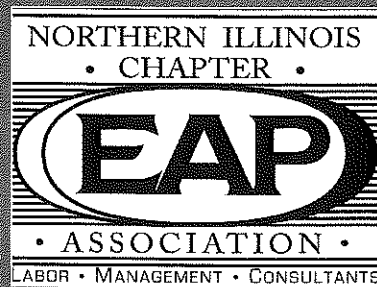


36th Annual Conference



NORTHERN ILLINOIS EMPLOYEE
ASSISTANCE PROFESSIONALS ASSOCIATION



Tuesday, June 3, 2014

Drury Lane Oak Brook
Oakbrook 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 7:30 am

8:15 am – 9:45 am
KEY NOTE SESSION

WELCOME AND INTRODUCTIONS
Laura Adams, President, NIEAPA

1. HOW RECENT INNOVATIONS IN TECHNOLOGY AND ANALYTICS CAN TRANSFORM THE EAP INDUSTRY
GENERAL SESSION ROOM

Recent innovations in technology and advanced analytics are profoundly changing the world around us, including cloud computing, mobile apps and accessibility solutions, business social networking, unified secure communications, data warehousing, predictive analytics, and business intelligence.

The EAP industry can take advantage of these innovations to transform itself into one of the driving forces within the realm of workplace health and productivity.

Drawing upon data and findings from research, benchmarking studies, and practice, the presenters will identify five of the most pressing needs of the EAP Industry. They will then describe the most effective and innovative ways to implement the new advances in technology and analytics to solve these needs, paving the road to a strong future for the Employee Assistance field.

The five significant issues that will be addressed in this presentation are:

1. The need for higher employee utilization rates of EAP services, especially by these employees with serious behavioral health issues such as alcohol and drug abuse.
2. The need for better coordination of services among EAPs, contract affiliates, external resource providers, and partner programs, such as work/life and wellness, to provide a seamless continuum of care to employees who seek help.
3. The need for actionable and measureable outcomes and benchmarks data that can be used to determine return-on-investment (ROI) and derive evidence-based best practices.
4. The need for greater perceived value of EAP services among corporate decision-makers, purchasers, brokers, resulting fair compensation to EAPs based on quality, effectiveness and performance.
5. The need for EAPs to develop innovative services that will contribute to the well-being and productivity of the new and future generations of employees, particularly Generations Y and Z.

Dave Sharar, Ph.D., Managing Director, Chestnut Global Partners, Bloomington, IL
John C. Pompe, Psy. D., SPHR, Assistant Medical Director Caterpillar Inc., Peoria, IL

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

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

2. EMERGING DRUGS OF ABUSE
OAK I

Although alcohol, heroin, cocaine, and prescription drugs continue to be major drugs of abuse, new synthetic substance are emerging so rapidly that most EAP professionals find it difficult to keep up. Some of these emerging substances have addiction potentials equal to or exceeding cocaine and methamphetamine. Others are powerful hallucinogens that are quickly replacing LSD and "Ecstasy".

Randall Webber, MPH, CADC, Director, JRW Behavioral Health Services, Evanston, IL

3. IMPACT OF ANGER IN WORKPLACE
CRYSTAL I

Workplace anger management issues impacts both employees and organizations. For the employee, emotional, physical and occupational consequences could personally felt from their anger challenges. For the organization they could experience a toxic work environment, poor morale, high turnover rate, and productivity issues. This workshop examines the impact of workplace anger, warning signs and individual and organization strategies in addressing it.

Mark Myers, LCSW, CADC, Therapist, Myers Counseling Group, Crystal Lake, IL

4. ETHICS IN THE DIGITAL AGE
CRYSTAL II

More than 75% 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 to provide participants with recognized best practices.

Matt McCreary, LCPC, PCGC, ICCGC, CADC, Bensinger, DuPont & Associates, Chicago, IL

5. PART 1 OF 2: EAPS AND ACA
FRENCH/ENGLISH ROOM

Please see full description on next page.

Paul Fitzgerald, PsyD, LCPC, CEAP, Director of Masters Training, Adler School of Professional Psychology, Chicago, IL
Kevin Osten-Garner, PsyD, Associate Vice President of Academic Affairs for the Division of Community Engagement, Adler School of Professional Psychology, Chicago, IL

11:45 am – 1:15 pm
LUNCH & SPEAKER
Anna S.
GENERAL SESSION ROOM

CONFERENCE SCHEDULE

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

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

1:45 pm - 3:15 pm
CONCURRENT SESSIONS 6, 7, 8, 9

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. Employee Assistance Programs, with their historic emphasis on wellness, productivity, and prevention, are uniquely suited to take a leadership role 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 EAP's 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 reform. 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 EAP's, in this era of health care reform.

Paul Fitzgerald, PsyD, LCPC, CEAP, Director of Masters Training, Adler School of Professional Psychology, Chicago, IL
Kevin Osten-Garner, PsyD, Associate Vice President of Academic Affairs for the Division of Community Engagement, Adler School of Professional Psychology, Chicago, IL

7. COMPASSION FATIGUE AND VICARIOUS TRAUMA
CRYSTAL II

This workshop will present information and findings from my research study using the methodology of a systematic review. The research presented will assist with defining the often intertwined constructs of compassion fatigue, secondary traumatic stress, vicarious traumatization and burnout. This presentation will also introduce the concept of compassion satisfaction, a positive effect helping professional experience from working with client/patients. Finally, interventions that 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 Bercier, PhD, LCSW, Compassion Fatigue Specialist, Founder/Owner/Psychotherapist, Walk and Talk Therapy & Life Consulting, P.C., Elmhurst, IL

8. MANAGED WORKPLACE VIOLENCE
CRYSTAL I

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 a violence risk evaluation.

Mark Brenzinger, Clinical Psychologist, President, Midwest Behavioral Risk Management, Schaumburg IL

9. ACCEPTANCE BASED TREATMENT OF GAD
OAK I

This workshop presents a model for treating Generalized Anxiety Disorder which helps people attain recovery, not by changing the content of their worries, but by helping them to establish a different relationship with those 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 this recognition rarely leads them to recovery. Sufferers alternate between seeing the worry as either a grim prediction of future disaster, or a form of mental illness which will impair their health and/or sanity. Neither view is accurate or helpful. Both views lead people to become embroiled in a struggle with their thoughts which only compounds the problem.

This model helps people recover by helping them to accept, and respond to, the worry for what it is – anxious symptoms occurring in the brain. Anxious symptoms occur in different parts of the body – heart, skin, chest muscles, and stomach – but symptoms occurring in the brain are far more likely to masquerade as something other than what they are and thereby impede recovery.

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

David Carbonnell, 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 POSTVENTION 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 event. This workshop gives 10 action steps that managers can use to help their employees and organization return to pre-incident functioning as quickly as possible.

Dennis Potter, LMSW, FAAETS, Manager of Consultant Relations and Training, Crisis Care Network, Wyoming MI
Jeff Gorter, MSW, EAP Account Executive, Crisis Care Network, Wyoming MI

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

An interactive didactic lecture on unpacking addiction as it relates to coping skills to deal with underlying issues and behavior patterns. With a 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 solution. If the underlying issue of our strategies to meet our needs is not addressed, relapse is certain. Dug adds an innovative approach to recovery with focusing on eliminating limits and supporting the creation of a compelling future for Palm Partners clients and beyond.

Dug McGuirk, Master Practitioner & Trainer of Neuro Linguistic Programming, Vice President of Training & Development, Palm Healthcare Company, Delray Beach, FL