

## **Coverage and Culture: Employer Symposium for Workplace Mental Health**

*August 20, 2026 | 10 a.m. - 3 p.m.*

*The Carter Center*

**9:30 a.m. - 10 a.m. | Registration and Breakfast**

**10 a.m. - 10:15 a.m. | Welcome and Opening Remarks**

**10:15 a.m. - 11 a.m. | Keynote: Building a Mentally Healthy Workplace Starts with Leadership**

Adam Nemer, Founder, Simple Mental Health

**11 a.m. - 11:45 a.m. | The Science of Workplace Mental Health and Why**

Tahilia J. Rebello, Chief Scientific Officer, One Mind

**11:45 a.m. - 12:15 p.m. | Working Well in Today's Workplace**

Nidhi Tewari, Author of *Working Well*

**12:15 p.m. - 12:55 p.m. | Networking Lunch**

**12:55 p.m. - 1:40 p.m. | Mental Health Parity 101: What Employers Need to Know**

Cara Cheevers, Vice President of Coverage Policy, Inseparable

**1:40 p.m. - 2:25 p.m. | Holding Health Plans Accountable: Employer Tools for Parity Compliance**

Beth Ann Middlebrook

Dr. Henry Harbin

**2:25 p.m. - 3:00 p.m. | From Compliance to Action: Employer Strategies for Improving Access to Care**

Panelists:

- Cara Cheevers
- Beth Ann Middlebrook
- Dr. Henry Harbin