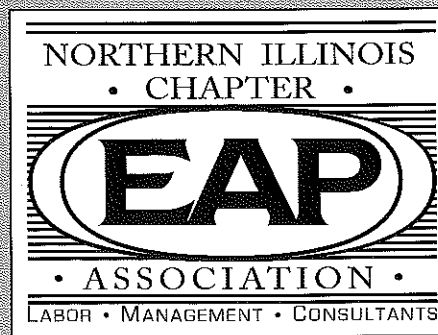


32nd Annual Conference



**NORTHERN ILLINOIS EMPLOYEE ASSISTANCE
PROFESSIONALS ASSOCIATION**

EAP: NEW VISTAS AND VALUABLE INSIGHTS



Tuesday, June 8, 2010

The Stonegate Conference Center

Hoffman Estates, IL

AGENDA, WORKSHOP DESCRIPTIONS, ROOM LOCATIONS

7:45 am – 8:15 am
GRAND BALLROOM
CONTINENTAL BREAKFAST – EXHIBITS

8:15 am – 9:45 am
LAKESIDE PAVILION
PLENARY SESSION/KEYNOTE
WELCOME AND INTRODUCTIONS
Jan Reisch, LCSW, CADC, CEAP
President, NIEAPA

1. RESEARCH INSIGHTS ON EAP VALUE

Dr. Attridge will share insights from his recent reviews of the research literature and business consulting on workplace mental health. These trends suggest that EAPs can provide greater value in three key areas: High-risk employees, disability claims, and prevention. Also discussed are implications of the new *Mental Health Parity and Addictions Equity Act*.

Mark Attridge, MA, PhD, President, Attridge Consulting, Inc, Minneapolis, MN

9:45 am – 10:15 am
GRAND BALLROOM
BREAK – VISIT EXHIBITS

10:15 am – 11:45 am
CONCURRENT SESSIONS

2. MEDIATION: NEW VISTAS FOR RESOLVING CONFLICT IN THE WORKPLACE

Participants will be introduced to theoretical and practical training in conflict resolution through the process of alternative dispute resolution. The goal of the program is to provide the necessary knowledge and practical skills to resolve conflict in the workplace as a mediator. The program will cover mediation as a process, ethics in and stages of mediation, and the skills appropriate to each stage.

Patty French, MA, LCPC, CADC, CEAP, President, PA French & Associates, Inc, Barrington, IL
Margaret Powers, MA, LCSW, President, MS Powers & Associates, Inc, Arlington Heights, IL

3. WORKING WITH YOUNG ADULTS: TRENDS AND TACTICS
SALON A

Today's young adults—both men and women—represent the highest rate of substance abuse and mental health disorders. This unique age group benefits from specialized interventions and interactive therapeutic approaches. Providers benefit from understanding various approaches as well as the importance of working with the family members who are dealing with these issues.

Stephen Smith, MS, LPC, CADC, Unit Coordinator, Men's Residential Programs, Rosecrance Health Network, Rockford, IL

4. THE INTERPLAY OF ORGANIZATIONAL LEADERSHIP, POWER DYNAMICS, AND EMPLOYEE WELL-BEING: WHAT CAN WE DO?
SLATE/MARBLE ROOMS

While the EAP field works to create a well workforce, larger organizational factors may have a greater negative impact on employee well-being. These may include leadership structure and processes, employee perceptions of their autonomy and efficacy, and feelings of oppression. Participant discussion will focus on what EAP professionals can realistically do about systemic factors affecting outcomes.

Beverly Younger, LCSW, PhD, Principal, LightYears Consulting, LLC, Oak Park, IL; Project Coordinator/Lecturer, Governors State University, University Park, IL

5. MENTAL HEALTH PARITY ACT: IS IT GOOD FOR EAPS AND LABOR UNIONS?
SALON B

This panel discussion will focus on the *Mental Health Parity Act*, and its impact on EAP treatment providers and employers/union members. This workshop will outline how EAPs can promote their services to assist organizations in understanding and implementing this new requirement into their mental health benefits. The legal requirements of this Act will also be reviewed.

PANEL:
Tom Delegatto, MS, CADC, Director, Business Development, Chicago Lakeshore Hospital, Chicago, IL
Joe Harrison, ChFC, CLU, President, Benefit Plans Consultants, Lake Zurich, IL
George Spence, Jr, JD, Recording Secretary, Transport Workers Union of America, Local 563; American Airlines, Chicago, IL
Mike Tinken, MS, CEAP, CADC, Director of Behavioral Health Services, Central DuPage Hospital, Winfield, IL

MODERATOR:
Charley Galassini, LCPC, CEAP, CSADC, EAP/MAP Director, IBEW Local 701, Warrenville, IL

11:45 am – 1:15 pm
LAKESIDE PAVILION

PRESIDENT'S ADDRESS
Jan Reisch

JOHN SHERIDAN LABOR AWARD
Presented by Charley Galassini

MEMBER OF THE YEAR AWARD
Presented by Chet Taranowski, 2009 Recipient

LUNCH
Mary Lou Mastro, Linden Oaks at Edward, Speaker

1:15 pm – 1:30 pm
RAFFLE DRAWINGS

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

1:45 pm – 3:15 pm
CONCURRENT SESSIONS

6. INSIGHTS INTO PROBLEM GAMBLING
BOULDER/GRANITE ROOMS

Problem gambling is a frequently overlooked problem with employees presenting to EAPs. This session will emphasize information regarding incidence and prevalence, co-morbidity, the need for specialized treatment and targeted screening. Signs and symptoms of problem gambling will be highlighted, especially to help counselors recognize the problem when an employee is not being successful.

Michael Goldman, MA, LPC, CRADC, CEAP, PCGC, Employee Assistance Counselor, Cook County EAP and Private Practice

7. THE EAP IN A TOTAL HEALTH MANAGEMENT STRATEGY
SLATE/MARBLE ROOMS

Disease management, health and wellness, population health management, risk appraisals, and the health and productivity programs: *What do they all mean and where does the EAP fit in?* First, we will learn about the current trends in worksite health management strategies. Second we will discuss how to propose a model program for "Total Health Management" with the EAP acting as the access point and coordinator.

Rick Kronberg, LCSW, CSADC, Director of Clinical Services, Perspectives, Ltd, Chicago, IL

8. USE BODY WISDOM: AN EASTERN-WESTERN BRIDGED SELF-HEALING APPROACH IN MOVEMENT THERAPY
SALON A

This experiential workshop will lead you to a profound level of self-healing awareness and a new way of coaching employees to function more efficiently. We will compare new concepts of neurobiology with traditional Chinese healing theory when treating depression, anxiety, and chronic pain. Case studies will be presented.

Linda Cao, LCPC, BC-DMT, CHT, Alexian Brothers Behavioral Health Hospital, Hoffman Estates, IL



9. THE POWER OF PEER ASSISTANCE
SALON B

This panel presentation will focus on problems unique to certain professions, including a dialogue about services and resources that support health and wellness and safe professional practice. It will also include individual(s) who have utilized peer assistance and will discuss the effect on their personal and work life.

Carole Hoffman, PhD, MSW, LCSW, CSADC, Advocate Medical Group, Des Plaines, IL
DeeDee Patrick, RN, MS, CARN, CLNC, President PANN (Peer Assistance Network for Nurses), IL
Ellen McGury Stone, PsyD, CEAP, CAADC, Clinical Psychologist, Chicago, IL
Janet Piper Voss, Executive Director, Lawyers' Assistance Program, Chicago, IL

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

3:30 pm – 5:00 pm
CONCURRENT SESSIONS

10. POWERLESS OVER ANXIETY, ACCEPTANCE-BASED TREATMENT
SALONS A/B

People with chronic anxiety disorders can make a good recovery by first recognizing their powerlessness over the thoughts and sensations of anxiety, and then relying on acceptance-based methods, rather than "anti-anxiety" methods. This session will demonstrate specific interventions and ways to introduce them.

David Carbonell, PhD, Director, Anxiety Treatment Center, Rolling Meadows, IL

11. PREVENTING WORKPLACE VIOLENCE: MANAGING INAPPROPRIATE AND THREATENING CORRESPONDENCE
SLATE/MARBLE ROOMS

Learn to provide the organization with a standardized, best practice approach in how to identify, document, assess, and manage a hostile or potentially dangerous current or former employee, client, vendor, or other third party individual or group. Discover how to assemble a threat assessment team, identify roles and activities, and manage threatening correspondence using a standardized screening process. This will assist in determining risk level, interventions, and need for further investigation.

Mark Brenzinger, PsyD, President, Midwest Behavioral Risk Management, PC, Schaumburg, IL

