

EAP News



Spring FY16

Joint Base Lewis McChord

The Employee Assistance Program

Yes SPRING is coming. Spring is symbolic of change and new growth. For many it's time to start gardening, planting scrubs and flowers.

FY2016, 2nd Quarter Reminders

March 2016: 3/4 Employee Appreciation Day, 3/13 Daylight Savings Time, 3/17 St. Patrick's Day, Easter Sunday 3/27

April 2016: Month of the Military Child, Sexual Assault Awareness Month and Alcohol Awareness Month. World Health Day 4/7, and income taxes are due 4/15.

Additionally, on 27 & 28 April 2016, ASAP/EAP will participate in the "Together's Program" 2016 Annual Substance Abuse Conference at the Great Wolf Lodge, which is located on 20500 Old Hwy 99 SW, Centralia WA 98531. This year's theme will be "Building a Healthier Community Together."

May 2016: 5/5 is National Children's Mental Health Awareness Day, 5/5 Cinco de Mayo Day, 5/8 Mother's Day, 5/21 Armed Forces Day, and 5/30 is Memorial Day.



EAP Mission: Consult with management and supervisors in dealing with performance problems in the workplace, assist employees who have job-affecting personal issues, and provide short-term consultation, education and referral services to clients - toward improving work-life balance and their quality of life.

Maintaining balance in the workplace

Workplace Wellness "Awareness with Appreciation"

The EAP along with other ASAP staff would like to remind you of upcoming special dates and events where you can make a difference with awareness and appreciation.

4 March is National Employee Appreciation Day



Employee Appreciation Day is celebrated annually on the first Friday in March. This day was created as a way of focusing the attention of all the employers, in all industries on employee recognition. Celebrations are created and carried out by employers everywhere and consist of various ways that the deserved appreciation is shown to their employees.

April is Sexual Assault Awareness and Alcohol Awareness Month

Sexual Assault Awareness Month (SAAM) occurs in April and commits to raising awareness and promoting the prevention of sexual violence through use of special events and public education. Alcohol is the most commonly used drug in the United States (National Institute on Drug Abuse). "From FY2006-11, alcohol was known to be involved in almost 63% of all rapes and aggravated sexual assaults", per the "ARMY 2020: GENERATING HEALTH AND DISCIPLINE IN THE FORCE AHEAD OF THE STRATEGIC RESET REPORT 2012." During this month, take time to educate yourself and your loved ones about the dangers of alcohol misuse. If you have questions or concerns about alcohol's impact on your health, safety, work performance, and relationships with people you care about, it is time to get some answers

April is also the Month of the Military Child

DoDEA joins the Department of Defense and the military community in celebrating April as the Month of the Military Child. Throughout the month, DoDEA will encourage schools to plan events that recognize and show appreciation for our military children. We know that military children face many challenges that are unique to their situation, such as having a parent deployed for extended periods of time and moving frequently. Deployments and family separations can be stressful times for children. There are approximately 4 million military children; wherever you see a military presence there are undoubtedly children that are personally impacted. We would love for you to get involved and help raise a cheer for military children this month. The Military Child Education Coalition® (MCEC®) has created the Month of the Military Child Tool Kit with FREE downloadable resources. See more at: <http://www.militarychild.org>.

Maintaining balance in the workplace

The EAP News

May 21, 2016, Armed Forces Day events will take place at Cowan & Memorial Stadiums



History of this event: on August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department -- the Department of Defense.

Upcoming EAP Classes Please call to reserve seating

EAP Civilian Course on **3/15/2016**; from 0900-1100 hrs. McChord Chapel Support Center (CSC), Bldg #746. POC: Mr. Norman Dobson 253 477-3806

EAP Civilian Training Course on **4/20/2016**; from 0900-1100 hrs. Lewis Main- Stone Education Center, Bldg #6242. POC: Mr. Norman Dobson 253 477-3806

EAP Civilian Training Course **5/23/2016**; from 1300-1500 hrs. Lewis-Main Stone Education Center, Bldg # 6242. POC: Mr. Dobson 253 477-3806

EAP Supervisors Course **5/31/2016**, from 0800-1200 hrs. Lewis Main at the Family Resource Center (FRC), Bldg #4274. (RSVP) Ms. Ana Delgado 253966-4597

JBLM EAP Offices

Lewis-Main, 2008-B N 3rd Ave, B111, B114, B117
McChord Field, 555 Barnes Blvd, First Floor, OFS Rm
Lewis-Main @ 967-1413, ext. 5 // McChord Field @ 982-5815

We will be entering the peak season for community activities (military and DoD families). While providing services in response we will also be mindful of our own well-being through self-care resiliency. One way is to utilize the various resources available to JBLM/DoD personnel.

There is the Comprehensive Soldier and Family Fitness Model and the "Move to Health Program," that promote a variety of creative activities and mindfulness ideas: family vacation, group exercising, deep/controlled breathing, diet, listening to music, walking while taking in scenic views just to name a few.

Date: 1 March 2016
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