



**NORTHERN ILLINOIS EMPLOYEE ASSISTANCE PROFESSIONALS ASSOCIATION
38th ANNUAL CONFERENCE**

**Awareness, Passion
and Advocacy:**



*Strategies to Enhance
Workplace Engagement*

Tuesday, June 7th, 2016

7:45 am – 5:00 pm

THE DRURY LANE OAKBROOK ■ OAKBROOK TERRACE, ILLINOIS

Keynote Speaker:



William C. Moyers

*Vice President of Public Affairs and Community
Relations at The Hazelden Betty Ford Foundation*

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*
- *Participate in this year's Self-Care Door Prize to win fabulous prizes*
- *NIEAPA Members who pre-register are entered into a drawing for one of two Free Admission Registrations to this year's National EAPA Conference and one of two Free Admission Registrations to next year's NIEAPA Conference*

6.5 CEU and PDH credits are available for CEAP, LCSW, LCPC, 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

Keynote Session

WELCOME AND INTRODUCTIONS

Rick Kronberg, President, NIEAPA

1. William C. Moyers – Keynote Address

William Moyers is committed to eliminating barriers to recovery from addiction to alcohol and other drugs. As Hazelden Betty Ford Foundation's Vice President of Public Affairs and Community Relations, Moyers leads the organization's policy and advocacy activities. From "carrying the message" about addiction, treatment and recovery, to public policy and philanthropy, Moyers brings a wealth of professional expertise and an intimate personal understanding to communities across the nation.

Moyers is the author of *Broken: My Story of Addiction and Redemption* (2006), a memoir that became a New York Times best-seller and is now in its third printing. His most recent book, *Now What? An Insider's Guide to Addiction and Recovery*, was released October 2012 by Hazelden. In it he navigates the maze of addiction: how to find help, what it means to recover and the importance of openly sharing our stories with the public and the next generation.

William C. Moyers, Vice President of Public Affairs and Community Relations, Hazelden Betty Ford Foundation

9:45 am – 10:15 am

BREAK – VISIT EXHIBITS

10:15 am – 11:45 am

CONCURRENT SESSIONS 2, 3, 4, 5

2. Substance Addiction: Treatment and Beyond Diagnosis

This session will provide review of new criteria for the accurate diagnosis of substance use disorders according to DSM-V. It will then examine the various options for treatment of such disorders, focusing both on levels of care available as well as possible options for pharmacological assistance in treatment. All these topics will be discussed in relation to a medical review of an actual patient case.

Zachary Kordik, MD, Medical Director, Hazelden Betty Ford Chicago and Presence Health Professionals Program

3. Informing Treatment with Outcome Data

Organizations that can consistently present valid and reliable information regarding patient outcomes and satisfaction will thrive in the new healthcare environment because this information adds value not only for payers but also provides important information on clinical trends. Clinical and facility management can utilize this information in developing relevant timely interventions to support long term positive outcomes for patients. This session will discuss what to look and how to assess the validity of provider outcomes and information. Strategies for integrating research and quality measures will be presented and specific example of the use of aggregate outcome and quality data to support the clinical processes will be presented.

Siobhan A Morse, MHSA, CRC, CAI, MAC, Director of Research and Fidelity, Foundations Recovery Network

David Perez, PhD, CEO, The Oaks at La Paloma

4. Embracing Complexity in Trans – Affirmative Care

This presentation will emphasize the complexity in addressing the wide range of concerns Trans - identified clients bring to the clinical setting. Participants will be given the ability to learn about and discuss basic terminology regarding Trans (Identify, gender fluidity, and relevant clinical topics related to competent care). This presentation will emphasize real-world case examples meant to highlight the complexity of incorporating intersecting identities and practical considerations in treatment.

Rena McDaniel, Med, LPC, Chief Operating Officer/Staff Therapist, IntraSpectrum Counseling

Ian Bonner, Psy.D, Licensed Clinical Psychologist, Director of Communications/Staff Therapist, IntraSpectrum Counseling

5. Protect Your Parents from Exploitation

Your aging parents, family members and older adults may be a target for senior scams and financial exploitation. As adult children, it's important to be their advocate and help them get their "ducks in a row". The discussion will highlight ways to protect your parents from scam artists, financial exploitation, "romancing for riches", and a legal document checklist for Alzheimer's or chronic diseases.

Kerry R. Peck, Attorney, Managing Partner, Peck Ritchey, LLC

11:45 am – 1:15 pm

LUNCH, AWARDS & SPEAKER

1:15 pm – 1:30 pm

BREAK- VISIT EXHIBITS

1:30 pm – 3:00 pm

CONCURRENT SESSIONS 6, 7, 8, 9

6. Acceptance, Commitment, Therapy and Addiction

Acceptance Commitment Therapy (ACT) has been shown to be useful in the treatment of addictive disorders. The cornerstones of ACT include principles of mindfulness, remaining open to new ideas and moving toward one's values rather than escaping one's feelings. In short, accepting feelings rather than escaping them and moving toward values rather than toward suffering define the goals of this type of behavioral therapy. Introducing patients to these principles can be done early in drug and alcohol treatment and set the tone for ongoing therapy. This workshop will demonstrate practical techniques that can be used in any therapeutic setting.

Joseph Troncale, FASAM, MD, Medical Director, Retreat at Lancaster County

7. Connecting Differences in a Workplace (*Cultural Diversity Topic)

Differences exist. It is a simple statement of reality. But what does it actually take for an organization that employs and serves a variety of people to be truly inclusive? Whether differences contribute to richness of our human interactions and to creativity of our problem-solving or they themselves become a problem to be solved depends on how we approach being different and what skills we have to navigate the terrain of diversity. This highly interactive session will consider a power of unconscious biases to examine why positive intentions do not equal positive results. The workshop will explore 3C's – Culture, Communication, and Conflict and provide participants with practical tools and ideas for connecting differences in a workplace.

Tatyana Fertelmeyster, MA, LCPC, Founder and Principal, Connecting Differences, LLC

8. Overcoming Destructive Anger

The presentation I propose is based on my new book of the same title, *Overcoming Destructive Anger: Strategies That Work*, to be published in the spring of 2015 (Johns Hopkins University Press). It will offer a unique framework to help clients cultivate mindfulness and self-compassion to their thoughts, feelings, and physical states associated with anger arousal. It offers them increased freedom and choice to meaningfully intervene in and constructively alter the course of these experiences. It highlights practices in Compassion Focused Therapy.

Bernard Golden, Clinical Psychologist, Anger Management Education

9. Broadening the Value of Critical Incident Response

Critical Incident Response, as delivered in an EAP context, is an essential tool to mitigate the impact of emotionally disruptive events and helps achieve significant Business, Productivity, and Absence Management goals – but it is rarely promoted as such. More often the discussion comes from a purely clinical perspective, typically focused on the prevention of PTSD; statistically, the least likely outcome in the vast majority of workplace events. By broadening our understanding of crisis beyond trauma prevention and recovery, EAPs are better positioned to positively impact both the company and the individual employee. This presentation seeks to answer the question "What does the corporate customer really want from this valuable service, and how can EAPs best deliver?"

Jeff Gorter, LMSW, Clinical Director, Crisis Care Network

CONFERENCE SCHEDULE

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

3:00 pm – 3:30 pm

BREAK – VISIT EXHIBITS – SELF-CARE DOOR PRIZE DRAWING

3:30 pm – 5:00 pm

CONCURRENT SESSIONS 10, 11

10. A Modern Addiction: Social Networking and Technology

Social networking and the use of technology are today the norm and often the chosen method of communication for our families and employees. Unfortunately, many of our children and teens, as well as adults, have taken this new method of communication to an extreme using the internet as a method to discover a safe haven, an escape and often a source of identity. Clinically, we are also aware of and intrigued by the research that is currently trending that correlates substance use disorders and these identified process addictions or behavioral addictions (Gambling, Gaming, Food, etc.). This brief in-service will provide an overview of the epidemic of social networking as a key “process addiction”, and the social impact of this trend and will briefly review other Behavioral Addictions that are present in the workplace and in our communities.

*Alexandra Lopez, MA, LCADC, ICADC, CPS, DRCC, CCS, SAC, BCPC,
Director of Clinical Operations, Brooktree Health Services*

11. Moving EAP into Health 2.0 World

Technology has and continues to revolutionize the way in which business is conducted. EAP is no different. The advent of a Health 2.0 World has introduced new technologies and interventions that are changing the face of how EAP services are implemented, delivered and measured. The presentation will highlight the latest in how technology solutions are being deployed from Apps, on-line Cognitive Behavioral Therapy, Gaming, Virtual Reality, video and chat. The presentation will also detail the importance of developing a strategy and technology roadmap for the greatest success.

*John Burke, MA, CEAP, Principle, Burke Consulting
Rich Paul, MSW, CEAP, SVP, Employer Strategy & Development, Beacon Health Options*

REGISTRATION FORM TO BE COMPLETED BY ALL PARTICIPANTS (PLEASE PRINT) OR REGISTER ONLINE. GO TO WWW.NIEAPA.ORG/CONFERENCE

Last name: _____
 First name: _____
 Credentials: _____
 Company name: _____

 Address: _____
 City: _____ St: _____ Zip: _____
 Daytime phone: _____
 E-Mail: _____

EAPA STATUS:
 I am a current EAPA member
 I am not a member of EAPA

ATTENDEE TYPE:
 I am an attendee
 I am a presenter
 I am an exhibitor (pre-paid)

REGISTRATION FEES:	BEFORE 5/1/16	AFTER 5/1/16
EAPA Member	\$130	\$150
Non-EAPA Member	\$175	\$195
Retiree/FT Student (ID required)	\$65	\$75

Registration cancelled prior to 5/15/16 will receive a full refund. After 5/15/16 a refund less \$50 will be given. No refunds will be given after 5/26/16.

PLEASE CHECK ONE WORKSHOP FROM EACH SESSION TIME SLOT:

- 8:15 am – 9:45 am CONCURRENT SESSIONS**
 1. William C. Moyers – Keynote Address
- 10:15 am – 11:45 am CONCURRENT SESSIONS**
 2. Substance Addiction: Treatment and Beyond Diagnosis
 3. Informing Treatment with Outcome Data
 4. Embracing Complexity in Trans – Affirmative Care
 5. Protect Your Parents From Exploitation
- 1:30 pm – 3:00 pm CONCURRENT SESSIONS**
 6. Acceptance, Commitment, Therapy and Addiction
 7. Connecting Differences in a Workplace (*Cultural Diversity Topic)
 8. Overcoming Destructive Anger
 9. Broadening the Value of Critical Incident Response

- 3:30 pm – 5:00 pm CONCURRENT SESSIONS**
 10. A Modern Addiction: Social Networking and Technology
 11. Moving EAP into Health 2.0 World

METHOD OF PAYMENT:

Check payable to NIEAPA
 Credit card faxed to 312-540-9900
 OR emailed to NIEAPA@corpevent.com

Credit card number: _____
 Exp Date: _____ Security Code (CV2) _____
 Name as it appears on credit card: _____
 Card Billing Address: _____
 Cardholder's signature: _____

_____ Please excuse my name from the conference attendee list

_____ I would like a vegetarian lunch

How did you hear about this Conference? (check one)
 Email
 Brochure via US mail
 NIEAPA Chapter meeting
 NIEAPA website
 Word-of-mouth
 Other website: _____
 Other: _____

OCCUPATION: (check one)
 EAP
 Human resources
 Private practice
 Managed care
 Treatment facility
 Not for profit
 Other: _____

Bring a jacket or sweater, as room temperatures may vary. NIEAPA complies with ADA provisions; for special accommodations/assistance, contact NIEAPA@corpevent.com

**MAIL TO:
 NIEAPA
 400 E. Randolph St., Suite #3725
 Chicago, IL**

WHO WILL BENEFIT FROM ATTENDING THIS CONFERENCE?

- Clinicians, including social workers, professional counselors, marriage and family therapists and psychologists
- CEAP's, 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
- Donate a Self-Care Door Prize
- Be Part of Northeastern Illinois' Vibrant EAP Community!

FOR MORE INFORMATION VISIT:

www.nieapa.org/Conference

Questions?

Call Maureen Collins, Conference Chair or
Kathleen Horton, Co-Chair, 312-780-6329
OR email NIEAPA@corpevent.com

**Awareness, Passion
and Advocacy:**



*Strategies to Enhance
Workplace Engagement*

**NIEAPA CONFERENCE
TUESDAY, JUNE 7, 2016
7:45 am – 5:00 pm**

**THE DRURY LANE OAKBROOK
100 DRURY LANE
OAKBROOK TERRACE, IL 60181
630-530-8300**

If you receive more than one copy of this brochure, please pass it on to a colleague--and remember to send your updated email address to NIEAPA@corpevent.com

*Any questions or concerns? Email NIEAPA@corpevent.com or call 312-756-7756
To join NIEAPA or renew membership, visit www.nieapa.org/membership*

*Early Registration deadline is May 1, 2016
Register online at www.nieapa.org/conference*

**NIEAPA
400 E. Randolph St., #3725
Chicago, IL 60601**

