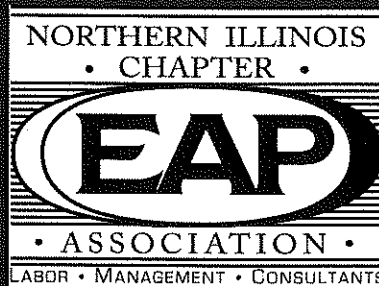


35th Annual Conference



NORTHERN ILLINOIS EMPLOYEE
ASSISTANCE PROFESSIONALS ASSOCIATION

SUPPORTING THE MULTIFACETED NEEDS OF
EMPLOYERS AND EMPLOYEES



Tuesday, June 4, 2013

Drury Lane Oak Brook
Oak Brook Terrace, IL

CONFERENCE SCHEDULE

NIEAPA is privileged to have these distinguished leaders address our conference participants.

7:45 am – 8:15 am
CONTINENTAL BREAKFAST – EXHIBITORS
VENETIAN AND TERRACE
Registration/Check-in begins at 7:15 am

8:15 am – 9:45 am
CONCURRENT SESSIONS 1, 2

WELCOME AND INTRODUCTIONS
Laura Adams, President, NIEAPA

1. MEMES, CROWDSOURCING AND DISRUPTIVE TECHNOLOGIES- THE CUTTING EDGE OF THE INTERNET FOR EA/MENTAL HEALTH PROFESSIONALS
OAK I

There is a digital divide between young and old, rich and poor, and equally important, between various professions. EAPs, EA Professionals and psychotherapists are typically late adopters of technology. Being technologically literate is more than knowing Twitter or Pinterest. It requires understanding the unique relationship between Gen Y and the Internet. It also means understanding the major forces that are shaping the Internet and, by extension, the world. This is a didactic presentation about memes, crowdsourcing and disruptive technologies, as well as the unique characteristics of Gen Y.

Marina London, LCSW, CEAP, EAPA, Manager Web Services, Long Island City, NY

2. A POSITIVE SOBRIETY
OAK II

This session describes the use of the manual by the same name. The manual speaks to several topics that include the disease of addiction, the efficacy of treatment and 12-step recovery, the use of mindfulness in addiction treatment and three workbook-oriented exercises that work with personality variables, motivations for use and what elements contribute to happiness and well-being in recovery.

Daniel H. Angres MD, Medical Director, Presence Behavioral Health, Chicago, IL

9:45 am – 10:15 am
BREAK – VISIT EXHIBITORS
VENETIAN AND TERRACE

10:15 am – 11:45 am
CONCURRENT SESSIONS 3, 4, 5, 6

3. THE NATIONAL BEHAVIORAL CONSORTIUM INDUSTRY PROFILE OF 82 EXTERNAL EAP VENDORS
CRYSTAL III

This interactive session will review the development, deployment and findings of a multinational EA vendor survey that included over 150 million covered lives and over 35,000 client companies. Attendees will learn how to construct a survey of EA vendors, how to use intermediaries to create awareness of a survey and how to access the publicly available results.

Stan Granberry, PhD Executive Director of the National Behavior Consortium, Baton Rouge, LA
Terry Cahill, LCSW, Principal, Perspectives, Chicago, IL

4. YOU BET, BOSS?!
CRYSTAL I

There is an annual multi-million dollar impact of problem/pathological gambling/gamblers on the workplace and EAPs can help reduce the risks of this impact. Attendees will learn how to identify and define types of gambling and gamblers, understand and explain the impact of problem gambling on the workplace and learn next steps for EAPs encountering this problem.

Doug LaBelle, LCSW, CEAP, NCGC II, Advocate, Resources for Change, Lake Bluff, IL and Kenosha, WI

5. WHY FAMILIES WAIT TO INTERVENE
OAK I

"Why Families Wait to Intervene" seeks to help professionals, family members, educators and interventionists to look at the complex roles within the family system that can often prevent an intervention from occurring. Providing an in-depth analysis of the emotional manipulations that occurs on each family member, this presentation is designed to provide professionals with a better understanding of how deeply interwoven the dynamics of addiction really are, and to understand why it is that a family in need of help is often working against you...rather than for you.

David S. Lee, CCDC, CACD, CIS, Founder and owner, Sober Solutions Inc. and Intervention Services and Technologies Inc. Lowell, IN

6. DIRECT THERAPY TECHNIQUES WITH RESISTANT CLIENTS
OAK II

This program will describe and demonstrate the Direct Decision model, a cognitive-behavioral approach to psychotherapy. This model is particularly well suited for working with resistant clients, especially through the use of anti-expectational techniques and paradoxical intention. Challenging situations can often be transformed from lose-lose to win-win situations. The presentation will provide an overview of the Direct Decision model, followed by a live demonstration.

Manuel S. Silverman, PhD, Clinical Psychologist, Chicago, IL

CONFERENCE SCHEDULE

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11:45 am – 1:15 pm
LUNCH & DOOR PRIZES
BROOK

1:15 pm – 1:45 pm
BREAK- VISIT EXHIBITS
VENETIAN AND TERRACE

1:45 pm – 3:15 pm
CONCURRENT SESSIONS 7, 8, 9, 10

7. SYNTHETICS: WHAT ARE THEY AND HOW DO WE TEST FOR THEM?
OAK I

This presentation will identify what are the up and coming synthetics, their effects, treatment options and how to test for them. Testing is an important piece as new technology has been developed and will shape how we treat our clients. This is an interactive discussion. Attendees will learn routes of admission and effects of synthetics, treatment options for synthetics and new types of drug screens.

Abdel Fahmy MD, President and CEO, Soft Landing Ltd., Oakbrook Terrace, IL

8. YOUR EMPLOYEE'S SECRET FOOD LIFE
CRYSTAL III

"How is he overweight? He always eats healthy." The secret food habits of a closet eater contrast sharply with those observed in public. A little pantry-love after a stressful day or late-night food party to soothe a hungry heart can contribute to obesity, lethargy, medical risk and compromised performance. Attendees will learn terms and traits related to stress eating, emotional and secretive eating, how these behaviors affect individuals and how to address this issue in a supportive, non-threatening way.

Cathy Leman, MA, RD, LD, CPT, Founder and Owner, Nutrifit, Glen Ellyn and Chicago, IL

9. ADDICTION, THE LGBT COMMUNITY AND THE WORKPLACE: TREATING A COMMUNITY WITH HEIGHTENED VISIBILITY
CRYSTAL I

With gay marriage a reality in nine states and gay marriage in Illinois being potentially passed as early as January, the workplace will see an increase in the number of out LGBT employees. Along with that visibility, the workplace could see an increase in the occurrence of addiction issues with their LGBT employees due to their ability to more freely be themselves. This session will examine issues related to the visibility of LGBT employees, particularly as it relates to addiction.

Jeff Zacharias, LCSW, CAADC, RDDP, President and Clinical Director, New Hope Recovery Center, Chicago, IL

10. CHOKING UNDER PRESSURE
OAK II

Short term interventions are needed to address problems affecting job performance and teamwork. The APA reports that stress costs corporations \$300 billion a year in absences, medical costs, lost productivity and turnover. Learn techniques to combat emotional outbursts, impulsivity, anger and subsequently lost productivity while increasing your team's executive functioning.

Debbie Vyskocil, BCN, President, The CV Performance Institute and Curative Via, Chicago, IL

3:15 pm – 3:30 pm
BREAK – VISIT EXHIBITS

3:30 – 5:00 pm
CONCURRENT SESSIONS 11, 12

11. THE EVOLUTION OF THE CRITICAL INCIDENT RESPONSE
OAK II

The delivery of competent compassion on the worst day of someone's life is truly important work. In addition, the high-impact, high-visibility nature of critical incidents require diligent linking of research to practice. This presentation will outline important advances in the ways that EAP CIR services should be delivered. Attendees will learn how evidence informed practices guide critical incident response practice standards and how to provide CIR delivery within a business context.

Bob Vanderpol, MSW, President, Crisis Care Network, Grand Rapids, MI
Jeff Gorter, MSW, EAP Account Executive, Crisis Care Network, Grand Rapids, MI

12. ABSTINENCE ONLY?
OAK I

Hazleden, a historical abstinence-based 12 step facilitated treatment facility, began medication-assisted treatment for opioid addicts. This presentation will examine the history of abstinence-based programs, the scientific evidence regarding medication-assisted treatment for opioid addicts and an examination of therapeutic outcomes.

Jeffrey Mangrum, Director of Business Development, The Hazelden Foundation, Chicago, IL