



Peter Christison has worked for over 25 years in the business sector. He was a Director of Winchester Chamber of Commerce for over 10 years.

Gaining over 18 years training experience in the business, public, & voluntary sectors, Peter has worked for over 18 years in the field of mental health; over 10 years of which is in the workplace setting.

In the NHS, he was a mental health promotion specialist where he researched and wrote 'Healthy Minds in your Workplace' toolkit and mental health promotion training Programme; this was used on a pilot site to develop the HSE Management Standards for Stress

He has written articles published about workplace mental health in national journals including: the Health Service Journal (HSJ) and 'The Professional Manager' the magazine of the Chartered Management Institute.

He and his 7 highly experienced associates provide a comprehensive workplace health and mental health service throughout the UK

He is married, is a slave to 2 rescue cats, and lives in West Sussex.

Peter Christison & Associates



HEALTHY MINDS
in your workplace

**Specialist job retention &
Case Management Service
(for adverse stress & Mental ill health)**

For employees and employers

"This good value efficient service focussed on keeping our employee in work using more specific interventions than previously experienced." "We recommend this service to other employers" Jenny Deaves HR Manager Waverley Borough Council, Surrey

www.healthymindsinyourworkplace.com

Tel: (01903) 742434

South east regional partner of Mindful Employer



"I recently had to call upon Peter Christison, with regard to stress in the workplace and I found his professional expertise and easy manner to be most effective. I would certainly have no hesitation recommending him to other people" Stephen Turrell Storrington

What does a Job retention Specialist Case manager do?

A case manager provides a wide professional service to support a person to stay in work, either because they are suffering from presenteeism (ill while in work) or returning them to work due to a sickness absence.

They also will work in cases of the new 'Fitness for Work' model introduced in the Dame Carol Black report in 2008/09. The aim is to create sustainability in either case. The case manager is qualified to also work with an employer, providing advice, support and training if required.

Consistent research demonstrates that if a case manager is employed there is a 70% likelihood the employee will stay in or return to work.

Are Job Retention Specialists qualified?

They are highly trained in a wide variety of topics and skills, usually with a substantial experience, and knowledge understanding workplaces, stress and common mental health problems. Some of the skills and knowledge will be found on the opposite page; full matrix on request.

Roger Butterworth our associate & an associate of the * Sainsbury Centre for Mental Health , is a leading national authority of this subject provides training with the Job retention Team; lately commissioned by the Dept of Works and Pensions (DWP).

He also founded and runs the largest UK network of Job Retention Specialists in conjunction at the *SCMH. This provides continual development for the specialists.

Who can refer the person to a case manager, and who do they work with?

- ✚ Employers
- ✚ HR , Directors
- ✚ The person themselves
- ✚ GP's and other health professionals
- ✚ Trade unions
- ✚ Line Managers
- ✚ Lawyers & EAP's
- ✚ Insurers

Skills

Knowledge

Initial psycho social assessment, including a stress audit, of the individual employee	In depth knowledge of mental illnesses, stress and mental health issues
Provide psycho social interventions such as: recovery and coping skills strategies, personal resilience, depression busting, or stress management for the individual.	Coping skills, mental health support, and stress management CBT well being techniques
Mediation and negotiation	Understanding business ethos And employer perspective
On site Workplace assessment	HSE stress legislation
Write crisis plans and return to work plans	'Access to work' government initiative
Recommend, negotiate & monitor workplace adjustments	In depth knowledge of DDA , and some employment law
Recommendations and advice including mental health promotion for employers	Advice and support for employees still present in workplace but displaying signs of emotional distress and deterioration of work performance

For further information and discussion of this inexpensive service, without obligation in confidence please contact

Peter Christison Tel: (01903) 742434
or e-mail info@healthymindsinyourworkplace.com