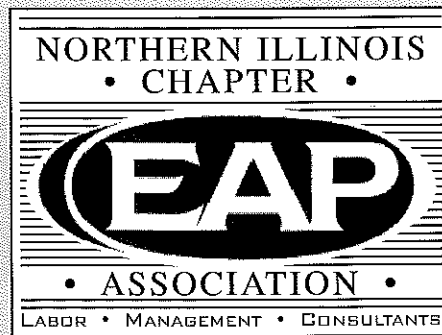


31st Annual Conference



**NORTHERN ILLINOIS EMPLOYEE ASSISTANCE
PROFESSIONALS ASSOCIATION**

EAP: LEADING CHANGE IN CHALLENGING TIMES



Tuesday, June 2, 2009

The Stonegate Conference Center

Hoffman Estates, IL

AGENDA AND WORKSHOP DESCRIPTIONS

8:00 am – 8:30 am
GRAND BALLROOM
CONTINENTAL BREAKFAST – EXHIBITS

8:30 – 10:00 am
LAKESIDE PAVILLION
PLENARY SESSION/KEYNOTE
WELCOME AND INTRODUCTIONS
Jan Reisch, LCSW, CADC, CEAP
President, NIEAPA

A. THE TRANSITION AND REINTEGRATION OF AMERICA'S RETURNING VETERANS

This interactive panel presentation will help EAPs identify supportive measures to assist in the successful transition and reintegration of military veterans into the civilian workforce. Topics to be discussed include the workplace culture of the military; appropriate assessment of health and mental health issues in veterans; and the implications of co-morbidity of PTSD and traumatic brain injury (TBI) and the resulting need for disability accommodations in the workplace.

R. Paul Maiden, PhD, LCSW, Vice Dean and Professor, University of California School of Social Work, Los Angeles, CA
Jose Coll, PhD, Director, Military Social Work and Veterans Services, University of California School of Social Work, Los Angeles, CA
Jeffrey Yarvis, PhD, LCSW, Lieutenant Colonel, US Army; Assistant Professor of Family Medicine & Director of Social Work, Uniformed Services University of Health Sciences, Bethesda, MD

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10:00 am – 10:30 am
GRAND BALLROOM
BREAK – VISIT EXHIBITS

10:30 am - 12:00 pm
CONCURRENT SESSIONS

B. THE DISEASE OF ADDICTION: ORIGINS, TREATMENT, AND RECOVERY
BOULDER/GRANITE ROOMS

This presentation highlights the newest information regarding the neurobiology of addiction including references to neuroimaging studies. There is also discussion about personality variables and individualized treatment planning, as well as future treatment strategies, including new medications. The use of genomics and neuromodulation will be addressed.

Daniel H. Angres, MD, Director, Resurrection Addiction Services and Medical Director, Professionals Program, Oak Park, IL

C. IMPLEMENTING EFFECTIVE BEHAVIORAL HEALTH SOLUTIONS
SLATE/MARBLE ROOMS

This session will focus on why the delivery of EAP services must be viewed in the broader context of health and productivity. It will cover a consultant's viewpoint on EAP as a key element for developing and implementing effective solutions to manage the direct and indirect impact of behavioral health issues on organizations and their people.

Ruth Donahue, MSW, Consultant, The Segal Company, Chicago, IL

D. THE EFFECTS OF HEALED SPIRITS IN THE WORKPLACE
SALON A

This workshop will demonstrate the effects of Healed Spirits on workplace communication and relationships, management effectiveness, employee vitality, commitment, and bottom-line success. The workshop will help participants identify unhealed issues that create barriers to meeting personal and workplace goals and objectives. Demonstrations will be included to allow participants the opportunity to observe the process.

Steve Wallman, LCSW
Tom Horne, Executive Coach
Co-Founders, The Full Picture, Evanston, IL

E. THE DANGERS OF "MULTITASKING"
SALON B

Growing research shows multitasking makes employees less efficient, reduces their brainpower to perform tasks, and, when prolonged, induces a stress response. The presentation will focus on how multitasking affects work performance, how to identify intense multitasking, and how to teach employees coping skills, such as focus, distraction elimination, and interruption management.

Jan Wencel, President, Life Contained, Naperville, IL

12:00 pm – 1:30 pm
LAKESIDE PAVILLION

- PRESIDENT'S ADDRESS – Jan Reisch
- LUNCH – Tim Gibbons, Speaker
- MEMBER OF THE YEAR PRESENTATION – Chris Drake, 2008 Recipient
- LABOR AWARD – Charley Galassini
- RAFFLE DRAWINGS

1:30 pm – 1:45 pm
GRAND BALLROOM
BREAK – VISIT EXHIBITS

1:45 pm – 3:15 pm
CONCURRENT SESSIONS

F. NEW TRENDS IN PSYCHOPHARMACOLOGY
BOULDER/GRANITE ROOMS

This presentation is an update of current information about psychotropic medications as applicable to EAPs. The workshop will cover antidepressants, antipsychotics, mood stabilizers, and anti-anxiety medications, and a brief overview of neuro-transmitters. The information will help to enable EAPs to effectively interact with physicians and psychiatrists involved in the care of their clients.

Fatima Z. Ali, MD, Clinical Director, Linden Oaks at Edward; Clinical Assistant Professor of Psychiatry, Loyola University, Wheaton, IL
Syed I. Ali, MD, Medical Director, DuPage Mental Health Services; Clinical Assistant Professor of Psychiatry, Loyola University, Wheaton, IL

G. DOWN, BUT NOT OUT
SLATE/MARBLE ROOMS

This program will include a brief presentation of the Decision-Based Cognitive Behavioral Model. An experiential demonstration allows participants the opportunity to engage in a group designed for clients dealing with anxiety and depression partially or wholly caused by the current economic downturn. The approach used presents a positive view based on personal growth and resiliency, and is especially appropriate for counselors dealing with clients faced with potential or actual job loss.

Manuel S. Silverman, PhD, Private Practice, Chicago, IL; Adjunct Instructor, Department of Counseling and Human Services, Roosevelt University, Chicago, IL

H. USING CONSULTATIVE INQUIRY TO HELP CLIENT ORGANIZATIONS
SALON A

Just as EA professionals probe beyond presenting problems to gain a thorough understanding of clients' needs, this session explores how—using their existing skill set—they can employ *consultative inquiry* to help client companies identify instances of organizational dysfunction that impede EA service delivery.

Larry Gard, PhD, Senior Consultant, Gard Executive Consulting, LLC



I. INTEGRATED WRITING: THE INTENSIVE JOURNAL® METHOD
SALON B

This workshop will introduce an excellent resource for EAPs: The *Intensive Journal*® method, a leading integrated writing system for psychological growth. Participants will learn new therapeutic skills and the means by which individuals can do in-depth work in a group setting. Key principles and sample exercises are included.

Joyce Kemp, RC, PhD, Dialogue House Associates, Chicago, IL

3:15 pm – 3:30 pm
BREAK – VISIT EXHIBITS
SPECIAL EXHIBITOR VISITS RAFFLE

3:30 pm - 5:00 pm
CONCURRENT SESSIONS

J. ENGAGING THE MULTIGENERATIONAL WORKFORCE
SALON A

This extremely interactive and engaging session explores generational diversity and emphasizes tools and information to manage and motivate employees, engage the multigenerational workforce, and align benefits with the needs of each generational group.

Rich Paul, MSW, CEAP, Vice President, Health and Performance Solutions, ValueOptions, Inc., Morrisville, NC
Kathy Greco, LMSW, CEAP, Director, Health and Performance Initiatives, ValueOptions, Inc., Delmar, NY

K. THE BIG BOOK'S BEEN RIGHT ALL ALONG
SALON B

This presentation will discuss the latest medical research concerning addiction, providing examples from the *Big Book of Alcoholics Anonymous*. The Book demonstrates the innate understanding which the AA founders had about alcoholism. This session will show appreciation for the work of Dr. William Silkworth and Bill Wilson, and will present information about the current ongoing research in the addiction field.

Melissa Lee Warner, MD, Medical Director, Williamsburg Place/The William J. Farley Center, Williamsburg, VA

