



Connecticut Chapter, Employee Assistance Professionals Association (EAPA)



Message from the President

Another Trip Around The Sun

Here we are in December again, wishing all who we see to have Happy Holidays. We review the outgoing year and welcome the new one with great expectation. I often think that if we did this everyday with the same sincerity, the flow of life would sustain our peaks and fill the valleys of people in need. In so many ways those of us that are called to Employee Assistance already do.

I belong to various individually identifiable subsets of vocational life but I'm most fulfilled by working in the Employee Assistance field. At times it's more frustrating than stimulating. Witnessing success pays a reward at a level that keeps us moving forward. I am both humbled and proud to hold office in Connecticut EAPA I always look forward to our monthly meetings and gathering of likeminded friends.

That being said, I want to wish all of you and yours the Happiest of Holidays and a joyous New Year!

Best to all,

Dan Boissonneault, CEAP, SAP, LAP-C
CT Chapter President

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NEXT MEETING

December 20, 2018

**Topic: Everyday
Mindfulness for
Professionals (registration
required – see page 3)**

8:30am –11:00am

**Speaker: Melinda Sharpe,
LCSW**

Location: Gaylord Hospital

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

The Ghosts of Holiday Breakfast Past: Melissa Curtis, Chris Garthwaite and Carolyn Singer! December 2017



Speaker Schedule:

December 20 – Holiday Breakfast
Everyday Mindfulness for Professionals Providing Care - Presented by *Melinda Sharpe*

January 17, 2019 – Hidden in Plane Sight
 - Presented by *Brian LeBlanc*

February 21, 2019 - Discover How to Break Free of Over-Drinking with 5 Nurturing Strategies for High-Functioning People
 - Presented by *Joy Herbst, MSN, APRN, Holistic Nurse Practitioner*

Our CT Chapter meetings are held on the 3rd Thursday of the month, 8:30 – 11:00am at Gaylord Hospital, Chauncey Conference Center

Chapter Officers

President: Dan Boissonneault, SAP, LAP-C, CEAP eap700@comcast.net

Vice President: Bud Wassell, MS, LPC, CEAP bud.wassell@ynhh.org

Treasurer: David Francis, MS, LADC, LPC, CEAP dfrancis@uchc.edu

Secretary: Julia Latimer jlatimer@crchealth.com

Labor Representative: Jason Bannon, LAP-C

bannon.jason@yahoo.com

Immediate Past President: Rebecca

Harris, MS, LPC, CEAP

Rharris@solution-eap.com

MINUTES – NOVEMBER 15, 2018

1. Called to order Dan 9:00

2. Introductions Members and Guest Introductions-sign in

3. Officer Report

- Dan Boissonneault, CEAP • President: Present
- Bud Wassell, LCSW • Vice President :Present
- David Francis • Treasurer: Present
- Julia Latimer • Secretary and Membership Chair: Present
- Jason Bannon, LAP-C • Labor Representative: Present
- Rebecca Harris, MS, LPC, CEAP • Immediate Past President: Present

President Report- Dan. – Welcomed everyone. Motion to accept last month's minutes. Passed. Eapa new board is working on succession, mentorship between chapters. Please keep in mind the opportunity to help out, i.e fundraising, conferences, how to retain members, attendance and relationships with other large organizations-labor. Discussed FDA approved Dsuvia a new opioid medication stronger than fentanyl. Why is this on the market? Please be mindful of this availability and the opioid epidemic.

Vice President Report- Bud. – Remind folks of the weather policy. Please follow Wallingford school schedule. Closed we do not meet, delay we do meet.

Treasurer report- Dave F-. **PLEASE SEE Attached. Discussion around how to best utilize the funds in our account, tabled for future conversation.**

Julia secretary report- Gmail account ConnecticutEAPA@gmail.com and discussion on our sign in sheet and it is up to date, please look at contact information and make any changes directly to the sign in sheet.

Labor Report- Jason Bannon- CT –President Lori Poulitier is resigning on Nov. 30th. To take a job in Washington. Sal Lucciano veteran labor leader will be stepping in the interim and an election will be held in the next 100 days. Lori was awarded by Lap a few years back for all of the work that she has done for the organization. There is hope the new president will carry on her good work and the best interest of the LAP. Recovery friendly communities are popping up, it's a checklist to get towns to think about what is recovery friendly, It is on websites and should be gaining traction in the coming months. It has been well received.

Past Presidents- Becky-Not Present

Motion to accept officer's reports-Accepted/Seconded. All in favor to accept moved to pass.

PASSED.



Holiday Breakfast 2016!

Holiday Breakfast: 12/20/18, Registration required, the fee is \$25 if registered by 12/14 or \$30 after 12/14.

Please go to our CT EAPA website for a form and details: <https://cteapa.com/news/> or go straight to the PayPal link:

[PAY ONLINE HERE](#)

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

For more information contact: Dave Francis, 860-633-2084



Get ready for our Holiday Breakfast on December 20!

Join Now! Here's how:

Log on to 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 or call 203-688-2280.

Bulletin Board

Employee Assistance Professionals Association

Find us on the Web: www.eapassn.org
CT Chapter: www.cteapa.com

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



Of Interest:

- Our members are welcome to join Jason Bannon at the **CT Suicide Advisory Council** meetings that are held on the 2nd Thursday of the Month. 9am-11am at The Armed Forces Reserve Center 375 Smith St., Middletown, CT

Please let us know if you have a training of interest to our membership. We're happy to post it!

To sign up for EAPA's weekly NewsBrief's go to www.eapassn.org

MINUTES – Continued

4. Committee Chairpersons

Membership- Bud- Holding strong mid 70's. You can join via the website.

Newsletter- Bud- nothing to report.

Hospitality-Karen –Not Present-Chapter thanked this morning's breakfast sponsors.

Trunk Combination: 37 11 21 –Paper goods.

Website- Bud– Please bring forward any trainings, events etc. that members might be interested in please bring information forward to Bud to add to the Website.

Program Planning- Carolyn thanked speaker. When a speaker is suggested we need Bio, CV, Objectives and Synopsis of program. Please bring forward any speakers.

December: Brian LeBlanc scheduled.

December meeting-Holiday Cheer, raffles, hot breakfast, donation for food share. Becky heading that 2019 dates are open and we are looking for a speaker.

If anyone has suggestions for the spring speakers please let us know. Need Bio of Speaker and Topic for PDH. If we can submit speakers in advanced we can apply for PDH, several at a time, and save money. Please speak with Carolyn.

JUNE Conference Carolyn Singer-Trying to secure a new venue. Zandry's not out of the picture, but AV was so poor last week. Orlene provided venue checklist. Have not had a meeting to solidify conference. Will schedule meetings for conference in the months to come. Looking for a title of the conference, please bring forth topics, speakers etc.

PDH credit coordinator- Gary- PDH. If anyone has missed receiving a PDH, please let Gary know. Gary electronic list of Attendees and PDH requests, Julia to send Attendance Lists to Gary. PDH available for November.

5. Old Business None

6. New Businesses Discussion around offering CEU's through NASW. Tabled for future discussion.

Announcements:

Joys and concerns: Brian LeBlanc reports Steve Garnham is recovering and doing well.

Dan to thank the Veterans--

7. Adjournment 9:43am.

*Respectfully Submitted,
Julia Latimer, Secretary*