



Healthy Workplace Initiative Award 2004

This is the second year that the Psychologists' Association of Alberta has presented this award. The award will be presented on an annual basis to an employer and/or organization that has implemented a workplace initiative that contributes to the psychological health and well-being of their employees.

2004 Recipient

(the following is taken from the nomination submitted by Cathy Berry)

Strathcona County, through its Employee and Family Assistance Program (EFAP), offers employees and their families professional and confidential help with a broad range of personal and work-related concerns such as personal and job stress, relationship conflicts, care of children or aging parents, alcohol and drug problems, grief and loss, balancing work and family, career issues and more. These services are offered at no cost to the employee.

The EFAP also administers the employee health and wellness program called WISE (Wellness in Strathcona Employees) which was initialized in 1997 and continues to motivate employees to be pro-active in looking after their health and well-being. There are many difference

facets to the program including: The Incentive Program; Lunch and Learn; Strategies for Well-Being; WISE tips; Stress Busters and Working Together; Display Boards; Special events such as Healthy Workplace Week, A Nutrition Quiz, Sneaker Day, HeartWorks 2002, Blood Pressure Clinics, Quiet Room; Occupational Health and Safety Programs; Corporate Fitness Study; Corporate Challenge 2004; Staff Development.

Congratulations to Strathcona County on receiving the 2004 Healthy Workplace Initiative Award from PAA.



Ms. Cathy Berry (nominator), Ms. Joanne McAuley
(accepting on behalf of Strathcona County)