



ArcaMind

GLOBAL INSTITUTE FOR
MENTAL HEALTH SOLUTIONS

The U.S. mental health crisis is hurting your business.

ArcaMind™ can empower your workers to navigate the storm.

We're in the midst of a mental health crisis, and your employees are suffering. U.S. rates of anxiety, depression and stress are rising, damaging the resilience and economic growth of businesses across the country.

Workplace burnout is the top reason people leave their jobs – and stress, anxiety and depression are the top causes. Employee burnout is enormously expensive, estimated to cost a 1,000-employee company \$5 million or more annually. But a critical shortage of mental health professionals hampers the ability to navigate mounting challenges – both in the workplace and in our communities.

Employers urgently need to expand capacity and access to mental health resources for employees who need it. But how do you reconcile surging demand with the shortage of professional help?

ArcaMind is working with employers of all sizes to activate and empower your best asset: your workforce.

We work in communities to bring an evidence-based, practical solution that trains and activates motivated employees to learn and share coping and stress-management skills with colleagues to address their stress, anxiety and burnout – before issues become more serious.

Our Problem Management Plus (PM+) training was born of a different type of crisis, developed by the World Health Organization and proven profoundly successful in supporting people impacted by natural or humanitarian disasters. ArcaMind has adapted PM+ to deliver a powerful, proven solution for the mental health emergency we're experiencing right here at home.

ArcaMind's PM+ training can help you:

- Unlock higher productivity by tackling employee mental-health challenges early and proactively.
- Cut costs related to turnover, absenteeism and chronic healthcare needs.
- Strengthen employee engagement, creating a workplace culture rooted in support and belonging.
- Elevate your brand as a leader in prioritizing employee wellness.
- Provide employees with practical coping skills that can last a lifetime.

PM+ is manageable, proven, practical and powerful

PM+ provides structured, evidence-based mental health support that easily integrates into workplace wellness programs, reducing stigma and increasing accessibility without requiring clinical resources. PM+ also can be incorporated into employee training and onboarding curricula. Here's how it works:

- Interested employees learn five evidence-based, problem-management strategies in a training program customized to your organization's needs. Hands-on practice follows, supervised by experienced mental health professionals.
- ArcaMind leads the training with experts from The New School's Center for Global Mental Health. Post-training, we partner with companies to provide ongoing guidance and measure program impact.

The nation's mental health crisis is not going away. In this "new normal," employees need to acquire practical skills to manage everyday stress and anxiety. PM+ can give you the toolkit, directions and support.

PM+ provides you with the opportunity to lead in supporting the mental health of your workforce – creating a workplace where people thrive.

Learn more about how PM+ can strengthen your business.



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FAQ: How PM+ can strengthen your organization

What is Project Management Plus (PM+)?

- ArcaMind™'s PM+ training is an evidence-based program that addresses the No. 1 cause of employee turnover: workplace burnout.
- Developed by the World Health Organization, PM+ trains employees to provide non-clinical support in the workplace to help address potential mental health challenges before they become more serious.
- The program empowers an employer's best asset – your own workforce – by equipping them with coping and stress-management skills that can help fellow workers build resilience.

Why does my organization need this?

- Workplace burnout is the top reason people leave their jobs – and stress, anxiety and depression are the top causes.
- Employee burnout is enormously expensive, estimated to cost a 1,000-employee enterprise \$5 million or more annually.
- A critical, nationwide shortage of mental health professionals hampers our ability to navigate mounting challenges – both in the workplace and in our communities.

What are the key benefits of PM+ for an employer?

- PM+ training:
- Unlocks higher productivity by tackling employee mental-health challenges early and proactively.
- Strengthens employee engagement by creating a workplace culture rooted in support and belonging.
- Cuts costs related to absenteeism and chronic healthcare.
- Elevates your brand as a leader in prioritizing employee wellness.

How does PM+ work?

- ArcaMind works with employers to customize the training based on the employer's specific needs and preferences, ranging from 3 days of intensive training to a 12-week program. The training can be in person or online.
- Hands-on practice follows, supervised by experienced mental health professionals.
- The PM+ program:
- Empowers your staff with tools to address workplace challenges before they spiral.
- Organically increases the support resources available to your staff – and makes them easily accessible in the workplace.
- Trains employees to serve as a bridge to professional resources when needed.
- We work with each organization's leadership to track the metrics most relevant to their workplace, assessing progress after the initial training and again 6-9 months post training.



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What others are saying about the benefits of Problem Management Plus (PM+)

Employers

"The strength of PM+ lies in its simplicity and accessibility. The strategies require minimal effort from participants and can be seamlessly integrated into daily routines, even for those experiencing significant stress.

"It's easy to overlook simple yet effective ways to support wellbeing. PM+ not only reinforces these strategies, but also fosters connection. Many participants initially feel isolated, but hearing from others with similar experiences helps build a sense of belonging and support. This program has been instrumental in providing much-needed reflection and community."

- Sharita Khatiwada, Mental Health and Psychosocial Counselor, International Rescue Committee (IRC) Atlanta

"PM+ has helped initiate broader conversations about mental health, reducing stigma and increasing awareness. Many clients initially believed there was little they could do to improve their mental health due to a lack of knowledge or resources. However, these sessions proved invaluable—not only for them, but also for their communities. Many participants shared what they learned with friends and family, allowing the benefits of PM+ to extend well beyond the group setting."

- Diana Gomez, Mental Health Specialist, International Rescue Committee (IRC) Atlanta

PM+ Training Participants

"Grounding in mindful techniques and taking the time to listen with empathy are the hallmarks that make this program work. Helping others resolve their problems in a way that empowers them to gain control will serve them now and in the future."

- Carl Huber, Community training participant

"I am forever a better fitness instructor and human being after going through PM+ training."

- Heidi Rudstrom, ForeverWell Coordinator, Duluth Area Family YMCA

I am writing to share my positive experience and wholehearted testimonial regarding my recent participation in the PM+ (Problem Management Plus) training.

The PM+ training has been an incredibly valuable journey for me, both professionally and personally.

Throughout the course, I gained a deep understanding of practical, evidence-based strategies for supporting individuals experiencing stress, adversity, or mental health challenges. The training was comprehensive, well-structured, and delivered in an engaging manner that made even complex topics accessible and practical.

I particularly appreciated how interactive the sessions were, allowing me to actively participate, ask questions, and practice the skills I was learning. Role-plays, group discussions, and real-life scenarios helped me build my confidence and refine my techniques. The facilitators were knowledgeable, supportive, FUN, and created a safe learning environment where I felt comfortable to share and learn from others.

Through this training, I have developed crucial skills in problem-solving counseling, stress management, behavioral activation, and strengthening social support networks. I now feel far better equipped to help individuals navigate challenges and improve their well-being in meaningful ways.

Participating in PM+ has significantly enhanced my professional capacity to provide support, and I am excited to apply these skills in my work. I am grateful for the opportunity to be part of this training and highly recommend it to anyone seeking to expand their skills in mental health and community support interventions.

Thank you to the entire PM+ team for your dedication and for providing such an impactful and empowering learning experience.

- Jamie, PM+ Helper Participant

PM+ Training Recipient

“When I started the PM+ program I felt like a pinball – unfocused, with constant emotional highs and lows, and I lacked confidence in myself. Following the learning of the PM+ strategies, I became a better advocate for myself, making it possible for me to ask for help.

This area had been really difficult, because I didn't want to bother others. The deep breathing has changed my life. I feel more calm, less rushed. I can give myself more grace and use a softer approach with others.”

Anne, PM+ support recipient

