36th Annual Conference

NORTHERN ILLINOIS EMPLOYEE ASSISTANCE PROFESSIONALS ASSOCIATION

Transforming the EAP Industry for the Changing Healthcare Environment

Tuesday, June 3, 2014

Drury Lane Oak Brook
Oakbrook Terrace, IL
4. EMERGING DRUGS OF ABUSE: OAK

Although alcohol, heroin, cocaine, and prescription drugs continue to be major drugs of abuse, new synthetic substances are emerging to rapidly alter the way EAP professionals find it difficult to keep up. Some of these emerging substances have addiction potentials equal to or exceeding those of many of the more familiar substances. Others are powerful hallucinogens that are quickly replacing LSD and “Ecstasy.”

Randolph Holder, MPH, CAADC, Director, JW Behaviral Health Services, Evanston, IL.

3. IMPACT OF ANGER IN WORKPLACE: CRYSTAL

Workplace anger management issues impact both employers and employees. For the employee, emotional, physical and occupational consequences could potentially lead from anger to a more serious challenge. For the organization, they could create significant problems. The workshop will describe an anger management venue appropriate for use in high-stress, high-volume, high-turnover rate, and productivity issues. This workshop examines the impact of workplace anger, warning signs, and individual and organizational strategies in addressing it.

Mark Myers, LCSW, CAADC, Therapist, Myers Counseling Group, Crystal Lake, IL.

4. ETHICS IN THE DIGITAL AGE: CRYSTAL

More than 98% of the population in the US communicates via text message while 85% of Americans use the internet. As the world has become increasingly digital, clinicians may find themselves having to address new and perhaps unfamiliar ethical conflicts. This session is designed to first illuminate the numerous ethical ramifications of using technology in clinical work as well as provide a forum to participate in recommended best practices.

Matt McCrory, LPC, FCPC, ICCGC, CAADC, Benson, Unit P & Associates, Chicago, IL.

5. PART 1 OF 2: EAPS AND ACA

FRENCH/ENGLISH ROOM

Please see full description on rest page.

Paul Fitzgerald, PsyD, LPC, CEAP, Director of Masters Training, Adler School of Professional Psychology, Chicago, IL.

6. PART 2 OF 2: EAPS AND ACA

FRENCH/ENGLISH ROOM

One of the least discussed aspects of the Patient Protection and Affordable Care Act is the central role of Accountable Care Organizations, and the move from a fee-for-service model to an outcomes- and data-driven model for health care. Employees Assistance Programs, with their historic emphasis on wellness, productivity, and prevention, are uniquely suited to take on the roles of leaders in health care reform. However, opportunities to establish the EA profession in the center of health care reform may disappear if not seized quickly. This is because EAPs are at risk of being seen as peripheral to health care, rather than central to wellness. This presentation will describe the primary opportunities and challenges for EA organizations created by health care reforms. Health advocacy, preventive and health education, and employee motivation strategies are among the avenues that could be taken to leverage the influence and value of EAPs, in this era of health care reform.

Paul Fitzgerald, PsyD, LPC, CEAP, Director of Masters Training, Adler School of Professional Psychology, Chicago, IL.

7. COMPASSION FATIGUE AND VICARIOUS TRAUMA: CRYSTAL

This workshop will present information and findings from our research study using the methodology of a systematic review. The research process will assist with defining the often-intertwined constructs of compassion fatigue, secondary traumatic stress, vicarious traumatization and burnout. The presentation will also introduce the concept of compassion satisfaction, a positive effect helping professional experience from work with traumatized populations. Finally, intervention strategies are currently being researched in order to determine their effectiveness will be described and thoughtful conversations amongst the participants within the audience will be encouraged.

Melissa Barrie, PhD, LCSW, Compassion Fatigue Specialist, Founder/Owner/Therapist, Walks and Talks Therapy and Life Consulting, P.C., Politics, IL.

8. MANAGED WORKPLACE VIOLENCE: CRYSTAL

EAP providers are in a position to identify workplace violence concerns and provide appropriate interventions to mitigate risk of harm to others and the organization. This session will review a screening instrument that can be used by the EAP provider, discuss current empirically grounded risk factors, describe the different types of evaluations available (direct and indirect violence risk potential, and those cases that overlap with a fitness for duty concern) and when it is prudent to make a referral for violence risk evaluation.

Mark Bronczek, Clinical Psychologist, President, Subnet Behavioral Risk Management, Schaumburg, IL.

9. ACCEPTANCE BASED TREATMENT OF GAD: OAK

This workshop presents a model for treating Generalized Anxiety Disorder which helps people grapple not with the content of their worries, but by helping them to establish a different relationship with their worries. The principal symptom of GAD is chronic, episodic worry about a wide range of topics. Sufferers typically recognize the “irrationality” of their worries, but their recognition appears to revolve around the inability to filter or ignore worry. Women alternate between seeing the worry as either a glimmer of prediction of future disaster, or as being instrumental (we will which will be worsened by their over-reactivity. Whether or not the cognitive reactivity is present, worry is a common and often debilitating experience. Overworry is viewed as both a distress and a distressing experience. Psychologists who spend a significant proportion of their time working with people with anxiety disorders report that the nature of worry is the most pressing concern.

This model helps people recover by helping them to accept, and respond to, the worry; the worry for what it is — anxious symptoms occurring in the brain.

Annatos symptoms occur in different parts of the body — heart, skin, chest muscles, and stomach — but symptoms occurring in the brain are for the most part mysterious and for the most part are unable to be reversed.

Techniques to help clients adopt this new attitude toward their anxious thoughts will be described and demonstrated.

David Cavanaugh, Ph.D., Anxiety Treatment Center, Chicago, IL.

3:15 pm – 3:30 pm

BREAK – VISIT EXHIBITS

3:30 – 5:00 pm

CONCURRENT SESSIONS 10.11

10. MANAGERS GUIDE TO SUICIDE PREVENTION IN THE WORKPLACE: FRENCH/ENGLISH ROOM

Suicide of an employee is highly disruptive to the workplace. Postvention is psychological first aid, crisis intervention, and other support offered after a suicide to affected individuals within the workplace to alleviate possible negative outcomes of the experience. There are several steps that managers can take to help their employees and organization return to pre-loss functioning as soon as possible. The workshop provides strategies for managing the emotional stress that comes with post-loss.

Dennis Potter, LMSW, FAGS, Manager of Consultant Relations and Training, Crisis Care Network, Wyoming IL.

Jeff Garten, MSW, EAP, Account Executive, Crisis Care Network, Wyoming IL.

11. CREATURES OF ADDICTION: 6 CRITICAL NEEDS TO ADDRESS TO OVERCOME ADDICTION: OAK

An interactive didactic lecture on unaddressing addiction as it relates to coping skills to deal with underlying issues and behavior patterns. With over a decade of coaching, speaking and training experience, combined with 3.5 years on the road with Tony Robbins, Doug has powerful insights on the variety of ways people meet their needs. Through this interactive and entertaining presentation participants will learn that drugs and alcohol were not the original problem, they were the solutions. If the underlying issues of our stressors to meet our needs is not addressed, relapse is certain. Doug adds an innovative approach to recovery with focusing on eliminating limits and supporting the creation of a compelling future for Pubs Partners clients and beyond.

Doug McGuck, Master Practitioner & Trainer of Neuro Linguistic Programming, Vice President of Training & Development, Pale Health Care Company, Delray Beach, FL.