Springtime and NIEAPA

Springtime and baseball just seem to go hand in hand! I had the good fortune to visit Arizona this March and to see the Cubs & Sox play at the impressive Sloan Park. It was a beautiful day and a great game, for my Cub fan friends, not so much for me!! Still, this always instills a sense of hope and a positive outlook on what lies ahead. With that in mind, let me give you a brief review of what’s new and upcoming at NIEAPA.

We have a current opening and will have 3 more for being a member of the Board of Directors of NIEAPA. Terms are for 3 years with a 2 term limit. We strongly encourage any active member to consider serving in this very vital role for our Chapter. In addition to participating in the Board meetings 6 times per year, Board members lead and serve on our various committees that are responsible for the many accomplishments that have made our Chapter a success. Please contact our office or any Board member for more information.

Please join us for our next Chapter Meeting, "The Language of Shame: How to move our clients to courage, self-compassion and connection based on the research of Dr. Brené’ Brown” Presented by: Tracy Magers, LSW, CADC, CDWF. This will be held at the Metropolis Ballroom (6 S Vail Ave., Arlington Heights, IL 60005) on April 15, from 8:30am - Noon. Thanks to our host and sponsor, Brooktree Health Services for their support for this event.

Most of the planning for our annual conference, which will, once again be at Drury Lane on June 7, has been completed. The program selections have been made and the speakers notified and this looks to be an outstanding educational experience. Our keynote speaker is the nationally renowned William C. Moyers! We are still looking for exhibitors and volunteers. If interested, please contact our conference co-chairs, Maureen Collins and Kathy Horton (from our Board). Conference brochures have been distributed and detailed information is available on our www.NIEAPA.org website.

The big news for this year is EAPA’s 2016 World EAP Conference will be held in Chicago from October 30- November 3. As I highlighted in the Winter newsletter, this is always a tremendous learning and networking event. Our Chapter will be the host committee and a number of volunteer opportunities are available. Details are available on the website, http://www.eapassn.org/.

Our membership has continued to grow and thanks to your interest and involvement, we continue to be the largest State Chapter in the country. My thanks to all of you and I look forward to seeing you at our next event!

Rick Kronberg, LCSW, CSADC, CEAP, SAP Perspectives Ltd.
Sleep — **What is the right amount?**

Recently we moved the clocks forward one hour. While it doesn’t seem like much, I was talking to a co-worker and she told me it takes her about a week to feel like she made back that one hour. To feel back to normal.

What that conversation did is get me thinking about sleep and how it effects our physical and mental health. We all know we stayed up a little later than usual and woke up tired and were a bit sluggish the next day. Studies on sleep have really shown how important sleep is for our wellbeing. When you consistently don’t get proper sleep, you become less productive at work, you could be a distracted or sleepy driver, because your focus and energy are a bit below the optimum level, and you don’t feel like doing some things in general because you just don’t feel you have the energy. If you continue to get inadequate sleep, over time this can lead to medical issues such as diabetes, heart issues, and according to an article written by Dr. Timothy Morgenthaler with Mayo Clinic, a higher mortality rate.

All of us who have done clinical assessments and diagnosed someone with depression or anxiety probably encountered people with sleep issues. I know in the course of my years doing assessments, sleep is a common denominator with both of those issues. I had a conversation with a psychiatrist who told me that sometimes patients he sees with depression also have moderate to severe sleep issues. He stated he sees his role as twofold: it is to help them with the depression and to start getting regular sleep. He stated if the sleep issue is not addressed as part of the treatment plan, many times the depression is very slow to improve. When we are tired we also can be more moody, less able to handle stress, and little things we could normally handle can turn into a major problem.

With the importance of sleep and its effect on people’s health, many hospitals now have sleep centers and more physicians have recommended sleep studies. One diagnosis that we hear more and more about is sleep apnea. This gets diagnosed through a sleep study.

So, what is the right amount?

According to Mayo Clinic, there are many factors, but they recommend the following guidelines:

- **Infants**
  - 9-10 hours a night, plus 3 or more hours of naps
- **Toddler**
  - 9-10 hours at night, plus 2-3 hours of naps.
- **School-age children**
  - 9-11 hours
- **Adults**
  - 7-8 hours
- **Older Adults**
  - Same amount as younger adults.

I hope we look at the sleep issue for ourselves and the people we assist.

Charley Galassini LCPC, CSADC, CEAP, LAP-C
Director IBEW Local 701 Member’s Assistance Program

Register Now for 2016 NIEAPA Chapter Meetings:
- April 15 [Register Here](#) (More info on Page 3)
- June 7 (Conference) [Register Here](#)
- August 19 [Register Here](#)
- October 21 [Register Here](#)
- December 9 [Register Here](#)
Connecting and Community

We’re fortunate that our NIEAPA membership has an active and vibrant community. Our members generously host a number of events each month that include presentations with CEUs, open houses, and other networking opportunities.

I love going to these events to learn, to socialize and to network. But, with so many things going on, I sometimes miss an event I really wanted to attend. And too often, I can’t find a particular business card when I want to reach a someone.

NIEAPA wants to support our members in their professional development and also in connecting with their colleagues. We want to be a hub for event information and a central source for the community.

To address these needs, the NIEAPA communications committee has two initiatives, both on the website – the Calendar and the recently launched Resource Directory.

The Calendar offers a two-step solution. First, we encourage members and non-members alike to post their events on the NIEAPA.org calendar of events. This in itself offers promotion and exposure and there is no charge for this.

Second, we are sending a monthly email to the entire membership to highlight the events that are coming up the following month. The events listed in the email are taken directly from the Calendar. To be included, just post your event on the NIEAPA.org website by the 18th of the month to make the mailing on the 20th. Again, no charge.

Please note that events must be related to EAP, Behavioral Health, Work/Life, Health, and/or Home Health. If you wish to post on the NIEAPA Calendar, please submit your requests here. Postings will be subject to review and an approval process.

The other initiative that can also be found on the website is the Resource Directory. Recently launched with 22 categories to start, the Directory lists the full spectrum of services offered under the EAP umbrella. This is another way for us to make the website a central source for useful information about EAP in Northern Illinois. Plus, the listings show the range of EAP-related services and that can be helpful in educating those who are not familiar with EAP. Also, these listings are intended to generate leads for the organizations that participate.

Being listed in the Directory is free for members and only $100 for non-members; and, for more space and to include your logo, add just $75 and $100, respectively. To check out the Directory, click here. To add your own listing, look at the bottom of that page.

You are invited to post your events to increase participation and welcome to list your organization in the Directory to stimulate interest in your business.

If you have other ideas about how to generate support for community activities and our member organizations, please let us know.

Lawrence Hedblom, PCC, CPCC
Managing Partner, Springboard Unlimited, LLC
NIEAPA April 15 Chapter Meeting

The Language of Shame:
to move our clients to courage, self-compassion and
collection based on the research of Dr. Brene’ Brown.

Presented By:
Tracy Magers, LSW, CADC, CDWF

Location: Metropolis Ballroom
6 S Vail Ave., Arlington Heights, IL 60005

Hosted and Sponsored by Brooktree Health Services
Click Here to register today!

Post Your Event on the NIEAPA Calendar!
NIEAPA offers professional organizations the
opportunity to post events on the NIEAPA Website
CALENDAR OF EVENTS.

Events must be related to EAP, Behavioral Health, Work/
Life, Health, and/or Home Health. The Calendar is free to
both NIEAPA members and non-members.

Companies wishing to post can submit requests here.

Please be sure it includes all of the information
requested on the NIEAPA form. Postings will be
subject to review and approval process.

For additional information, please contact
NIEAPA@CorpEvent.com by email or call us
312-756-7756.

Save the date! - 2016 NIEAPA Conference
Please join us at the 38th Annual NIEAPA Conference,
on Tuesday, June 7, 2016 at the Drury Lane in
Oakbrook Terrace.

- Exhibitors - for more information and to register
  please Click Here.
- Attendees - for more information and to register
  please Click Here.

JOB POSTINGS ON NIEAPA WEBSITE
NIEAPA is offering members and others within
professional organizations the opportunity to
post EAP and EAP-related job openings.
Companies wishing to post, please download
the form on www.NIEAPA.org/jobs and follow
the instructions.

Is your organization interested in hosting and/or
sponsoring a NIEAPA Chapter Meeting?
If so, please contact Bill Heffernan,
wheffernan@ers-eap.com
or Laura Adams,
ladams@insightillinois.com
or Maureen McLeod,
mcleod@presencehealth.org
or the NIEAPA Office,
NIEAPA@corpevent.com

Orange The World is
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Please visit
nieapa.org/Orange-The-World-Campaign
for more information.