



17 Employers Advance Workplace Mental Health through NAMI-NYC's 2024 Collaborative

New York, NY, February 6, 2024—NAMI-NYC launches the third year of the [Workplace Mental Health Collaborative \(Collaborative\)](#), a program that connects and supports employers taking action to promote employee mental health. The Collaborative utilizes the recently released U.S. Surgeon General’s Framework for Workplace Mental Health and Well-Being, which has elevated the importance of workplace mental health to a national imperative.

NAMI-NYC is grateful to returning members **Citi, Deutsche Bank, Houlihan Lokey, Mizuho Americas, SMBC, The Riverside Company, UBS, and Värde Partners**, as well as excited to welcome new members **Atalaya, FOX, Katten Muchin Rosenman LLP, Kramer Levin Naftalis & Frankel LLP, Goldman Sachs, OBERLAND, OUTFRONT Media, Seward & Kissel LLP, Uncommon Goods**, and others.

“Our Workplace Mental Health Collaborative has been so successful the past two years, we’re expanding the program to any industry that wants to participate,” said NAMI-NYC CEO **Matt Kudish**. “We are proud of this innovative Collaborative, where influential companies open up the conversation to reduce stigma, build programs to support employee mental health, and give back to their local communities.”

The Collaborative consists of two components:

- **Monthly Steering Committee meetings** with Human Resources, Benefits, Diversity Equity & Inclusion, Wellness, Medical, and Employee Resource Group leaders from each employer to learn best practices, cross-pollinate ideas, and implement tactical solutions related to fostering employee mental health.
- **Beyond Burnout**, a five-part training series focused on teaching employees a skill-based model of resilience. NYU’s external evaluation of this program found a statistically significant increase in knowledge and attitudes around resilience and workplace mental

health, use of coping strategies, and experiences of positive emotions among employees that participate.

“We are seeing an increased need to ensure employers’ strategies are comprehensive. The Collaborative’s unique public health approach allows employers to target changes at multiple levels of influence,” shared NAMI-NYC Director of Workplace Mental Health **Rachael Steimnitz**. “Employers in our program advance employee mental health by implementing both organizational changes and increasing employees’ individual skills related to mental health through our evidence-based training programs.”

To join the Workplace Mental Health Collaborative or learn more about NAMI-NYC’s Mental Health Initiative training opportunities, email rsteimnitz@naminyc.org.

From A Selection of Our Members:

Atalaya Capital, President, Nathan Romano: “As a longtime supporter and President Emeritus of NAMI-NYC, I see this organization's daily impact on reducing the stigma of mental illness in New York City and beyond. I see the meaningful impact of its efforts in workplace mental health on companies of all sizes, and I am excited to see the organization’s efforts growing. Atalaya Capital Management is proud to partner with NAMI-NYC to bring workplace mental health expertise to the greater business community.”

Deutsche Bank, Vice President, Regional Management Americas, Rachel Duncan: “At Deutsche Bank we believe prioritizing mental health by creating a positive and open culture is essential for achieving a healthy work-life balance. We are proud to continue our partnership with NAMI-NYC and the Workplace Mental Health Collaborative. The Collaborative offers a platform where professionals can come together to connect, learn and share best practices to create positive change in how we approach and support mental health within our organization. Today, staying informed and proactive about mental health is a responsibility to our employees.”

Fox Corporation, Chief Human Resources Officer, Kevin Lord: "FOX is proud to grow our partnership with NAMI-NYC through their Workplace Mental Health Collaborative. We recognize the significance of supporting mental health issues, and the importance of implementing strategies to bolster the well-being of our colleagues and their family members."

Houlihan Lokey Chief Human Capital Officer, Josh Friedlander: “Houlihan Lokey is proud to continue our relationship with NAMI-NYC as part of the Workplace Mental Health Collaborative. Over the past year, we have seen first-hand how the organization benefits our colleagues through their educational programs, resources, and commitment to improving the

financial services workplace. We look forward to another year in which NAMI-NYC and Houlihan Lokey work together to make a positive impact in the communities in which we work and live.”

Katten Muchin Rosenman LLP, Chief Executive Officer, Noah Heller: “We strongly believe that a good attorney is a healthy attorney. As lawyers and leaders, we must tackle the stigma of mental health struggles to address their long-known presence in our industry and others. I am proud to support NAMI-NYC’s mental health advocacy and education.”

Kramer Levin Naftalis & Frankel LLP, Co-Managing Partner, Howard Spilko: “Kramer Levin is proud to join the NAMI-NYC Mental Health Collaborative. Our participation in this dynamic group is the culmination of 20+ years of support and engagement by Kramer Levin with NAMI-NYC and its mission. We look forward to partnering with other members on creating workplaces that prioritize mental wellbeing and the inclusion of all members of our community.”

Mizuho Securities USA, President and Chief Executive Officer, Jerry Rizzieri: “In just two years, NAMI-NYC’s Mental Health Collaborative has made a tremendous impact, advancing support and education initiatives that are helping to diminish the stigma associated with mental health challenges among the financial services community. We are proud to partner with NAMI-NYC and play a role in accelerating awareness, advocacy, and empathy to support individuals and families affected by mental illness.”

OBERLAND, Chief Executive Officer, Drew Train: “We’re excited to be joining the NAMI-NYC Workplace Mental Health Collaborative this year and their mission to connect and support employers taking action to promote employee mental health. As an ad agency, it’s important for us to prioritize destigmatizing mental health especially in a high stress industry and it’s an honor to be an ally and to support NAMI-NYC’s tremendous advocacy as a member of the Board.”

OUTFRONT, EVP, Chief Human Resources Officer, Nancy Tostanoski: “Our company is shaped by the incredible, diverse individuals who contribute to our success, and prioritizing our employees’ well-being is essential to the continued success of our business. We are proud to be affiliated with the National Alliance on Mental Illness of NYC in working towards eliminating mental health stigma in the workplace.”

Seward & Kissel LLP, Managing Partner, James Cofer: “Our Firm proudly joins the NAMI-NYC Workplace Mental Health Collaborative to destigmatize mental health in the legal industry. In partnership with NAMI-NYC, we commit to fostering a culture of compassion, understanding

and resilience. Together, we stand united in breaking down barriers, championing open dialogue, and creating an environment where mental health is prioritized.”

The Riverside Company, Co-Chief Executive Officer, Stewart Kohl: "Mental health is still often overlooked, especially in the workplace. Partnering with the NAMI-NYC Workplace Mental Health Collaborative is one of the many steps we take at Riverside to promote and enhance mental health among our colleagues."

UBS Wealth Management USA, Head of Sales & Development, Bill Carroll: “UBS is excited and proud to continue its membership with the NAMI-NYC Workplace Mental Health Collaborative in 2024. Supporting the mental health and well-being of our employees continues to be an important priority for UBS and we commend the Collaborative for its efforts to raise awareness, provide training and resources, and reduce the stigma within the financial services industry.”

Uncommon Goods, Chief People Officer, Beth Rivera: “As the Chief People Officer at UncommonGoods, I am proud to share our collaboration with NAMI-NYC in the Workplace Mental Health Collaborative. We are dedicated to cultivating a nurturing, stigma-free atmosphere for our team. By uniting with NAMI-NYC and esteemed partners, we aspire to positively influence team member mental health and enhance the overall well-being of our communities. Let's collectively emphasize mental health in the workplace, fostering a culture marked by empathy and understanding.”

Värde Partners, Global Head of Human Capital, Marie Suesse: "At Värde, we are deliberate about fostering a culture that emphasizes authenticity and inclusiveness. Our alliance with NAMI-NYC exemplifies our commitment to advancing mental health and battling prejudice. As we embark on the third year of the Collaborative, we are inspired by the expanding involvement and warmly welcome all new members."

About NAMI-NYC:

NAMI-NYC helps families and individuals affected by mental illness build better lives through education, support, and advocacy. We offer free classes, 40 support groups, and a Helpline in English, Spanish and 180 languages regardless of diagnosis, insurance, or immigration status. All information shared is confidential. NAMI-NYC also supports employers of all sizes across industries to develop and sustain mentally healthy work environments. Learn more at www.naminyc.org/workplace.