



WELLNESS  
COUNCIL  
OF INDIANA™

# ANNUAL IMPACT REPORT

January 1, 2023 – December 31, 2023

# LETTER FROM THE WELLNESS COUNCIL OF INDIANA EXECUTIVE DIRECTOR



The Wellness Council of Indiana (WCI) exists to improve the quality of life for Hoosier residents by empowering employers and communities to create thriving places to live, work and play.

2023 brought a continued focus on issues raised during the pandemic such as addressing the impacts of social determinants of health in the workplace and reducing the stigma related to mental health disorders and obesity.

The WCI is honored to support employers in navigating these important issues through convenings with local partners and resources, providing employer consultations and trainings, and much more. The WCI supports the Indiana Chamber's strategic plan as it relates to smoking, obesity and reducing drug-related deaths in Indiana. Employees, organizations and communities benefit when we prioritize individual health needs and make commitments to well-being.

Thank you for joining us. We look forward to continuing to support organizations like yours as workplace wellness continues to evolve.

A handwritten signature in black ink, appearing to read 'Jennifer Pferrer'. The signature is fluid and cursive.

Jennifer Pferrer  
Executive Director, Wellness Council of Indiana

# 2023 MEMBERSHIP

**1,500-PLUS**

Member organizations across the state, representing industries such as manufacturing, construction, education, insurance, non-profits, technology and health care

**84**

Counties with WCI membership representation. From Steuben to Vanderburgh and from Lake to Perry, our statewide presence is impactful

**29**

Webinars on topics like building a wellness strategy, tobacco cessation, diabetes and chronic disease risk management, wellness program compliance, AchieveWELL Showcases, the future of the workplace and more

**30**

Consultations on diabetes, maternal health, mental health, obesity and tobacco

**37**

Trainings, seminars, workshops and member meetings including: Mental Health First Aid trainings; Tobacco Regional trainings; Obesity Symposium; Annual Indiana Wellness Summit; Employer Connection Series events; and Question, Persuade, Refer (QPR) trainings

## GRANTS

Four grants awarded in 2023, which allow the WCI to provide guidance around diabetes prevention, mental health and addressing substance use disorder in the workplace

# MEMBERSHIP REACH

**41,000-PLUS**

Annual web site page views

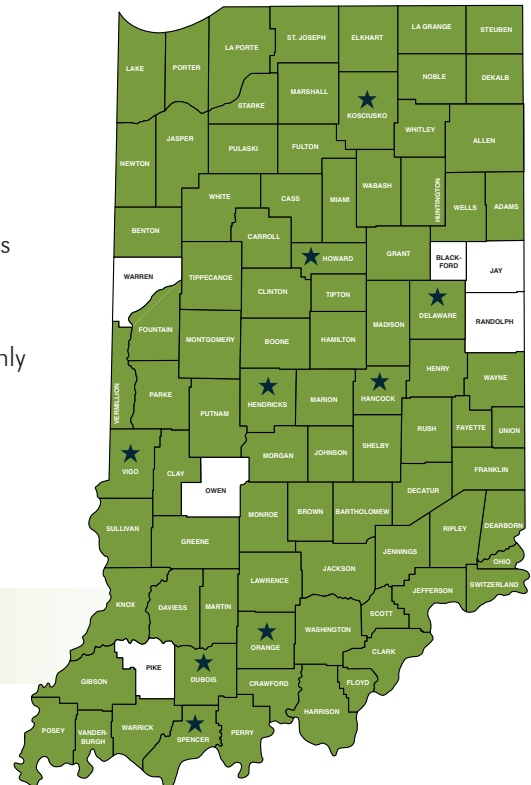
**27,800-PLUS**

*It's Good to be Well* monthly newsletter subscribers

**2,100-PLUS**

LinkedIn followers

- WCI Member Representation
- ★ Designated Indiana Healthy Community



# AchieveWELL

More than 250 Indiana companies have used AchieveWELL to develop, maintain and evolve their workplace well-being efforts.

Eight AchieveWELL companies were designated at the 2023 Indiana Wellness Summit. These organizations represent health care, municipalities, higher education, K-12 education, insurance and faith-based institutions.

## 3-STAR

Aspire Indiana Health  
Dormakaba  
Performance Services  
Weigand Construction

## 4-STAR

Complete Wellness Solutions  
Lippert  
TrueScripts

## 5-STAR

DK Pierce & Associates

# INDIANA HEALTHY COMMUNITIES

Indiana Healthy Communities (IHC) is the WCI's evidence-based collaboration process designed to help communities focus on implementing and sustaining a culture of health and well-being to spur economic and workforce vitality. IHC helps communities:

- Assess their programs, services and infrastructure in four domains: Health, Economy, Environment and Community
- Use data from the assessment and other sources to determine community needs
- Take action by assisting key stakeholders in developing a Healthy Community Action Plan with goals and objectives
- Gain recognition for the steps taken to improve community health and quality of life with the IHC designation from the WCI

IHC Designated Communities	
County	Year Designated
Delaware	2016
Dubois	2019
Hancock	2016
Hendricks	2019
Howard	2019
Kosciusko*	2019
Orange	2022
Spencer*	2020
Vigo	2022

\*Redesignated in 2023





## MENTAL HEALTH FIRST AID (MHFA)

Mental Health First Aid is an evidence-based training that teaches employees how to identify, understand and respond to signs of mental illnesses and substance use concerns or crisis in a work environment and how to guide a person toward appropriate care if necessary. WCI staff members are trained as MHFA instructors to provide quality and timely virtual or in-person training.

**22**

Mental Health First Aid trainings led by WCI instructors

**299**

Individuals trained

**87**

Employer organizations represented at WCI-led MHFA trainings

## INDIANA OBESITY COLLABORATIVE

The Indiana Obesity Collaborative is intended to elevate the obesity conversation in Indiana as a priority for the Governor. This group of thought leaders met on a bimonthly basis in 2023.

An Employer Obesity Symposium was held at the Indiana Historical Society on August 24, 2023 to connect employers and educate business leaders on addressing obesity in the workplace. The symposium focused on addressing the bias and stigma associated with obesity, addressing new and evolving obesity medications, and understanding the economic impact of obesity.

**19**

Thought leaders in the Indiana Obesity Collaborative

**72**

Employer Obesity Symposium attendees

## EMPLOYER CONNECTION SERIES

The WCI hosted a series of events in fall 2023 known as The Employer Connection Series: Bridging Gaps in Workplace Mental Health and Substance Use Disorder Resources. This two-part event series was held in the following Hoosier counties: Delaware, Dubois, Hancock, Hendricks and Kosciusko.

The purpose of the events was to educate employers about reducing stigma, implementing best practices, and connecting them with local programs for substance use disorders and mental health. The goal was to enhance care access, strengthen community responses and improve prevention efforts in those areas.

**66,000-PLUS**

Employees represented by Employer Connection Series (ECS) event attendees

**151**

Employers represented by ECS event attendees

**10**

Trainings held in fall 2023

## INDIANA WELLNESS SUMMIT

The annual Indiana Wellness Summit is the largest gathering of wellness professionals in the state. Presented by the Indiana Chamber of Commerce and the WCI, attendees learn the latest strategies to build healthier workplaces and communities.

The 2023 event took place on September 13-14 at the Indiana Convention Center, Indianapolis.

**184**

Attendees from across the state learned from and connected with one another

**38**

Sponsors and exhibitors offered diverse products and services to improve well-being

**34**

Outstanding breakout sessions over two days. Two amazing keynote presentations challenged our understanding of mental health





## WHAT'S NEXT?

### Member Engagement

WCI members will have many ways to engage in 2024 including additional opportunities for Mental Health First Aid training, Employer Connection Series events and more!

### Employer Connection Series: Spring 2024

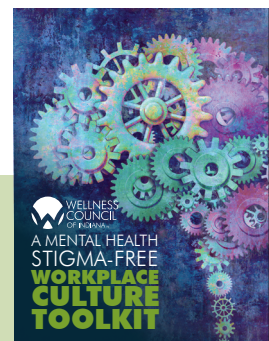
These events educate employers about reducing stigma, implementing best practices, and connecting with local resources for substance abuse and mental health. The goal is to enhance care access, strengthen community responses and improve prevention efforts in these areas.

### Hoosier Well-Being Data Project

WCI will partner with Indiana employers to guide them in leveraging their employee data to implement tailored programming related to mental health and substance misuse.

### New Resources Available at [wellnessindiana.org](https://wellnessindiana.org)

- [Mental Health Stigma-Free Workplace Toolkit](#)  
This toolkit guides employers on steps they can take to reduce the stigma associated with mental health conditions and substance use disorder.
- [Recovery at Work Video Series](#)  
This video series aims to assist individuals in substance use disorder recovery and/or with justice involvement to navigate resources to gain and maintain employment. It also provides education for employers on how to overcome stigma and work towards becoming a recovery ready employer.



### 2024 Indiana Wellness Summit

September 12-13, 2024 | Indiana Convention Center

The 2024 Summit will feature dynamic breakout sessions on cutting-edge topics, workplace well-being case studies and peer-to-peer networking. Nationally renowned keynote speakers inspire dialogue and personal development.



## **OUR MISSION**

The Wellness Council of Indiana is honored to guide organizations and communities through their well-being journeys. We exist to improve the quality of life for Indiana residents by empowering employers and communities to create thriving places to live, work, learn and play through connection, collaboration, education and evaluation.

**Check us out at [www.wellnessindiana.org](http://www.wellnessindiana.org)**

 [info@wellnessindiana.org](mailto:info@wellnessindiana.org)

 [Wellness Council of Indiana](#)

In cooperation with the Indiana Chamber of Commerce