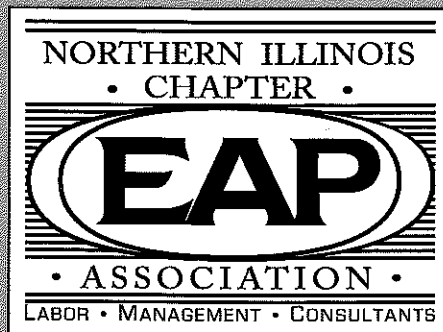


# *34th Annual Conference*



**NORTHERN ILLINOIS EMPLOYEE ASSISTANCE  
PROFESSIONALS ASSOCIATION**

*TODAY'S RESILIENCE = TOMORROW'S REWARDS*



**Tuesday, June 5, 2012**

**The Stonegate Conference Center**

**Hoffman Estates, IL**

**EXPANDED 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  
*Chris Drake, LCSW, CEAP*  
President, NIEAPA

**1. RE-IGNITING WORK AND LIFE GRADUATE EDUCATION THROUGH A VIRTUAL ACADEMIC CENTER (VAC)**  
LAKESIDE PAVILION

In a 1986 EAP Digest study, Paul Maiden found that there were 26 graduate schools of Social Work offering specialized training in occupational Social Work and EA programs. Today there are only four remaining, which has greatly diminished the availability of young professionals with the knowledge and skills needed to support EA and related fields. The USC School of Social Work is one of these having offered their Work and Life concentration. Their VAC has emerged as the gold standard in social work distance education, operating as a national program available to students in 48 states. This presentation will highlight a set of guiding principles and conceptual pillars which serve as the foundation of the Social Work and Business concentration.

*Paul Maiden, PhD, LCSW, Vice Dean and Professor, USC, and Beverly Younger, PhD, LCSW, University of Southern California, LA*

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

10:15 am – 11:45 am  
CONCURRENT SESSIONS 2, 3, 4, 5

**2. BEYOND CHRONIC DISEASE MANAGEMENT; ADVOCACY FOR EMPLOYEES WITH COMPLEX HEALTH-LIFE ISSUES**  
BOULDER/GRANITE ROOMS

In many organizations, 5% of employees in a typical benefit plan use up to 50% of resources. This group of health care consumers often suffer from multiple chronic illnesses. In addition, these employees typically are burdened with multiple life stressors: psychological, spiritual, financial, relational, and vocational. Learn how a health advocacy program can help these employees and be cost effective for the organization. Sometimes, there is no such thing as "doing too much." There can be hope for the chronically ill employee.

*Stephen T. Joyce, MD, MPH, Primary Author, Integrated Health Advocacy Program (IHAP), St. Charles, IL*  
*Marianne Tomlinson, MEd, LCPC, IHAP, Behavioral Advocate, Tomlinson Therapy, Geneva, IL*  
*Janice Christensen, RN, BSN, IHAP, Primary Nurse Advocate, Delnor Hospital, Geneva, IL*

**3. ASSESSING & TREATING ADHD & LEARNING DISABILITIES IN CLIENTS WITH SUBSTANCE DEPENDENCE & ABUSE**  
SALON B

This presentation will teach participants how to identify ADHD in clients, how to determine if a client needs educational testing for learning disabilities, and increase understanding of the comorbidity of these disorders with substance dependency. An overview of treatment for ADHD will be included, as well as an assessment tool that can be implemented immediately when there is an indication that ADHD may be present.

*Meleta J. Ward, LCSW, CADC, and James P. Ward, LCSW, CEAP, CAADC, Northfield, IL*

**4. IDENTIFYING AND PROVIDING RESOURCES FOR FINANCIAL STRESS**  
SLATE/MARBLE ROOMS

This workshop will provide information on how to identify financial distress while referring social service and legal resources to individuals. The seminar will allow attendees to gain an overview of all options related to delinquency and loss mitigation and emphasizes how delinquent borrowers can prevent the loss of their home by receiving housing counseling and taking action. The audience will gain knowledge on how to communicate with creditors, understand how to read a credit report, and learn about debt repayment options.

*Jackie See, MS, Educational Outreach Coordinator and Certified Personal Finance Counselor, Chicago, IL*

**5. EASY AND EFFECTIVE COUPLE COUNSELING (PART A)**  
Part B will be continued at 1:45 pm (see below – session 6)  
SALON A

The first half of this workshop will focus on learning and understanding the beliefs, patterns and behaviors that impact the couple's relationship. Before a couple walks into your office there are things that are automatically true about how they relate. Over 80% of couples live these patterns and act on these beliefs with little or no awareness of what they are doing or the impact it has on their relationship. (see session 6)

*Cheri De Moss MA, LCPC, CADC, MCADCH, MAC, NCRS, CAADC, Director/Owner, Empowering Options Counseling Innovations, Chicago, IL*

11:45 am – 1:15 pm  
LAKESIDE PAVILION

PRESIDENT'S ADDRESS - *Chris Drake*

LUNCH/LUNCH SPEAKER - *Edward Turner, EAP Coordinator Transport Workers Union of America, Local 512, AFL-CIO*

JOHN SHERIDAN LABOR AWARD  
Presented by *Charley Galassini*

MEMBER OF THE YEAR AWARD  
Presented by *Tom Delegatto, 2011 Recipient*

1:15 pm – 1:30 pm  
SELF-CARE DOOR PRIZE DRAWINGS

1:30 pm – 1:45 pm  
GRAND BALLROOM

BREAK – VISIT EXHIBITS

1:45 pm – 3:15 pm  
CONCURRENT SESSIONS

**6. EASY AND EFFECTIVE COUPLE COUNSELING (PART B)**  
SALON A

The second half of the workshop will focus on learning how to present without shaming the couple or reacting to their behaviors. The skill is in making them aware of their behaviors, empowering the couple as a whole and helping them create clear options for their relationship. You will learn how to (a) engage couples in the initial session within the first 20 minutes, (b) create absorbing, optimistic and empowering sessions every time, (c) understand and spot this basic list of beliefs, patterns and behaviors and empower the couple as a whole, helping them create clear options for their relationship.

*Cheri De Moss MA, LCPC, CADC, MCADCH, MAC, NCRS, CAADC, Director/Owner, Empowering Options Counseling Innovations, Chicago, IL*

**7. BIOFEEDBACK/NEUROFEEDBACK FOR ADDICTION**  
BOULDER/GRANITE ROOMS

The manifestations of stress on the immune system and addiction are well documented and multiplying in our workplace. We will explore the science of the stress; how to recognize the impact on the body, mind, and performance; and how the science behind biofeedback is used to stop the flow. See a demonstration of biofeedback, experience it for yourself and learn tools that you can take back to the office. Learn why biofeedback and neurofeedback (brainwave biofeedback) are being used in leading addiction programs.

*Debbie Vyskocil, BCIA, President, Curative Via, Chicago, IL*

**8. AN INTRODUCTION TO THE WORKPLACE ASSESSMENT OF VIOLENT RISK (WAVR-21) INSTRUMENT**  
SLATE/MARBLE ROOMS

The WAVR-21 is a structured assessment tool that is scientifically grounded and part of a best practice approach to assessing and managing workplace violence risk. This instrument is designed for use by threat management team members (typically EAP, HR, and Security) to quickly identify and prioritize risk-relevant data and assist in case management. In this presentation, participants will get a general introduction to the WAVR-21 and discuss the practical applications: screening, assessment, management, and monitoring for this tool.

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



**9. DIALECTICAL BEHAVIOR THERAPY OVERVIEW AND PRACTICAL APPLICATIONS**  
SALON B

This session will provide attendees with an overview of Dialectical Behavioral Therapy from its beginnings as a treatment for Borderline Personality Disorder to its current implementation and application in multiple settings including forensic, hospital, and residential treatment. Specific applications to treatment of substance use disorders will be discussed in this dynamic and interactive presentation.

*Allen Downs, PhD, Private Practice, Former CEO of Michael's House, consultant to Foundations Recovery Network, and author of "The Velvet Rage." Dr. Downs completed a post-doctoral fellowship with Marsha Linehan, the developer of DBT. Beverly Hills, CA.*

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

3:30 – 5:00 pm  
CONCURRENT SESSIONS 10, 11

**10. HOARDING: JUST TOO MUCH STUFF?**  
SALONS A/B

Hoarding is not just the stuff of reality television—it is a serious problem that affects millions of individuals across the country. Individuals who hoard may not come for treatment, but their friends and family will try to bring them in for therapy. Figuring out how to engage, work with, and help a hoarder is complicated, and often frustrating. Join Dr. Patrick McGrath, a therapist on TLC's hit show "Hoarding: Buried Alive," as he discusses the treatment of hoarding and illustrates the complex cases of hoarders using video from his television appearances.

*Patrick McGrath, PhD, Director, Alexian Brothers Behavioral Health Hospital, Center for Anxiety and OCD, Hoffman Estates, IL*

**11. COMPARATIVE EFFECTIVENESS OF INTERNAL VS. EXTERNAL EAP MODELS: A CORPORATE STUDY**  
SLATE/MARBLE ROOMS

Caterpillar uses a hybrid EAP that shares elements of both the internal or onsite model and the increasingly common external or offsite affiliate model. Their pros and cons have been hotly debated in the EA field. They will be compared using the Workplace Outcome Suite (WOS), a standardized and validated workplace outcome measure. Data will be presented along with the implications and speculation of the future of internal EAP.

*Matt Mollenhauer, MS, LCPC, Vice President/Operations, Chestnut Global Partners, Bloomington, IL, and John Pompe, PsyD, SPHR, Manager, Disability and Behavioral Health, Caterpillar, Inc., Peoria, IL.*

