

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.