



THE LATEST NEWS AND UPDATES

Message From The President

by Paul Fitzgerald, Psy.D., LCPC, CEAP

Greetings to our Northern Illinois EAPA chapter members and interested professionals! We are in the middle of an unprecedented era, at least in our lifetimes. My wife and I used to look back at family history and photographs, and we would see stiffly posed photos of children - siblings of our grandparents - who did not survive the 1918 influenza pandemic. I for one could never imagine what that might have been like for that generation. It seems we are going to find out.



Paul Fitzgerald, Psy.D., LCPC, CEAP

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Right now, we are contending with the economic, social, and workplace effects of the pandemic in an immediate sense, as we try to stop its spread. But as we hear predictions about infection and death rates that may lie ahead, we are facing a psychological – and an existential – crisis as well. Before this year is out, we may be grappling with deaths in almost every extended family, and in almost every workplace. We may be in survival mode, trying to do the best we can to get by from week to week and month to month. As a modern society, we are both well-equipped and ill-equipped to do this. We have wonderful connection to each other via the Internet and can carry out much of our work from safe locations. But we are also facing the possibility of the social order breaking down if food supplies, garbage collection, water systems, and other everyday infrastructure we take for granted should be impacted significantly. We face the specter of lawful society being disrupted. Our festering political and ideological divisions, fanned by those who are motivated by the pursuit of power and greed, add to our vulnerability as a society.

We already face the likelihood that routine health needs will have to be put aside to allow for life-and-death medical care to be available. This may become a long-term pattern and may

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forever alter our health care systems. I, for one, hope that it will alter them for the better – toward the values of public health and individual health becoming integrated, and seeing the maximization of health as a human right. But even now, as an EA professional who has worked with many health care and social service employees, I have to express my thanks and give the utmost respect and admiration for these individuals and their families, to show so much courage and dedication during this frightening and dangerous time.

In this time, we need to see every other human being on the planet as our brothers and sisters. When we say, “we are all in this together,” we must remind ourselves that “all” mean all. No human being can be treated as “the other” in this time – not if humanity is to make it through this crisis. We still need to maintain order, but we must not allow fear, resentment, or ignorance to rule our decisions. We must prepare for the next pandemic even as we work to cope with this one.

Fortunately, Employee Assistance professionals are uniquely equipped to help in this kind of crisis. We already have a global outlook. We are already familiar with critical incidents and their effect on people. We are well-aware of the ways that stress and trauma can impact people’s functioning. And above all, we know compassion and support, which the world desperately needs right now. Many of my colleagues still talk about how well our profession stepped up in the aftermath of September 11, 2001. This pandemic looks to be an even tougher challenge to our ability to help those in crisis.

I will be sending out an invitation to meet regularly in our chapter’s Peer Support Committee, which all members can join. Although this was intended during normal times to be a consultation forum for direct service EA providers, I have decided to make all our members welcome as we check in and provide support to each other. Treatment programs are struggling as much as EA clinicians are struggling right now. We all have our clients’ and client organizations’ best interests at heart.

And please reach out and support each other. We will, of course, get through this and will be able to achieve a “new normal” once the pandemic begins to abate. But we should not settle for going back to “normal.” Our new normal must include a greater degree of fairness, equity, and concern for all our fellow human beings. And our new normal must include encouraging our business and political leaders to make our economy one of people over profits – of participation rather than extraction. We Employee Assistance professionals, who have long supported valuing all the people in an organization, can be a positive force in this effort.

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Message From The President continued...

"But every problem of life demands an ability to cooperate for its solution; every task must be mastered within the framework of our human society and in a way which furthers our human welfare. Only the individual who understands that life means contribution will be able to meet his difficulties with courage and with a good chance of success."

-
Alfred Adler, What Life Should Mean to You
(1932)

Stay safe and well, and let's stay in touch.
Paul Fitzgerald, NIEAPA Chapter President

2020 Annual Conference Update

In light of the COVID-19 pandemic and after much deliberation, we are sad to announce that our 42nd Annual Conference has been cancelled. All refunds have been made to registrants and we will continue to focus our efforts on online learning and networking opportunities for the foreseeable future. Please stay healthy and safe during this time and reach out with any questions, comments or new ideas to stay connected.

**WE WILL OFFER A CHAPTER MEETING PRESENTATION ON JUNE 2, 2020
JEFFREY GORTER, MSW, LCSW WILL PRESENT**

**The Care and Feeding of the EAP Crisis Responder:
Maintaining Compassion Satisfaction**

[CLICK HERE FOR MORE INFORMATION](#)

**THIS PRESENTATION WILL BE COMPLIMENTARY
FOR MEMBERS AND GUESTS**



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Time - The Ultimate in Self Care

By now, you have read all the articles, postings, social messages and watched all the videos on how a person should take care of themselves during the COVID-19 crisis. When you are working in the EAP field/social services settings, you may be the person that others lean on, especially during these critical times. In our field, we are trained and use self-care strategies as we work with clients.

But does self-care apply to you? In all the work that you have to do taking care of your clients, your co-workers, and family, do you really have the time to do one more thing? Isn't It more work to just to have to make an effort to think about what is good for you?



Marie Apke, MS, LCPC, CEAP, CCGC



Maybe the answer is yes; self-care does take time and maybe paying attention to time is the strategy that means the most. During the pandemic, time has taken on an entirely different dimension. We are paying attention and using time, in ways that have never been utilized before. We are working from home - working longer, taking time to cook meals, having more time with our family, watching Netflix – a lot, and finally, taking more time to try to keep ourselves and others safe.

So maybe staying in the moment, paying attention, and seeking to use time, is the best self-care strategy of all. Treasuring it and making the time to listen to our inner self, is how you can take care of “you.” We will always, always, remember the COVID-19 and hopefully will remember how our perspective of time changed, how it became more precious. This moment in time may also give us the opportunity to learn more about what we are feeling and thinking. And that listening, is the ultimate in self-care.



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Announcements

EAP PEER SUPPORT & CONSULTATION FORUM MEETINGS

CONTACT: PAUL FITZGERALD

PAUL@FITZGERALDCOUNSELING.COM | 708-337-6936

Zoom meeting - Friday, April 24, 2020 | 12-1:30 pm

[Click Here to Join Zoom Meeting](#)

Meeting ID: 994 4641 0879

Phone Access: 312-626-6799

Moving forward, meetings will take place the 3rd Friday of every month from 12-1:30 pm. Refer to NIEAPA Calendar for Zoom Meeting Information or contact Paul.

Upcoming Meeting: May 15, June 19, July 17, August 21



Self distancing

IS THE NEW

SELF CARE

NIEAPA

#StopTheSpread

Resource Directory

The Resource Directory is a central source of professional services that fall under the EAP umbrella. This directory is available to all and is a great tool we encourage you to use and share with your colleagues. FREE for members.

[Add New Company Listing](#)

[Edit Company Listing](#)



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April Chapter Meeting Webinar



WELCOME



Chapter Meeting - Webinar

April 17, 2020





NIEAPA

NORTHERN ILLINOIS
EMPLOYEE ASSISTANCE
PROFESSIONALS ASSOCIATION

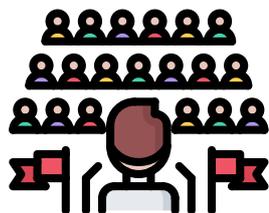
Stay in Touch - Join a Committee!



COMMUNICATIONS COMMITTEE

CONTACT: TRICIA & KIM - NIEAPA@CORPEVENT.COM

The communications committee is focused on educating professionals in the region about what EAP is and does. We function as a hub for community connections. Volunteers help make these connections through development of website content as a central source for the community and our participation in social media.



CONFERENCE COMMITTEE

CONTACT FOR 2021: SARA TIGAY - SARA.TIGAY@FRNMAIL.COM

Each year NIEAPA offers a conference for EAP professionals. Volunteers support the programming, exhibitor and attendee outreach, marketing, and logistics planning for the event. On the day of the conference, they assist with the run of show.



CREDENTIALLING COMMITTEE

CONTACT: TOM DELEGATTO - TDELEGATTO@RECOVERYWORKSIN.COM

The members of the Credentialing Committee are responsible for applying for all CEUs and PDHs for the chapter presentations and the conference. Records of all training events and attendees must be kept for auditing purposes for a minimum of six years.



DIVERSITY COMMITTEE

CONTACT: CAROLE HOFFMAN - CHOFFMAN@IPHP-BH.COM

The NIEAPA Diversity Committee is committed to increasing multicultural membership and active participation in the NIEAPA organization and board, and meeting the leadership challenges of our multicultural community. Identified tasks include outreach and education.



EAP PEER SUPPORT & CONSULTATION FORUM

CONTACT: PAUL FITZGERALD - PAUL@FITZGERALDCOUNSELING.COM

The NIEAPA Peer Support & Consultation Forum provides a discussion format for EAPs engaged in providing clinical services directly to clients. Discussions revolve around issues affecting EAPs' work and clients.

Stay in Touch - Join a Committee!



ETHICS COMMITTEE

CONTACT: PAUL FITZGERALD - PAUL@FITZGERALDCOUNSELING.COM

The NIEAPA Ethics Committee was formed to provide a resource for sharing knowledge and fostering discussion about the ethical practice of Employee Assistance. Members are invited to contact the Chair to initiate a discussion/consultation with the Committee around ethical questions.



ILLINOIS CONSORTIUM OF ASSISTANCE PROGRAMS FOR PROFESSIONALS (ICAPP)

CONTACT: CAROLE HOFFMAN - CHOFFMAN@IPHP-BH.COM

The Illinois Consortium of Assistance Programs for Professionals (ICAPP) is an Interdisciplinary forum for purposeful collaboration in the support and development of professional assistance programs in order to provide consistency and stability to Professionals in need.



LABOR COMMITTEE

CONTACT: CHARLEY GALASSINI - SUPERBOWL1996@SBCGLOBAL.NET

The Labor Committee shall be composed of those members of trade/industrial union/management joint programs who are involved in the actual provision or administration of member's assistance services with special emphasis on chemical abuse or dependency issues and mental health issues.



MEMBERSHIP COMMITTEE

CONTACT: TERRY CENDEJAS - TERRY.CENDEJAS@ERCINSIGHT.COM

The NIEAPA Membership committee serves by continuously evaluating the value of a NIEAPA membership and looking at ways to develop value added features for our members. The committee members also reach out directly to those that have let their memberships lapse to gather feedback on how we can serve our members better from those that choose not to renew.



PROGRAMMING COMMITTEE

CONTACT: LIZ CROWE - ELIZABETH.CROWE@CITYOFCHICAGO.ORG

The Program Committee selects Chapter Meeting speakers based on submissions made via the NIEAPA website. They also coordinate the logistics for the location and food hosts for the NIEAPA Chapter Meetings.



STUDENT AND NEW PROFESSIONALS OUTREACH COMMITTEE

CONTACT: PRISCILLA MURPHY-KANG - KANGP@METROFAMILY.ORG

The committee works with graduate schools in EA-related clinical fields as well as reach out to newly practicing professionals to provide information about the EA field. The committee's goal is to help students and new professionals develop an interest in Employee Assistance as a career path.



THE LATEST NEWS AND UPDATES

Want to get more involved? Submit your resume to join the Board

Is the time right for you to grow your professional experience by becoming a NIEAPA board member? The time has come for a few of our dedicated board members to step down to allow for new members to step up! The benefits are valuable and the commitment is worth the time and effort. If you are considering this opportunity and have questions, please contact one of our current Board members.

Executive Committee

President

Paul Fitzgerald, PsyD, LCPC, CEAP
Fitzgerald Counseling
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Vice President

Marie Apke, MS, LCPC, CEAP, SAP,
PCGC, CCGC
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Questions?

CONTACT US!

PLEASE REACH OUT TO ANY OF
THE BOARD MEMBERS TO
LEARN MORE ABOUT NIEAPA

YOU MAY ALSO CONTACT THE
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