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A Message From the President Rick Kronberg, LCSW, CSADC, CEAP

NIEAPA Summer 2015 Newsletter

Our 2015, annual NIEAPA Chapter Conference, held on June 2 at Drury Lane, was a resounding success! Based upon the feedback we received from the evaluations, the record number of attendees (305) and the tied record number of exhibitors (70), this was our best conference ever! Thank you to all of you who attended, presented, or sponsored the 2015 NIEAPA Chapter Conference. Our sponsors make the conference affordable for attendees and we are so grateful that so many have chosen to join us year after year.

Congratulations to conference chair, Linda Lewaniak of Alexian Brothers Behavioral Health Hospital, and co-chair Maureen Collins of Advocate Medical Group Behavioral Health and their team of committee members and student volunteers. We couldn't have a conference if not for these dedicated people giving of their time and talents.

Kudos also to Ed Graziano and the Corporate Event Interactive staff for all they have done to support us. They thought of every detail and made sure this conference was the smoothest running and most successful ever.

NIEAPA Chapter former Board Secretary Doug LaBelle, LCSW, was named NIEAPA Member of the Year. Nominators noted Doug's many years of service both to the Chapter and to the EAP community through his mentoring and leadership. Having served on the Board with him, I know this is a well-deserved award. Congratulations to Doug.

The John Sheridan Labor Award was given to Cadence Health's Director of Behavioral Health Services, Mike Tinken, MS, CADC, CEAP. In presenting the award, Charley Galassini noted Mike's many years of service on the Labor Committee.

Thank you to all of you who filled out evaluations. Your feedback is already being considered in the planning for next year's conference. The 2016 Conference Chair is Maureen Collins and the request for speaker proposals will be going out in Fall.

For those of you seeking additional EAP-specific training opportunities, NIEAPA is bringing the national training program for the Employee Assistance Specialist-Clinical course to Chicago on July 31. The EAPA International Conference will be held Monday, Sept. 29 — Thursday, Oct. 2, in beautiful San Diego, CA at the Town & Country Resort & Conference Center. This is a great opportunity to learn about cutting edge advances in the EAP field, and to network with colleagues from around the world. More details on both events are available on the websites.

I hope to see you soon, at one of our events.

Rick



Register Now for 2015 NIEAPA Chapter Meetings:

August 14 [Register Here](#) (More information on Page 4)

October 16 [Register Here](#)

December 4 [Register Here](#)

**A Message From the Vice President
Charley Galassini, LCPC, CSADC, CEAP, IBEW Local 701**

Summer Thoughts

Summer is a fun time for many, but there are some things to keep in mind as we move into that warm time of year. One of the great things for kids is school is out and they have a lot of free time. It also means we need to be aware of their presence. Drivers need to be watchful of children as they drive since sometimes children don't always pay attention when they are out with friends having fun. They may have a ball roll across the street and in their desire to retrieve the ball and continue playing they don't look to see if any cars are coming. I would hope as you are driving you remember to keep eyes focused. Also remember no cell phones and no texting. Hands free is great, but you still may be distracted while you are talking.



As the temperature warms up and the sun beats down on us while we are swimming, playing golf, riding a bike, taking a walk, enjoying a concert or other outside summer activities. I think it is important to remember the sun screen. As many of us are aware the sun feels good, but its rays can be harmful to our unprotected skin. Many people think that because it is cloudy, you can't get a burn, but that is not correct. While many people love to get a tan, it is really important to wear sun screen to avoid that skin burning that can occur when our skin is not protected. Many adults need to remember both their child and themselves need to get that skin protected. Many skin doctors recommend a 50 block to protect our skin.

As we all know this has been a really rainy year so far. We all can anticipate that there will be a lot of mosquitos out soon. When you are going out for those evening activities, it is important to put on that mosquito protection. It would only take one bite to possibly cause some serious health concerns like West Nile. If you watch the news you may have heard we just had two cases identified in Skokie. A little caution can prevent a serious medical situation. There are a number of good protector available.

After a long cold and snowy winter it is really a great idea to schedule some time out of the office. Many people get worn out with winter and is really important with the work we do to recharge. Having some time away helps keep us fresh and allow us to focus on our clients. Whether you schedule a week's vacation, day trips, short weeks, or whatever may work for you to help you recharge, make sure you take some time out of the office. Summer vacations are a great way to recharge and can be a great way to have some fun.

As many of us from the Chicago area know summers can be hot and humid. With those two weather conditions one area that some people do not always remember is stay hydrated. There are lots of outdoor activities and chores on our agenda. Whether we are involved with cutting grass, yard work, physical activities, outdoor sports, it is very important to stay hydrated. Dehydration can be a serious condition and sometimes we get so involved in what we are doing we do not take the time to hydrate. Those of you who are parents, you may have to make sure your children take time out to hydrate. In its most severe case dehydration can lead to hospitalization

I hope you keep these thoughts in mind as we hopefully enjoy at really nice, safe, and warm summer.

Charley Galassini

A Note From the NIEAPA Labor Committee

ON BOTH SIDES OF THE FENCE

By: Maryann Shepard

Something we do everyday.....make referrals to providers....take referrals from EAP representatives. Many of us have done this for so long, the process seems automatic or robotic. But it is certainly a crucial process for our clients.

As I've been on both sides of that fence, I've learned over the years, there are really some things we can do to effectively make this a successful experience for our employees and clients.

When we refer.....

We need to know the provider to whom we are referring, if at all possible. When we are aware of the provider's expertise, location, insurance panels, and possibly an individual provider's style, we can make the most appropriate fit. This means, as EAPs, we have to schedule adequate time to meet and become acquainted with our resources, on a regular basis. Networking at meetings is one convenient way to accomplish building our resource list; reaching out to providers to meet in their offices does require some time investment, but well worth the results it yields.

We need to recognize the value of planning and devoting at least couple of days each month for connecting with providers.

When we accept referrals.....

We need to make every attempt to be able to speak with the EAP representative that is making the referral. We need to be as accessible as possible. As providers, we need to be aware of the circumstances that prompted the referral. We need to thank the EAP rep for the referral and ask the frequency the EAP rep would like progress reports. We need to ask if there is any specific issue, in which they would like additional information, if appropriate. The EAP rep and the provider can be a powerful team, when we work together on our client's behalf. We need to notify the EAP rep when we're planning termination and/or if the client has missed sessions. The EAP reps follow-up with their employees in the workplace continues the support and assistance.

Of course, any client discussion cannot take place until the client willingly signs a release of information and fully understands the specific information to be exchanged and the purpose of the exchange.

In closing, we need each other; we need to see ourselves working as a team to give our clients the assistance they deserve.

NIEAPA Membership Surveys

It is our main priority to provide you with the best membership experience here at NIEAPA. You will have the chance to submit all feedback about your experience in the upcoming membership surveys.

POST YOUR EVENT ON THE NIEAPA CALENDAR!

NIEAPA offers professional organizations the opportunity to post events on the NIEAPA Website [CALENDAR OF EVENTS](#). Events must be related to EAP, Behavioral Health, Work/Life, Health, and/or Home Health. The Calendar is free to both NIEAPA members and non-members. Companies wishing to post can [submit requests here](#). Please be sure it includes all of the information requested on the NIEAPA form. Postings will be subject to review and approval process. For additional information, please contact NIEAPA@CorpEvent.com by email or call us at 312-756-7756.

JOB POSTINGS ON NIEAPA WEBSITE

NIEAPA is offering members and others within professional organizations the opportunity to post EAP and EAP-related job openings.

Companies wishing to post, please download the form [here](#) and follow the instructions.

INTERESTED IN HOSTING AND/OR SPONSORING A NIEAPA CHAPTER MEETING?

If so, please contact Bill Heffernan, whieffernan@ers-eap.com or Laura Adams, ladams@insightillinois.com or Maureen McLeod, mmcleod@presencehealth.org

ADVERTISE IN THE NIEAPA E-NEWS

For more information, visit www.nieapa.com/newsletter.htm or call Kelly Collins at 312-756-7756



EMPLOYEE ASSISTANCE SPECIALIST - CLINICAL TRAINING COURSE (EAS-C)

Please join us **Friday, July 31, 2015 8:30 AM - 4:30 PM** at Metropolitan Family Services, 1 N. Dearborn, Suite 1000, Chicago, IL 60602

Participant registration fees for the course are \$150 for members and \$200 for non-members.

To take the course, click on the "Register Now!" link below. You will be directed to the EAPA Association website to complete the EAS-C application, select your course, and make payment. Login is required.

[Register Now!](#)

Register Now!

NIEAPA General Chapter Meeting

Friday August 14, 2015 8:30 a.m. to Noon

Adler Institute

17 N. Dearborn Street

15th Floor

Chicago, IL 60602

8:30-9:00 am Networking

9:00-9:45 am Business Meeting

9:45-10:00 am 15 Minute Break

10:00-12:00 pm Program

12:00 PM - Optional Networking Lunch - **[Park Grill](#)**

CEU Certificates given out upon completion of the program

More Information on next page →

NIEAPA August 14th Chapter Meeting

"EAPS WORKING WITH POLICE"

at The Adler Institute

17 N. Dearborn Street, 15th Floor, Chicago, IL 60602



Doug Craig

A full Service Clinical Psychology Practice, Dr. Craig's professional competencies are quite diverse, however he has focused his areas of clinical specialty in working with the male adult and adolescent populations who are experiencing challenges in workplace/school stress, trauma, substance abuse, relationship challenges, depression, and anxiety.

Paul Fitzgerald, Psy. D.

Dr. Fitzgerald is the Director of Masters Counseling Training and Assistant Professor at Adler School of Professional Psychology. He manages all Masters practicum sites and supervisors, mentors Masters students and pre-doctoral intern candidates, and manages faculty and staff in the Master's training department.



Program Description:

Employee Assistance programs have often experienced more difficulty in reaching and connecting with police officers than in working with civilian employee groups. The presentation will cover some of the elements of police culture and organizational characteristics which present challenges to EAPs, and will offer suggestions for working with departments and individual police officers. Topics covered will include improving EAP utilization, designing stress management and wellness activities, supervisory referrals, and critical incidents.

What Can You Expect From The Meeting?

- Employee Assistance professionals will learn key characteristics of police organizations, police culture, and officer attitudes that can help or hinder the effectiveness of EA programs.
- EAP providers will learn methods for improving outreach and utilization to police organizations, including the unique requirements for planning stress management and wellness programs.
- Clinicians who may work with police personnel will learn techniques to work more effectively with these employees and their supervisors in the chain of command and in municipal or other organizations.

Thank you to our Food Sponsors:

[Click Here to register for the event!](#)

Important Event Notes:

Parking: Parking discounts are available at the Lake and Wells parking garage (SE corner) at \$14. Or at the Wabash and Randolph parking garage (NW corner) at \$16.