



# The EAP News



## JBLM

Volume 5, Issue 3, Spring 15



### **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.

## Employee Assistance Program

Happy Spring JBLM!..

We look forward to the upcoming months of sunny skies, blossoming flowers and warming weather. In addition, we remember that **April is the month of awareness**: to include Alcohol Abuse, Sexual Assault, and the Month of the Military Child.

For many of us this will be a period of outdoor excursions, stay-cations, travel, etc. Be sure to practice responsible decision making, while looking out for others as well. Please keep in mind that although this season may represent joy, it is also a time of increased hardships, trials and crisis for others.

The Employee Assistance Program (EAP) is a resource available to all DoD civilian employees, family members of Active Duty Service-members, and Military retirees. All services are professional, confidential and at no cost. The Armed Forces Substance Abuse Program (ASAP) is the proponent for the EAP. Please feel free to stop in and see, we are glad to assist!



Maintaining balance in the workplace

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## EAP Training Update:

❖ For those JBLM EAP Supervisors (managers) who have completed the initial face-to-face EAP Supervisor Course, please read below:

To access the EAP SUPV Refresher online, visit the DHR Website @ <http://www.lewis-mcchord.army.mil/dhr/>. Upon entering the site, click on Armed Forces Substance Abuse Program. Then click Employee Assistance Program, the training link is mid-page. You will need to answer questions and print a certificate at the end; please be sure to provide to your training manager/UTM and maintain a copy for your records.

FYI: The EAP Supervisor Refresher Course online\* is only for those who have completed the initial face-to-face Course. The next three sessions (years) are online, then via face-to-face again; a re-occurring cycle.

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- EAP Annual **Civilian** Training  
22 Apr @ 1300-1500  
Stone Ed Ctr, bldg #6242 (Main)

- EAP **Supervisor's** Course  
05 May @ 0800-1200  
Chapel Support Ctr, bldg #746 (McChord)

- EAP **Supervisor's** Course  
15 May @ 0800-1200  
Family Resource Ctr, bldg #4274 (Main)

For more information, call (253) 967-1412, 966-4597 or 982-5815.



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## Substance Update

Do you have prescriptions that you are looking to discard? Maybe they're old, out of date, laying around, and/or cluttering your medicine cabinet... Please do not flush down the toilet, put in the trash can or give to others.

The site [Takebackyourmeds.org](http://Takebackyourmeds.org) is still active. You can look for a drop-off location by county or city and information for disposal is there.

## Are You A Workaholic?

Do you have a great work ethic, or are you a workaholic? There is a difference you know... Ask yourself the questions below; and see your EAP if you are having challenges.

- Do you value work more than spending time with family?
- Do you make all activities work related?
- Do you believe that you are the only one who takes sufficient responsibility at work and are indispensable?
- Do you worry constantly about the future?..or loss of your job?
- Do you believe that work and money will solve all problems?

*Drawn from WSDDES-EAP*

## ASAP-M Corner



We have moved out of the winter quarter and into the spring quarter. We have moved past the "time loss" that comes from "spring ahead" and are looking toward spring planting, new growth, buds and blooms on the trees, refreshing from winter. The smell of newly mowed grass (and pollen and allergies!) is in the air.

For most people, this is a time of hope and renewal, of planning for planting, spring and summer vacations, daylight hours getting longer, more sunshine and more time outdoors. For some, this also represents more work, more responsibility, and perhaps discouragement if one is unable to appreciate the new and a sense of hope. For those who may be experiencing loss, or difficulties or challenges in their life, the Employee Assistance Program staff is available to provide a listening ear or guidance about supportive services. Call 967-1412 or 966-4597 to find out about services available or to make an appointment.

v/r,  
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ASAP-M