



July 2017 Spotlight on Employee Assistance

2017 EAPA Conference and EXPO Registration Opens

Online registration is open! The conference will be held Tuesday, Oct. 3 - Friday, Oct. 6, at the Westin Bonaventure Hotel & Suites, in Los Angeles. The hotel is in close to an endless number of attractions, restaurants, shopping, sporting venues and more. From Universal Studios, to the famed Farmers Market, from the Hollywood Bowl to Rodeo Drive. Bring your family or friends and plan to stay through the weekend after the conference!

The conference program includes inspiring and informative keynote presentations, cutting-edge breakout presentations, and unparalleled networking and recognition opportunities for EA professionals from all over the world. For more information and to register visit <http://www.eapassn.org/2017Conference>

PsyberGuide Vets Mental Health Apps

There are hundreds of mental health apps promising help for everything from anxiety to depression to more. How do you know if they work? PsyberGuide is a non-profit website dedicated to helping professionals and consumers seeking to make informed decisions about computer and device-assisted therapies for mental illnesses. The website is committed to ensuring that this information is free of preference, bias, or endorsement.

If you go to their "Product Listing," you will note that each app is listed along with a PsyberGuide rating that corresponds to the amount of research and support backing the product. In addition, there is an App Quality Score on a scale of 1 to 5. Finally, there is a link to an expert review - if one exists. For more information, visit <https://psyberguide.org>

Guardian publishes its 4th Annual Workplace Benefits Study

The study reports that 3 in 5 working Americans say their employee benefits contribute positively to their financial security. It is evident they rely on the financial products and services available through the workplace. But, as employers focus on strategies to control benefits costs, such as implementing high deductible health plans (HDHPs) and increasing cost-sharing, the rise in out-of-pocket costs has workers feeling the financial pinch – and valuing their employee benefits less. Download the study here <https://www.guardiananytime.com/gafd/wps/wcm/connect/bf8933e5-142d-42f9-b3d0-fa5eb2e43ad6/employee-benefits-study-crack-in-the-foundation.pdf?MOD=AJPERES&CVID=IPbWko->

New Cyber Readiness Tool Released

A new cyber readiness tool uses a sophisticated workforce model to recruit, lead, and engage a more cyber-savvy workforce. The diagnostic tool is designed to help organizations assess their cyber readiness with emphases on talent management, emerging skills and roles and defining the requirements of cyber work.

According to Willis Towers Watson (WTW), which developed the cyber work diagnostic tool, cybersecurity is a constantly evolving threat that requires organizational readiness. "It is no longer solely the job of risk and IT departments to handle cyber exposure, but essential for human capital experts to assess organizational culture, employee engagement and identify talent and educational gaps to protect against cyber threats," WTW said in a release.

More info here <https://www.willistowerswatson.com/en/press/2017/07/Willis-Tower-Watson-launches-cyber-work-diagnostic-tool>

Win a Scholarship to Attend the 2017 EAPA Conference and EXPO

The John J. "Jack" Hennessy Scholarship Fund is established in memory of and in tribute to former EAPA President and EACC Chair Jack Hennessy, in recognition of his tireless efforts to advance the professional growth of both labor affiliated and non-labor affiliated employee assistance professionals. The Fund will award two scholarships, one to a labor affiliated member, and one to a non-labor affiliated member, to cover registration costs to attend the 2017 EAPA Conference and EXPO in Los Angeles. The deadline for scholarship applications is 5 p.m. EDT, August 18. For more information and to apply, visit <http://www.eapassn.org/HennessyScholarship>

British Standard for Diversity & Inclusion Launched

The Business Disability Forum is helping to develop a new British Standard, assisting UK employers to value their employees through diversity and inclusion. More info at <http://www.personneltoday.com/hr/bs-76005-british-standard-for-workplace-diversity-launched/>

EA Professional Spotlight

Name and position

Maria Lund, President/COO, First Sun EAP

What do you like best about working in EAP?

I like the fact that we are helping leaders to run healthier companies and employees to be at their best at work and at home. Our profession is all about facilitating "wins" for every person we serve.

What was your first EAP job?

I was an EAP counselor for an external EAP.

What do you find is the most challenging part of your job?

Truly, my job is not so challenging due to the extraordinary team of people I work with and the generous community of colleagues, which have make my work easy in many

respects. That being said, my biggest challenge is to continue to find cost effective and meaningful ways to innovate our programs so we keep the quality and impact high.

What inspires you?

Making time to do the constant work to be the best leader I can be to encourage, support, and inspire employees at First Sun and to work with them to create programs that have high integrity and value for all those we serve.