



NORTHERN ILLINOIS EMPLOYEE ASSISTANCE PROFESSIONALS ASSOCIATION  
32<sup>nd</sup> ANNUAL CONFERENCE

# EAP: NEW VISTAS AND VALUABLE INSIGHTS



**Tuesday, June 8, 2010**  
**7:45 am – 5:00 pm**

**THE STONEGATE CONFERENCE CENTER ■ HOFFMAN ESTATES, ILLINOIS**

*Morning Keynote Presentation*  
***Research Insights on EAP Value***

**Mark Attridge, MA, PhD**  
*President, Attridge Consulting, Inc.*  
*Minneapolis, MN*



***BENEFITS OF ATTENDING THE NIEAPA CONFERENCE...***

- *Enjoy a full day of quality professional development*
- *Network with extremely knowledgeable professionals*
- *Expand your skills through educational seminars*
- *Build valuable resources through regular contact with others in the industry*
- *Share ideas, problems and solutions with peers and colleagues*
- *Learn more about current trends and innovative ideas*
- *Recharge your batteries in the company of other professionals*

*6.5 CEU and PDH credits are available for CEAP, LCSW, LCPC, HR, LMFT, IAODAPCA.*

# CONFERENCE SCHEDULE

*NIEAPA is privileged to have these distinguished leaders address our Conference participants*

**7:45 am – 8:15 am**  
**CONTINENTAL BREAKFAST – EXHIBITS**  
Registration/Check-in begins at 7:30 am

**8:15 am – 9:45 am**  
**PLENARY SESSION/KEYNOTE**

**WELCOME AND INTRODUCTIONS**  
*Jan Reisch, LCSW, CADC, CEAP*  
*President, NIEAPA*

## 1. RESEARCH INSIGHTS ON EAP VALUE

Dr. Attridge will share insights from his recent reviews of the research literature and business consulting on workplace mental health. These trends suggest that EAPs can provide greater value in three key areas: High-risk employees, disability claims, and prevention. Also discussed are implications of the new *Mental Health Parity and Addictions Equity Act*.

*Mark Attridge, MA, PhD, President, Attridge Consulting, Inc,*  
*Minneapolis, MN*

**9:45 am – 10:15 am**  
**BREAK – VISIT EXHIBITS**

**10:15 am – 11:45 am**  
**CONCURRENT SESSIONS**

## 2. MEDIATION: NEW VISTAS FOR RESOLVING CONFLICT IN THE WORKPLACE

Participants will be introduced to theoretical and practical training in conflict resolution through the process of alternative dispute resolution. The goal of the program is to provide the necessary knowledge and practical skills to resolve conflict in the workplace as a mediator. The program will cover mediation as a process, ethics in and stages of mediation, and the skills appropriate to each stage.

*Patty French, MA, LCPC, CADC, CEAP, President,*  
*PA French & Associates, Inc, Barrington, IL*  
*Margaret Powers, MA, LCSW, President,*  
*MS Powers & Associates, Inc, Arlington Heights, IL*

## 3. WORKING WITH YOUNG ADULTS: TRENDS AND TACTICS

Today's young adults—both men and women—represent the highest rate of substance abuse and mental health disorders. This unique age group benefits from specialized interventions and interactive therapeutic approaches. Providers benefit from understanding various approaches as well as the importance of working with the family members who are dealing with these issues.

*Stephen Smith, MS, LPC, CADC, Unit Coordinator, Men's Residential Programs, Rosecrance Health Network, Rockford, IL*

## 4. THE INTERPLAY OF ORGANIZATIONAL LEADERSHIP, POWER DYNAMICS, AND EMPLOYEE WELL-BEING: WHAT CAN WE DO?

While the EAP field works to create a well workforce, larger organizational factors may have a greater negative impact on employee well-being. These may include leadership structure and processes, employee perceptions of their autonomy and efficacy, and feelings of oppression. Participant discussion will focus on what EAP professionals can realistically do about systemic factors affecting outcomes.

*Beverly Younger, LCSW, PhD, Principal, LightYears Consulting, LLC,*  
*Oak Park, IL; Project Coordinator/Lecturer, Governors State University,*  
*University Park, IL*

## 5. MENTAL HEALTH PARITY ACT: IS IT GOOD FOR EAPS AND LABOR UNIONS?

This panel discussion will focus on the *Mental Health Parity Act*, and its impact on EAP treatment providers and employers/union members. This workshop will outline how EAPs can promote their services to assist organizations in understanding and implementing this new requirement into their mental health benefits. The legal requirements of this Act will also be reviewed.

### PANEL:

*Joe Harrison, ChFC, CLU, President, Benefit Plans Consultants,*  
*Lake Zurich, IL*

*George Spence, Jr, JD, Recording Secretary, Transport Workers Union*  
*of America, Local 563; American Airlines, Chicago, IL*

*Mike Tinken, MS, CEAP, CADC, Director of Behavioral Health*  
*Services, Central DuPage Hospital, Winfield, IL*

### MODERATOR:

*Charley Galassini, LCPC, CEAP, CSADC, EAP/MAP Director,*  
*IBEW Local 701, Warrenville, IL*

**11:45 am – 1:15 pm**  
**LUNCH - LUNCHEON SPEAKER**  
**MEMBER OF THE YEAR AWARD**  
**JOHN SHERIDAN LABOR AWARD**

**1:15 pm – 1:30 pm**  
**RAFFLE DRAWING**

**1:30 pm – 1:45 pm**  
**BREAK – VISIT EXHIBITS**

**1:45 pm - 3:15 pm**  
**CONCURRENT SESSIONS**

## 6. INSIGHTS INTO PROBLEM GAMBLING

Problem gambling is a frequently overlooked problem with employees presenting to EAPs. This session will emphasize information regarding incidence and prevalence, co-morbidity, the need for specialized treatment and targeted screening. Signs and symptoms of problem gambling will be highlighted, especially to help counselors recognize the problem when an employee is not being successful.

*Michael Goldman, MA, LPC, CRADC, CEAP, PCGC, Employee Assistance Counselor, Cook County EAP and Private Practice*  
*Elisabeth Houston, MS, MCP, Executive Director, Illinois Council on Problem Gambling*

## 7. THE EAP IN A TOTAL HEALTH MANAGEMENT STRATEGY

Disease management, health and wellness, population health management, risk appraisals, and the health and productivity programs: *What do they all mean and where does the EAP fit in?* First, we will learn about the current trends in worksite health management strategies. Second we will discuss how to propose a model program for “Total Health Management” with the EAP acting as the access point and coordinator.

*Rick Kronberg, LCSW, CSADC, Director of Clinical Services,*  
*Perspectives, Ltd, Chicago,*



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## 8. USE BODY WISDOM: AN EASTERN-WESTERN BRIDGED SELF-HEALING APPROACH IN MOVEMENT THERAPY

This experiential workshop will lead you to a profound level of self-healing awareness and a new way of coaching employees to function more efficiently. We will compare new concepts of neurobiology with traditional Chinese healing theory when treating depression, anxiety, and chronic pain. Case studies will be presented.

*Linda Cao, LCPC, BC-DMT, CHT, Alexian Brothers Behavioral Health Hospital, Hoffman Estates, IL*

## 9. THE POWER OF PEER ASSISTANCE

This panel presentation will focus on the problems unique to certain professions, including a dialogue about services and resources that support health and wellness and safe professional practice. It will also include individual(s) who have utilized peer assistance and will discuss the effect on their personal and work life.

*Carole Hoffman, PhD, MSW, LCSW, CSADC, Advocate Medical Group, Des Plaines, IL*

*Ellen McGury Stone, PsyD, CEAP, CAADC, Clinical Psychologist, Chicago, IL*

*Janet Piper Voss, Executive Director, Lawyers' Assistance Program, Chicago, IL*

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

*Please remember to bring a jacket or sweater because room temperatures may vary.*

*NIEAPA complies with ADA provisions. If you require special accommodations or assistance, please contact NIEAPA at nieapa@comcast.net by May 17 for arrangements.*

**REGISTRATION FORM TO BE COMPLETED BY ALL PARTICIPANTS. PLEASE PRINT. EARLY REGISTRATION DEADLINE IS MAY 3, 2010.**

LAST NAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

CREDENTIALS: \_\_\_\_\_

COMPANY NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

I AM A CURRENT EAPA MEMBER.  
EXPIRATION DATE: \_\_\_\_\_

I AM NOT A MEMBER OF EAPA  
 I AM A PRESENTER  
 I AM AN EXHIBITOR (PRE-PAID)  
 I WOULD LIKE A VEGETARIAN LUNCH

How did you hear about this Conference? (check one)

EMAIL  
 BROCHURE VIA US MAIL  
 NIEAPA WEBSITE  
 OTHER WEBSITE: \_\_\_\_\_  
 NIEAPA CHAPTER MEETING  
 WORD-OF-MOUTH  
AD:  IMHCA  NASW  
 OTHER: \_\_\_\_\_

*\_\_\_\_\_ Please check here if you do NOT want to be listed in the Directory of Conference Attendees which will be given to exhibitors and presenters.*

### PLEASE CHECK ONE WORKSHOP FROM EACH SESSION TIME SLOT:

8:15 am – 9:45 am **PLENARY SESSION**

1. RESEARCH INSIGHTS ON EAP VALUE

10:15 am – 11:45 am **CONCURRENT SESSIONS**

2. MEDIATION: NEW VISTAS FOR RESOLVING CONFLICT  
 3. WORKING WITH YOUNG ADULTS: TRENDS AND TACTICS  
 4. THE INTERPLAY OF ORGANIZATIONAL LEADERSHIP  
 5. MENTAL HEALTH PARITY ACT

1:45 pm – 3:15 pm **CONCURRENT SESSIONS**

6. INSIGHTS INTO PROBLEM GAMBLING  
 7. THE EAP IN A TOTAL HEALTH MANAGEMENT STRATEGY  
 8. USE BODY WISDOM  
 9. THE POWER OF PEER ASSISTANCE

3:30 pm – 5:00 pm **CONCURRENT SESSIONS**

10. POWERLESS OVER ANXIETY  
 11. PREVENTING WORKPLACE VIOLENCE

What is your occupation? (check one)

- EAP  
 HUMAN RESOURCES  
 PRIVATE PRACTICE  
 MANAGED CARE  
 TREATMENT FACILITY  
 NOT FOR PROFIT  
 OTHER: \_\_\_\_\_

**3:30 pm - 5:00 pm  
CONCURRENT SESSIONS**

## 10. POWERLESS OVER ANXIETY, ACCEPTANCE-BASED TREATMENT

People with chronic anxiety disorders can make a good recovery by first recognizing their powerlessness over the thoughts and sensations of anxiety, and then relying on acceptance-based methods, rather than "anti-anxiety" methods. This session will demonstrate specific interventions and ways to introduce them.

*David Carbonell, PhD, Director, Anxiety Treatment Center, Rolling Meadows, IL*

## 11. PREVENTING WORKPLACE VIOLENCE: MANAGING INAPPROPRIATE AND THREATENING CORRESPONDENCE

Learn to provide the organization with a standardized, best practice approach in how to identify, document, assess, and manage a hostile or potentially dangerous current or former employee, client, vendor, or other third party individual or group. Discover how to assemble a threat assessment team, identify roles and activities, and manage threatening correspondence using a standardized screening process. This will assist in determining risk level, interventions, and need for further investigation.

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

REGISTRATION FEES: BEFORE 5/3/10 AFTER 5/3/10

EAPA Member	\$125	\$145
Non-EAPA Member	\$150	\$170
FT Student (ID required)	\$60	\$70

*Limited scholarships available at [www.NIEAPA.org](http://www.NIEAPA.org). Registration cancelled prior to 5/17/10 will receive a full refund. After 5/17/10 a refund less \$50 will be given.*

### METHOD OF PAYMENT:

Register online with Visa, MC, or PayPal at [www.regonline.com/nieapa](http://www.regonline.com/nieapa)

CHECK PAYABLE TO NIEAPA  
 CREDIT CARD FAXED TO 847-998-6994  
 OR MAILED TO NIEAPA  
 VISA  MASTERCARD  
CREDIT CARD NUMBER: \_\_\_\_\_

EXP DATE: (month) \_\_\_\_\_ (year) \_\_\_\_\_

SECURITY CODE: \_\_\_\_\_

NAME AS IT APPEARS ON CREDIT CARD: \_\_\_\_\_

CARDHOLDER'S SIGNATURE: \_\_\_\_\_

**MAIL TO: NIEAPA  
1803 WESTLEIGH DRIVE  
GLENVIEW IL 60025**

# EAP: NEW VISTAS AND VALUABLE INSIGHTS

## WHO WILL BENEFIT FROM ATTENDING THIS CONFERENCE?

- Clinicians, including social workers, professional counselors, marriage and family therapists, psychologists
- CEAPs, employee assistance, and managed care professionals
- Human resources, work/life, and benefits professionals

## CONSIDER THESE OPPORTUNITIES TO MARKET YOUR SERVICE OR ORGANIZATION:

- Exhibit at the Conference
- Advertise in the Conference Book
- Sponsor a meal or snack
- Join the Private (solo) Practitioner display network
- Donate a self-care raffle prize

### Questions?

Call Michaé Wiley 312-558-7146 or  
Jenna Pastore 800-514-7331 or  
email NIEAPA@comcast.net



## NIEAPA CONFERENCE TUESDAY, JUNE 8, 2010

7:45 am – 5:00 pm

THE STONEGATE CONFERENCE CENTER  
2401 W HIGGINS ROAD  
(AT BARRINGTON ROAD I-90 INTERCHANGE)  
HOFFMAN ESTATES, IL 60169

847-884-7000

[www.thestonegate.com](http://www.thestonegate.com)

*For a list of hotels near The Stonegate, please visit [www.nieapa.org](http://www.nieapa.org)  
To join NIEAPA or renew membership, visit [www.eapassn.org](http://www.eapassn.org)*

*Early Registration deadline is May 3, 2010  
Register online at [www.regionline.com/nieapa](http://www.regionline.com/nieapa)*

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