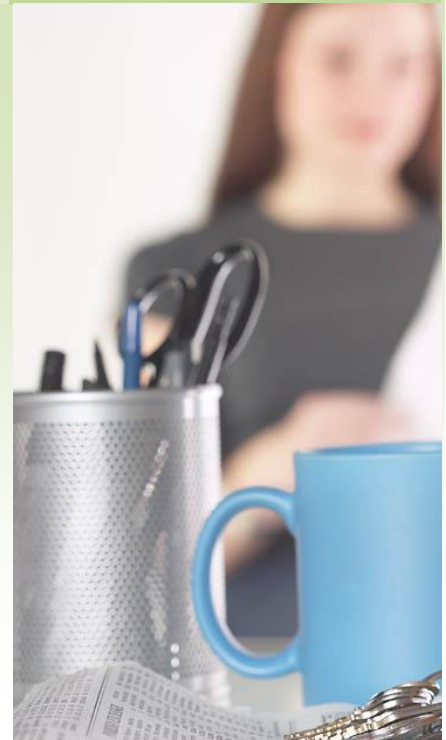


June 2020

Volume 7, Issue 4



Connecticut Chapter, Employee Assistance Professionals Association (EAPA)



Message from the President

We Need To Talk

No, this isn't a break up opener, it's more of a make up opener. The recent actions provoking protests, at times becoming violent, have dominated the collective dialog within our country and around the world. It comes to work and at times plays out at work. That is where EAP comes in.

If the business has a statement referring to the subject, we need to know it and refer to it. If they don't have anything in place, we can help craft one. I work for Raytheon Technologies, Pratt & Whitney Aircraft. I wish that their statement wasn't marked as confidential and proprietary because it was well worded, succinct and dovetailed into the corporate and company's existing written policies. An example of responsible business leadership and excellent template for others.

Words often come charged with emotion and unintended consequence once they are received by the listener. Much like when we "meet clients where they are" we need to be acutely

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NEXT MEETING

June 18, 2020, 8:30-11 am

ZOOM Meeting

Topic: Therapeutic

**Psychological First Aid for
Front-line Healthcare Staff
in a Pandemic**

**Speaker: Julian Ford, Ph.D.
A.B.P.P, Professor of Law
and Psychiatry, UCONN**

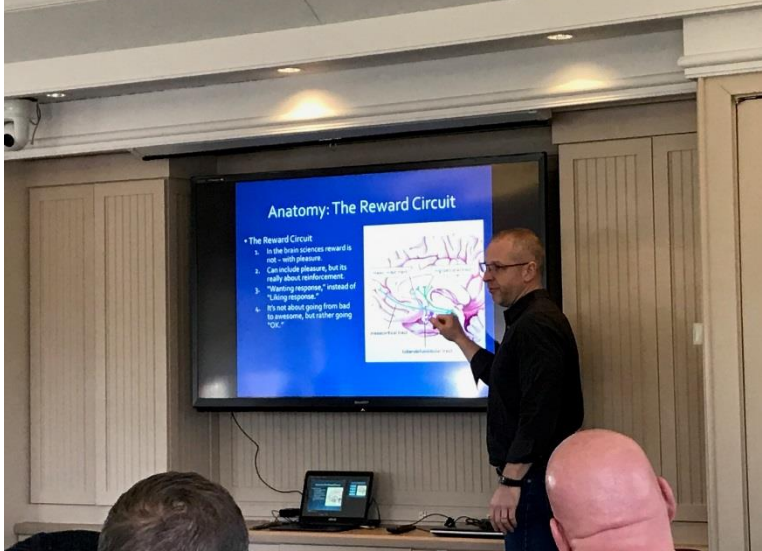
Welcome to the CT EAPA Newsletter!

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 photos are from our last in-person gathering in February when Andy Buccaro addressed our members on the topic of "The Compulsive Brain: How we become human doings."



Speaker Schedule:

June 18 – Therapeutic Psychological First Aid for Front-line Healthcare Staff in a Pandemic. Presented by Julian Ford, Ph.D., A.B.P.P, Professor of Law and Psychiatry, UCONN

September 17, 2020 – Understanding Clinical Bias

October 15, 2020 – Working with the Traumatized

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

Treasurer: Christopher Goodale
cg30thz@aol.com

Secretary: Andrea Bednarz
Andrea.Bednarz@acadiahealthcare.com

Labor Representative: Jason Bannon, LAP-C
JBannon@cwa1298.org

Immediate Past President: Rebecca Harris, MS, LPC, CEAP
Rharris@solution-eap.com

May Minutes

1. Called to order: Dan opened the meeting at 9:15 am.

2. Introductions: Members and Guest Introductions through our zoom video.

3. Officer Report

- Dan Boissonneault, CEAP • President: Present
- David Francis, CEAP • Vice President : Present
- Christopher Goodale • Treasurer: Not Present
- Andrea Bednarz • Secretary: Not Present
- Jason Bannon, LAP-C • Labor Representative: Present
- Rebecca Harris, MS, LPC, CEAP • Immediate Past President: Present

President Report- Dan. – Welcomed everyone. Minutes from last month were sent out. Dan commented on the employee's returning to work, some will be anxious and others have been going in.

The partnership with DMHAS with our chapter is in the works and should be set by the end of May. We would do a needs assessment and gap analysis to 130 DMHAS contracted agencies, a group of volunteers will be needed to do the first part, 2nd will be a strategic plan to serve them, the 3rd will be some direct services such as training in mindfulness, stress and resilience. We will become a certified vendor of the state.

EAPA hosts a Wednesday COVID talk on Zoom with a theme presentation and then some discussion, it is very well attended. He will send out the link. He also attends an international forum which is very interesting.

The CEAP refresh is in the works. Sherry Courtemanche is on the EACC and the certification process will be different. The EAPA rebranding initiative is picking up speed, we are working with a company called Ethos to help us with this.

The EAPA conference in Houston is still on, but up in the air. We are not sure who will come and how it will work. It may get moved to the spring. Carolyn and several members got an email survey about the conference.

Nominations to the Board of Directors is open.

Vice President Report- Dave. – commented on the DMHAS grant. We are not trying to steer business away from current members. Let's be seen as the leader and expert for this type of work.

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From the last in-person meeting in February - Some of our audience listening to Andy Buccaro.



Let's look forward to when we are able to break bread together!

President's Note – continued

aware of how they hear what we said. Whether it's us, a manager or one employee to another, a statement supporting law enforcement might become perceived as violent once it passes through the experiences and points of view within the listener. It will be a slippery slope on the best of days yet that conversation is necessary to begin the healing. Mahatma Gandhi said "Be the change you want to see in the world" Let's take that challenge.

Best to all,

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



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

May Minutes - continued

Treasurer report- Chris is not present, Dan has been in touch with him, Dan did set up the Zoom account so this was a minor expense. It was about \$479/year.

Secretary report- Dan reported for Andrea, he mentioned that sometimes people use the officer's email to phish, a recent one offered a gift card so be wary. Our Gmail account is ConnecticutEAPA@gmail.com.

Labor Report- Jason Bannon- CT Labor Chapter. Many of our workers are essential and are working. There is a push to have them paid by workers comp, there is pushback since it is hard to prove how a person contracted it. The national Labor Assistance conference in Las Vegas is being decided.

Past Presidents- Becky- commented on balancing work-life concerns.

4. Committee Chairpersons

Membership- Bud- membership has been in the low to mid 60's for some time, down from our high of 74 from last year. You can register on the international website and through our local chapter website. Members and guests were reminded to contact Bud Wassell for membership questions etc.

Newsletter- Bud- Monthly newsletter has minutes, trainings and reports. If anyone would like to put something in the newsletter let us know. There has been no newsletter the past few months, but information can be sent out through our Chapter email.

Hospitality-no report

Website- Bud-let him know if you have something to post that may be of interest to our members.

Program Planning- Carolyn Singer. The committee has decided to cancel our conference through Masonicare. The deposit may be transferred to June of 2021. And we hope to keep our theme of Domestic Violence.

June 18th - Julian Ford from UCONN Health Center will do 2 hours, from 9-11, the topic is Therapeutic Psychological First Aid for frontline healthcare staff in a pandemic. We are off for July and August. We have pdhs for prior months.

September - Understanding Clinical Bias

October - Working with the Traumatized

November and December – we need to find someone. Kelly has an idea for December, Brandon Nappi from Copper Beech, she will check. Orlene will find out about tentatively reserving the fall meetings with Gaylord.

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

If anyone has suggestions for 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.

5. Old Business - No Old Business

6 New Businesses - No New Business

Announcements: none

Joys and concerns: Jason reported that Sue Shaw's mother is in the hospital and please keep her in your prayers.

7. Adjournment - 9:55

Respectfully Submitted,

Bud Wassell, Membership Chair filling in for Andrea Bednarz