



## Connecticut Chapter, Employee Assistance Professionals Association (EAPA)



### Message from the President

#### Greetings and Happy Holidays to All!

Nelson Mandela died this past week, and I find, I am experiencing both joy in celebrating his life and great sadness at his passing. I marvel at a human being who has had such a great impact on the world. I think of the difference one person can make.

This year at the International Conference for EAPA, South Africa was honored as the Branch of the year. A delegation from the country was there to accept the award, and to also thank all of us from around the world who come together to make a difference.

The opening guest speaker was the father of the first victim killed at Columbine. His family created the foundation called 'Rachel's Challenge', which promotes the young 17 year old girls' belief that a simple act of kindness can have a chain reaction. I'm a wholehearted believer in it. I've experienced it!

I believe that the world is better because of Employee Assistance Programs, and the special work that all of us do in various capacities to help improve the lives of those around us.

I'm grateful to be a part of an organization who knows the value of

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#### **NEXT MEETING**

**December 19, 2013**

**8:00 – 11:00**

**The Dry Dock**

**69 Quinnipiac Street**

**Wallingford, CT**

**Topic: REST for the EAP**

**Provider: An experiential  
resiliency training**

#### Welcome to the CT EAPA Newsletter!

Please feel free to contact me if you would like to post information of interest to our membership and friends of the Chapter. This may include job openings, trainings, brief announcements, etc. Thanks and hope you join us at a meeting!

- Bud Wassell, CEAP, Membership Chair, 203-688-2280 or [bud.wassell@ynhh.org](mailto:bud.wassell@ynhh.org)



Paul Gilfillan speaking on Social Security at our November meeting.

## Speaker Schedule:

12/19/13 **Self Care for the Caregiver** – Ava Diamond, LCSW. This is our Holiday Meeting. All are welcome.

1/16/14 **Lemons into Limoncello** – Raeleen Mautner, Ph.D. The Italian perspective on self-care and how to get back to celebrating life after a crisis, challenge or burnout.

2/20/14 ?? **Nobody lined up yet!**

**Let us know if you have suggestions for future topics and speakers!**

*Our CT Chapter meetings are held on the 3<sup>rd</sup> Thursday of the month, 8:30 – 11:00am usually at Gaylord Hospital, Chauncey Conference*

### Chapter Officers

**President: Rebecca Harris, MS, LPC,**

**CEAP**

[Rharris@solution-eap.com](mailto:Rharris@solution-eap.com)

**Vice President: Orlene Allen**

**Gallops, MA, CEAP**

[Orlene1@comcast.net](mailto:Orlene1@comcast.net)

**Treasurer: John Pacheco, LCSW**

[jpacheco@personalgrowthconcepts.com](mailto:jpacheco@personalgrowthconcepts.com)

**Secretary: Bud Wassell, MS, LPC,**

**CEAP**

[Bud.wassell@ynhh.org](mailto:Bud.wassell@ynhh.org)

**Labor Representative: Brian**

**LeBlanc, BA, CEAP, LAPC**

[briangleblanc@snet.net](mailto:briangleblanc@snet.net)

**Immediate Past President: Gary**

**Alger, LADC, CEAP**

[garyalger@sbcglobal.net](mailto:garyalger@sbcglobal.net)

## Minutes – November 21, 2013

Becky Harris opened the meeting at 9:05. Introductions were made of attendees.

**President's Report** - Next month our breakfast will be the Holiday Breakfast at the Dry Dock. There will be a fee for this meeting. We also take donations for the CT Food Bank and the chapter matches this. Executive committee meeting is to be scheduled. The Chapter of the year award is one that we should consider because of our collaborative relationship with labor and LAP. Also we are building a website for the chapter. We do have a membership raffle: every meeting you attend you get a chance. You get another chance if you bring a guest. EAPs are growing around the world. There is a new Employee Assistance Specialist certificate and there is a training in NYC on 12/3.

**Minutes** - were discussed and approved.

**Treasurer's Report:** John Pacheco reported that the current balance is \$7947.97. Since last month, \$225 in dues, paid CT LAP \$1221.88 for their portion of proceeds from June conference. Need to reimburse Brian for refreshment today. Check pending for Becky's expenses to attend the international EAPA conference.

**Website update:** John said we're ready to look at a draft and be online by early January. He would like feedback on content and design from the committee who volunteered to help

**VP report** - Orlene not here but let her know about ideas for spring meeting topics.

Membership: Still about 66-67 members, contact Bud Wassell if you have any membership questions. We welcome John Regan to our membership.

**Secretary** - no report



November 2013 Speaker Paul Gilfillan and attendees

## *Holiday Breakfast*

Date: 12/19/2013 Time: 8:00 – 11:00

Join us at the Dry Dock Café  
69 Quinnipiac St, Wallingford, CT

Please bring cash donations or checks made out to Food Share. The CT Chapter will match all donations.

*Speaker: Ava Diamond, LCSW*

*Topic: REST for the EAP Provider: An experiential resiliency training*

**You must register** – see the attached flyer for details.

**Early bird deadline:** Please send \$25 postmarked by Friday, December 13<sup>th</sup> - space is limited!

**See flyer attached to email to register.  
Or contact John Pacheco at 203-375-5782**

### ***From The President - Continued***

compassion and kindness!

I hope that all of you are blessed with joy and contentment, and good health in the New Year!

Shalom.

**Becky Harris, MS, LPC, CEAP - Chapter President**



### **Join Now! Here's how:**

Log on to [www.eapassn.org](http://www.eapassn.org)

Select JOIN NOW to complete an online membership application.

Download a membership application. Mail to EAPA, 4350 N. Fairfax Drive, Suite 410, Arlington, VA 22203. Or Fax to 703-522-4585

Telephone EAPA at 703-387-1000, ext. 334 to request an application.

For CT membership questions, contact Bud Wassell at [bud.wassell@ynhh.org](mailto:bud.wassell@ynhh.org) or call 203-688-2280.

## Employee Assistance Professionals Association

Find us on the Web: [www.eapassn.org](http://www.eapassn.org)  
CT Chapter Website coming soon!

*EAPA's Mission: To promote the highest standards of practice and the continuing development of employee assistance professionals, programs and services.*



## Bulletin Board

**DSM V Training, 12/10 in New York City, Sponsored by American Addiction Centers- Gerald Shulman**  
<http://www.americanaddictioncenters.com/events>

**EAP Online Certificate Program: two courses starting 1/15/14**  
EAPs in the New Millennium and EAP Optional Services, 24 PDH's and SW CEU's for each course.  
<http://www.eapmasi.com/>

To sign up for EAPA's weekly NewsBrief's go to  
[www.eapassn.org](http://www.eapassn.org)

## MINUTES – Continued

**Labor Report** - Brian Leblanc: Labor Assistance professionals are tied in to the CT Chapter. Planning to do a training on CISM and SAP and upcoming awards in the spring. All CT EAPA members are welcome to LAP events.

**Hospitality and Greeter** - Thanks to Brian Leblanc for bringing coffee and bagels. Joe Mezzatesta volunteered to do the Jan meeting. We need someone to volunteer for a month and also be a greeter after January. We order coffee from Gaylord Hospital so you only need to bring bagels, etc.

**The December meeting is our annual Holiday meeting** at the Dry Dock and a hot breakfast will be served. A flyer with details will be sent. **Please note:**

you need to sign up for this meeting and there is a fee and a deadline so we know how many are attending.

**Outreach** - let Brian Leblanc know if we need to outreach to chapter members and friends.

### Joys and concerns -

- Bud Wassell was notified by Liz Guerra-Walker that David Powell died on November 1. He was a CT resident and an EAP provider for many years as President of ETP, Inc. David was instrumental in the early days of ALMACA. He was part of the "Thundering 100" in helping to start the EAP movement in 1972. He's done a lot for our industry. He was also respected trainer and speaker and wrote a book on Clinical Supervision among other accomplishments.

- Joe Mezzatesta said that his business, Wellness and Addiction Management, LLC was interviewed by Channel 10, public access TV and will be aired in January. They promote non-profit organizations. On a personal note, he has been 28 years sober this month.

- Dan Boissonault - machinist union P&W announced that 252 positions will be lost. This will be a very difficult time for long term employees who will lose their jobs. Please call your congressional delegate.

**Program Committee** - Orlene Weyland is the VP and oversees the programs. John Mancini talked to Mike Cipressi about having a topic on Sex Addiction. There is a large need for services and ways to reach the addict and their family. Social media and the internet have exacerbated the issue. John will get details. Brian reminded us that we can save money by submitting our programs to EAPA in batches.

**New Business:** Lisa Crawford asked if we do raffles at the holiday breakfast. Melissa volunteered to coordinate this. B&R would like to donate a ?

Bill M, a guest announced that there is a Public Safety AA closed meeting for 1st responders in North Haven in First Niagara bank on 110 Washington Ave. On Wednesdays, 6:30 - 7:30pm. The meeting was started by Peter Curley 20 yrs ago. Good for Probation officers also.

**Old Business:** none

### Announcements:

Melissa Tashjian of American Addiction Centers announced a training on 12/10 in New York City on the DSM V - Gerald Shulman is the presenter and there is \$25 fee.

Motion to adjourn at 9:53.

*Respectfully submitted by Bud Wassell, Chapter Secretary*