

# Return to Work from Mental Injury Series Summary

Below is a summary of the key takeaways and resources from the CMHAA member / Allianz clients only 'Building a personalised return to work plan' webinar.

<b>1: <u>Pre-claim moments that matter</u></b>	<b>2: <u>Balancing performance &amp; mental health</u></b>	<b>3: <u>Engaging the injured worker</u></b>	<b>4: <u>Understanding capacity for work</u></b>	<b>5: <u>Identifying meaningful duties &amp; removing barriers</u></b>
<b>6: <u>Building a personalised return to work plan</u></b>	<b>7: <u>Collaborating with treaters about return to work</u></b>	<b>8: <u>Supporting managers to implement a return to work plan</u></b>	<b>9: <u>Setting goals &amp; review points to monitor progress</u></b>	<b>10: <u>Achieving sustainable recovery &amp; return to work</u></b>

## SUMMARY

The session covered the below topics:



**PROVIDING** reassurance and structure through return to work planning



**IMPLEMENTING** behavioural insights to enhance engagement and motivation in return to work



**NAVIGATING** operational needs and return to work supports

## RESOURCES



**The Behavioural Insights Team: EAST Four Simple Ways to Apply Behavioural Insights**



**SafeWork Australia: Developing a Return to Work Plan**



**Return to Work Australia: Managing Return to Work – The Return to Work Plan**