EARN Webinar:  
**Supporting the Mental Well-Being of Gen Z Workers**  
May 15, 2024

**Featured Panelists**

**Adith Thummalapalli**  
Gen Z Engineer  
Mental Health and Disability Advocate  
City of Salisbury, MD

Adith Thummalapalli is a project engineer for the City of Salisbury, Maryland, and is a member of the THRIVE mental health committee, which is tasked with maintaining access to mental health services for all city employees. He is a longtime advocate for disability rights and mental health services, and serves in the following capacities to further these causes: peer counselor at the anonymous student counseling hotline at his alma mater, the University of Maryland College Park (UMD) from 2016 to 2020, volunteer for the National Suicide Prevention Hotline since 2020, chairman of the Salisbury Mayor’s Disability Advisory Committee, board member for his local Center for Independent Living (CIL), board member for a complex case management nonprofit (the Coordinating Center), vice president of Parent Project Muscular Dystrophy’s Adult Advisory Committee, and alumni member of UMD’s President’s Commission on Disability Issues. He joins this event to share his experiences regarding mental health as a Gen Z worker.
Anabel Cloutier-Perez
Clinical Manager
Behavioral Health Unit
The Hartford

Anabel Cloutier-Perez is a licensed clinical social worker (LCSW) with more than 23 years of behavioral health clinical experience. She started her career working with acutely mentally ill patients within in-patient psychiatric settings. Her career transitioned to trauma work, where she helped children, adolescents, and adult survivors of sexual abuse traumatization. Her passion for mental health led her to The Hartford where in 2006 she began her career in the behavioral health unit of the Group Benefits business. Today, she is the clinical manager over The Hartford’s behavioral health department, leading a large group of mental health clinicians, who help disability claimants.

Anabel has a bachelor’s degree in clinical psychology and a master’s degree in clinical social work from Florida International University. She has appeared on several local radio shows and outreach events in South Florida, where she was asked to provide education and awareness on the topic of sexual trauma and safety guidelines for parents.
Meg Delp  
Director, Workplace Mental Health  
Office of Innovation  
National Alliance on Mental Illness (NAMI)

Meg is a licensed marriage and family therapist, organizational psychology professional, and the director of Workplace Mental Health with the National Alliance on Mental Illness (NAMI). She has provided education to organizations on topics such as psychological safety; diversity, equity, and inclusion (DEI) and mental health; burnout; and trauma in the workplace. Currently pursuing her doctorate in Human and Organizational Psychology, Meg is passionate about understanding human behavior in professional settings and working to break down the stigma around mental health. Since joining NAMI last year, her work focuses on partnering with organizations to better understand the needs of their employees, build awareness around mental health at work, help create more caring corporate cultures, and provide the resources needed to be more mentally well.

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