

Navigating Challenging Times Executive Summary - Fall 2025

To support the move towards fiscal sustainability, [Navigating Challenging Times](#), a holistic program to promote employees' mental health and well-being was offered to USC faculty and staff. The program offered weekly dialogue groups, webinar series, individual counseling, leader consultations, and critical incident support.

WEBINAR SERIES

Navigating Challenging Times webinar series supports USC faculty and staff to navigate through periods of uncertainty with greater confidence. The series provides practical strategies and insights for managing stress and fostering resilience as well as ways to prioritize self-care practices, develop healthy coping strategies and create sustainable routines.

PARTICIPATION

- **278 registered for the series.** (unique)
- **377 total employees attended for the series** (non-unique)
- **1,228 program materials distributed post session.**
- **85% staff, 8% faculty, 6% other, <1% student, <1% retiree** unique participants.
- **116 single session** evaluations were received

PROGRAM OUTCOMES

- **97% were very satisfied or satisfied** with the program, the presenters, the usefulness of the information, amount of time allotted and the virtual format.
- **91% strongly agree/agree** that the program enhanced my knowledge and skills in this topic.
- **91% strongly agree/agree** that as a result of participating in this program, I am confident in my ability to apply the knowledge/skills in my daily life.

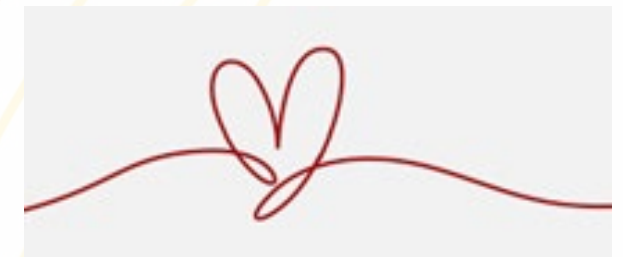
PROGRAM OUTCOMES

- **77% strongly agree/agree** that it is likely that I will make a behavior change as a result of attending this program.
- **66% strongly/agree** they are more confident in navigating challenges that USC is facing.
- **86% strongly/agree** they are more prepared with actionable steps to manage their mental health and well-being.
- **88% strongly/agree** they are more aware of the resources available to support their mental health and well-being

Why this matters...

SHRM news article, organizational experts emphasize that transparent communication, manager training, and providing emotional and financial support for both departing and remaining employees are crucial for maintaining trust and morale.

I truly appreciate these webinars, they have helped me make me more conscious of aspects of my life I was not contemplating.



Navigating Challenging Times Program

The Office of Behavioral Health (OBH) leads a system-wide approach to behavioral health across USC, ensuring faculty, staff, students, and patients receive the most appropriate and effective care. We foster a mentally healthy and resilient Trojan community. To support the move towards fiscal sustainability, we built [Navigating Challenging Times](#) for employees.

WEBINAR SERIES

Restorative programming for all employees

Recorded & accessible on-demand

Monthly, 3rd Wednesday at 12pm, August 20 – December 17, 2025

INDIVIDUAL COUNSELING

Confidential, brief counseling for employees

Available up to 30 days post-separation

Available now

LEADER CONSULTS

1:1 confidential conversations before/after high impact events

For leaders, managers, human resources partners

Available now

DIALOGUE GROUPS

Virtual groups to build resilience and share coping strategies

For employees during the height of uncertainty

Weekly, Tuesday at 12pm, July 22 – December 2025

CRITICAL INCIDENT SUPPORT

For impacted employees, managers, HR partners

Provides counselor presence, immediate individual support

Available now

PROGRAM ACCESS

To learn more, click below or scan QR code

[Navigating Challenging Times](#)



USC WorkWell Center sits in the Office of Behavioral Health, implementing mental health and wellbeing programs.

WorkWell serves USC Benefits-eligible Staff & Faculty | Cost-free, Confidential, Convenient

Find us at workwell.usc.edu | Call (213) 821-0800 | Email WorkWell@usc.edu

Navigating Challenging Times Webinar Series

Supporting USC faculty and staff with monthly virtual sessions focused on fostering well-being of mind, body and spirit. The series provides practical strategies for managing stress, ways to prioritize self-care practices, develop healthy coping strategies and create sustainable routines to build resilience.

Join us the third Wednesday of each month at 12pm, August 20, 2025 through December 17, 2025.



Navigating Change and Transition with Self-Care



Mental Health and Well-being: Support and Resources for Thriving



Coping with Trauma, Loss, and Grief



Social Connection and Belonging: The Importance of Community –
November 19 at 12pm



Season of Gratitude: Sustaining Well-being

To learn more, click or scan QR code

[Navigating Challenging Times](#)



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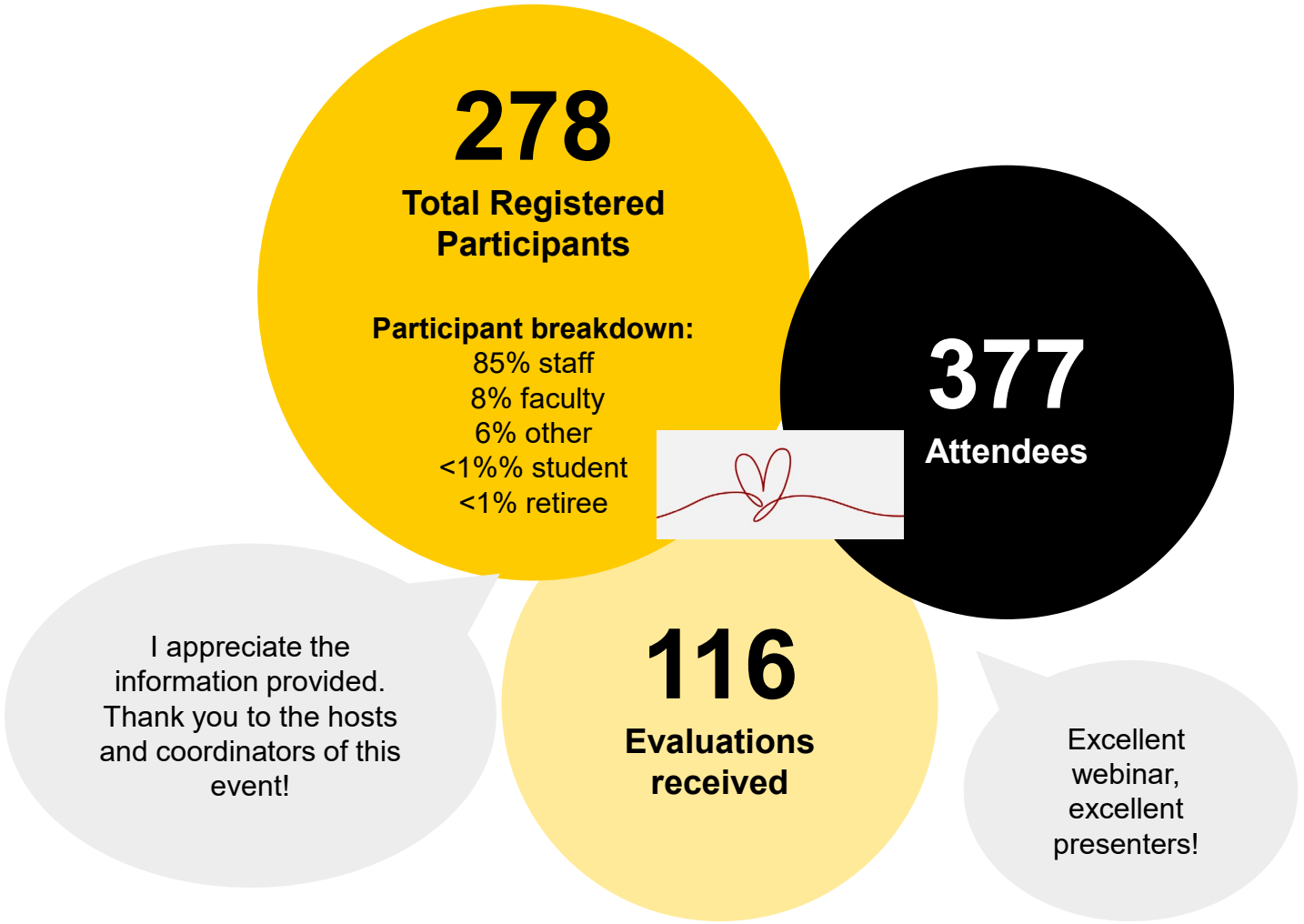
Navigating Challenging Times Webinar series – Fall 2025

Monthly webinar series designed to support USC faculty and staff to navigate through periods of uncertainty with greater confidence. The series provides practical strategies and insights for managing stress and fostering resilience as well as ways to prioritize self-care practices, develop healthy coping strategies and create sustainable routines.

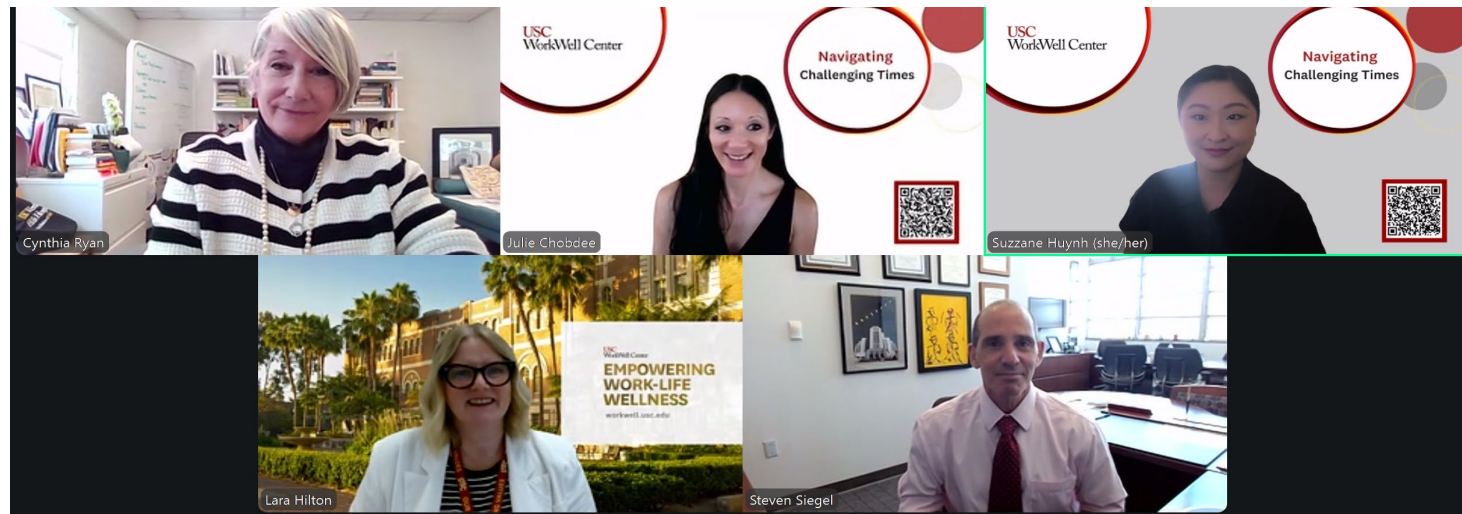
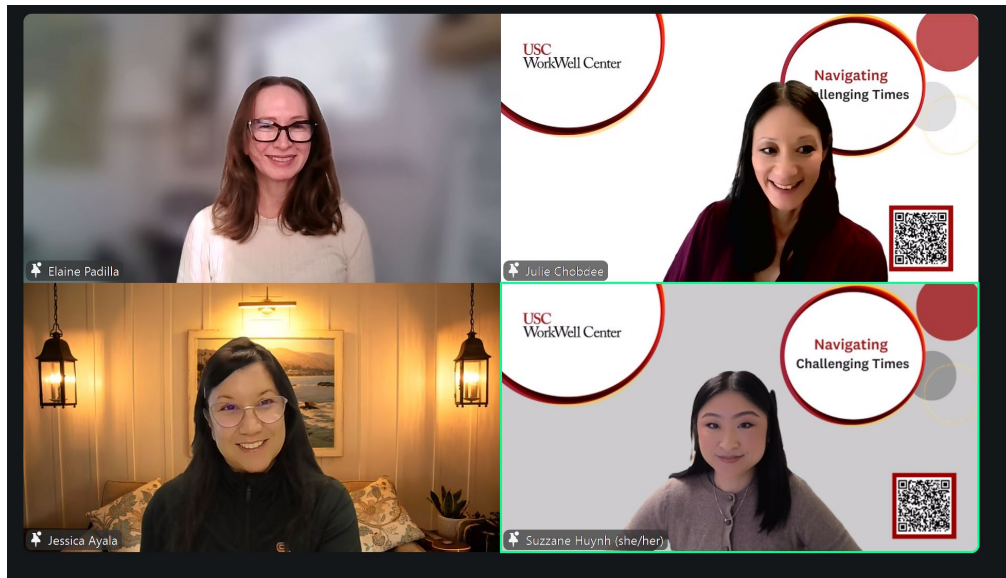
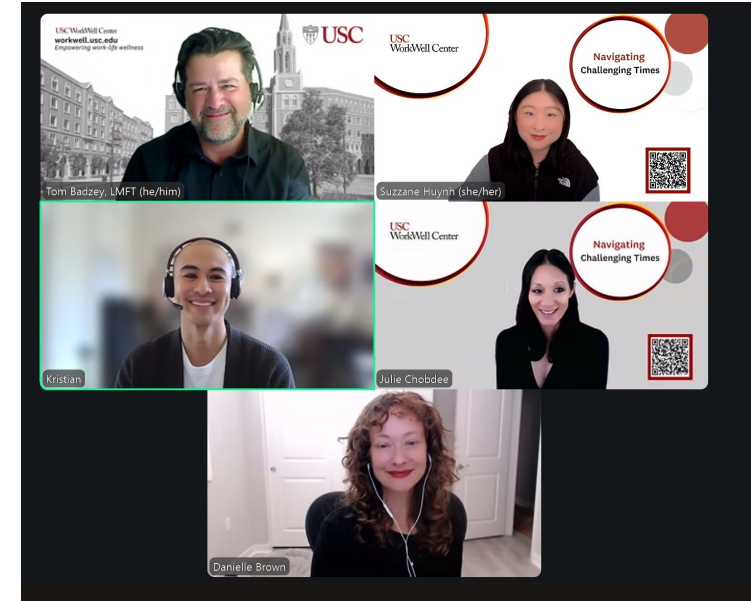
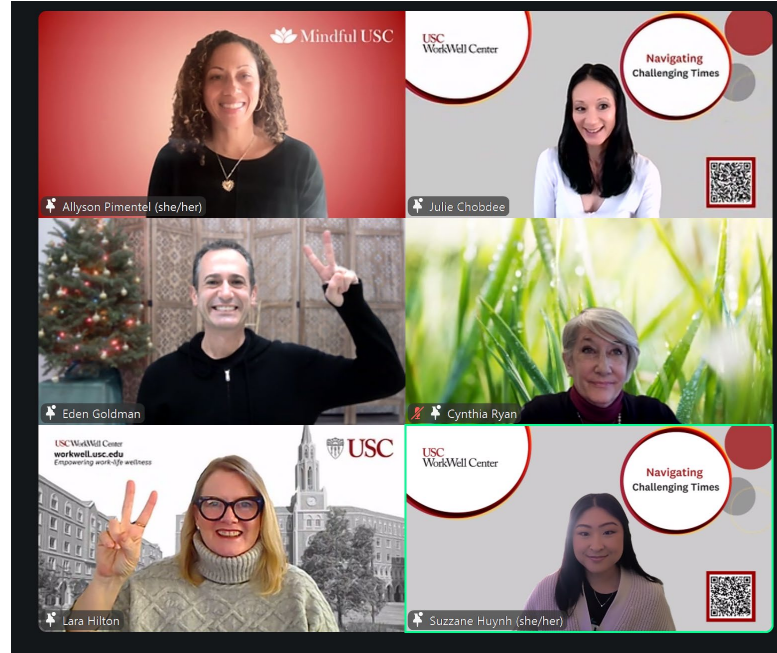
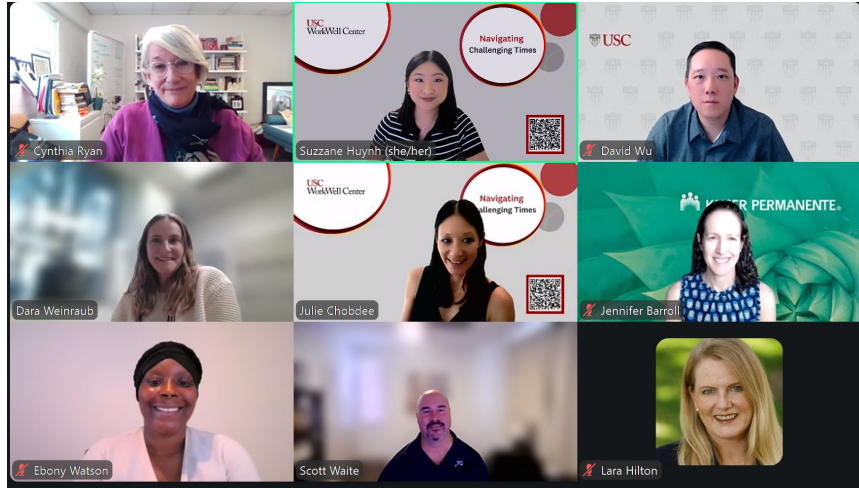
Program and Behavioral Outcomes:

116 evaluations received

- **96% were very satisfied/satisfied** with the program.
- **99% were very satisfied/satisfied** with the presenter.
- **95% were very satisfied/satisfied** with the usefulness of the information shared.
- **98% were very satisfied/satisfied** with the amount of time allotted for the program.
- **96% were very satisfied/satisfied** with the virtual format.
- **91% strongly/agree** the program enhanced their knowledge and skills.
- **91% strongly agree/agree** that they are confident in their ability to apply these strategies in their daily life, as a result of the program.
- **77% strongly/agree** that they are likely to make a behavior change, as a result of the program.
- **66% strongly/agree** they are more confident in navigating challenges that USC is facing.
- **86% strongly/agree** they are more prepared with actionable steps to manage their mental health and well-being
- **88% strongly/agree** they are more aware of the resources available to support their mental health and well-being



Navigating Challenging Times Photos



Testimonials

The host and presenters handled the program and sensitive topics with great care and respect. I appreciated the Q&A session, especially the grace and heartfelt responses. Thank you for hosting this webinar!

I appreciated hearing new information in a new and engaging way.

Thank you for recording these session so that we can go back to them.

The presentation gave some very helpful examples and guidelines.

This is not an easy topic to discuss so thank you for addressing it and offering lots of resources.



Comments, Suggestions, and Feedback

Gratitude and Taking Action

“Thank you for having these resources at the ready for everyone navigating through these tough times together! I am grateful for how everyone is supportive of one another.”

“I appreciate the reminder to speak positively. It won't help anyone to pile on fear and doubt. I will listen and look for positive solutions, if asked.”

“Enlightened and encouraged by the numerous resources USC offers to support mental health for all in Trojan family.”

“Just grateful for everyone at WorkWell and Care for the Caregiver.”

Positive Presenter Feedback

“Presenters relayed a very calm feeling to me. I also appreciated the detailed information about the nervous system, as well as their personal stories. Thank you for this presentation!”

“This was an excellent discussion with knowledgeable speakers. Their insights were very helpful in understanding how connectivity of the body and mind impact each other!”

“This was an exceptional session to lead us into our winter break, especially since we have the time to practice them. Thank you!”

Suggestions

“To make this presentation or other future endeavors addressing connection, belonging, and community more inclusive, better inclusion of neurodivergent issues and viewpoints would be helpful. It's likely a significant percentage of those struggling with connection and community are, in fact, neurodivergent.”

“I thought it was great! I wish there was a way to touch on the topic of having a manager who lacks boundaries and how to handle that.”



Program Materials

Navigating Challenging Times
Fall 2025

The Office of Behavioral Health is committed to fostering a culture of care at USC. In light of the challenges our community faces on the path to fiscal sustainability, we are offering a holistic program to promote employees' mental health and well-being.

This program offers:

- Individual Counseling
- Leadership Consultations
- Weekly Dialogue Groups
- Monthly Webinar Series

Find out more on the [Navigating Challenging Times webpage](#) or by scanning the code.



USC WorkWell Center

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This program is open to all eligible individuals. The WorkWell Center operates all of its programs and activities consistent with the University's Notice of Non-Discrimination. Eligibility is not determined based on race, sex, ethnicity, sexual orientation, or any other prohibited factor.

Flyer

Zoom Background

Digital Assets

Webpage

Navigating Challenging Times Program Team

Thank you and feel free to reach out to any member of the WorkWell and Healthy Campus team members



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