

LUNCH & LEARN

ADHD & PTSD in the Workplace: Breaking the Stigma, Building Support



THURSDAY, MAY 14, 2026

11:30 AM – 1:00 PM

**Florida Blue Conference Center (Bldg. 900)
4800 Deerwood Campus Parkway
Jacksonville, FL 32246**

You're invited to join us for an upcoming Mental Health Lunch & Learn focused on understanding ADHD and PTSD in the workplace.

This session will explore how these conditions can affect daily functioning, work interactions, and overall well-being—while offering practical strategies to build a more supportive and stigma-free environment.

Moderator

- **Courtney Harris**, Northeast Florida Market Leader, Florida Blue

Panelists

- **Leah Hayes**, Director of Employee Services, City of Jacksonville
- **Dr. Colleen Bell MD, FACHE, DFAPA**
- **Allana Forté**, Senior Vice President Chief Compliance Officer and Legal Counsel
Chief People and Culture Officer
- **Fred Berley**, Military and Veterans Affairs, Operations Manager
- **Dr. Bryan Farford**, D.O. Chair of the Department of Family Medicine - Mayo Clinic in Florida

FREE EVENT

**LUNCH WILL BE
PROVIDED**

Registration Required



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ME



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www.jacksonville.gov/jhrc (904) 255-5676

Accommodations for persons with disabilities are available upon request. Please contact Disabled Services at VM (904) 255-5466. TTY (904) 255-5475 or email your request to KaraT@coj.net