prize Husker Tickets will be drawn at the end of conference!	
2:30-3:30 p.m.	Closing Session	<p>Rejuvenate, Reflect, Refresh Jessica Lecher, Operations Coordinator, Panhandle Partnership</p> <p>Join us as we REFLECT on an incredible day of learning and interaction, are REFRESHED by connecting and sharing with other businesses and organizations experiencing similar areas of opportunities, barriers, and cutting-edge safety and wellness ideas, and REJUVENATED to return to work ready to implement new and trending ideas and strategies.</p>	

EXHIBITORS

Chat with and learn from the variety of exhibitors out in the Trade Show Hall during breaks. Exhibitors include:

- Panhandle Public Health District
- Western Pathology Consultants, Inc. (WPCI)
- Blender Bike
- DeskCycle
- National Diabetes Prevention Program & Living Well
- Panhandle Partnership Training Academy
- Tobacco Free in the Panhandle

There are still exhibiting opportunities available, go online at:

<http://bit.ly/panhandle-exhibitor>

KEYNOTE SPEAKER

Opening Keynote Unleash Your Inner Da Vinci

Start the day off with this energetic and interactive experience that will help you uncover your hidden problem-solving abilities. Shellstrom will inspire the unique creative force within all of us, discovering new perspectives and solutions to everyday challenges.

Closing Keynote Breakthrough Brainstorming: Fun, Fast Strategies to Unleash Your Brilliance!

Generating new ideas and devising different solutions requires effective brainstorming strategies. It's so much more than tossing out suggestions in a group! Scott will educate on what techniques to use and which ones to avoid to get the most out of brainstorming sessions. He'll also provide ways to breakthrough barriers like unconscious bias and mindset to maximize outcomes.

Scott Shellstrom



AWARDS LUNCHEON

Recognizing the Governor's Wellness Award, Safety Award Recipients, and the Leading Light Award

The **Nebraska Safety Council Workplace Safety Awards** recognizes organizations with exemplary safety programs. They are determined by a panel of safety and health professionals. The **Governor's Wellness Award** program honors organizations that have made notable efforts in providing quality wellness programs for their employees and demonstrated exceptional wellness leadership. The Panhandle Worksite Wellness Council will also recognize this year's Leading Light recipient.

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