



EMPLOYEE ASSISTANCE PROGRAM *National Joint Committee*

Committee Members

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Dr. Deborah J. Atkins, USPS
EAP Administrator

The meeting of the EAP National Joint Committee (NJC) was held on June 10, 2015 at Headquarters.

Attendees included Manny Peralta, (NALC), Sue Carney, (APWU), Allen Mohl, (USPS), Deborah Atkins, (USPS EAP Administrator), Bob McCullough, (EAP National Consultant, MH), and Debbie Ore, (USPS EAP Coordinator).

- The meeting began with the introduction of a new format where the MH Consultant and USPS EAP will start each meeting going over pertinent EAP activity and the end of month report. This will be followed by a table round discussion from each NJC member of their issues or business for the committee. The goal is to better use meeting time and to stay on top of tasks and time sensitive responsibilities.
- The outstanding meeting minutes for the May 13th meeting were discussed. Agreement has not been reached; therefore, continued conversation will need to be undertaken.
- The end of the month report was reviewed by the MH National Consultant. Calls to the service center were up from SPLY, average speed to answer (ASA) a call into the service center was 8 seconds (under 10 second requirement), web hits were up from SPLY.
- The web hits took center stage of discussion for a new initiative. The web hits tend to stay around 2,000 a month and that holds pretty steady, and represents a small percentage of our employee population. Ideas were discussed that could increase web hits, and the MH National Consultant will take the concept back and work with MH to improve website use. Ideas included: senior housing options on the website, since most employees are not aware of this topic and the information can be utilized for their loved one; providing the DACs with resources they can choose from in forming a promotion to fit their district; using the NEWS Link and having the consultants/clinicians use promotional materials.
- The meeting continued with review of the end of month report. The MH National Consultant updated on recent responses of natural disasters and reminded us that the June 1st was the beginning of hurricane season. He is actively preparing his CISM team for any needed deployments. Two suicides were reported this month.

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- The Silent No More campaign that has a focus on reducing the stigma to reaching out for professional health is currently in review with the Privacy Office. The EAP Administrator is working with them to have release forms for employees to share their stories and encourage others to reach out for help. The NALC officer will use the article "Silent No More" in The Postal Record for July. USPS will look to get confirmation to use union story that was obtained from their work as a first release to the field. We can then continue with the campaign as we get all the permissions in place.
- The June issue of the DAC newsletter, The Exchange, was approved by the NJC and will be sent out to consultants/clinicians and will also be posted on the DAC website. The Exchange reflected activity during April 2015 EAP Awareness month, which included newsletters, suicide prevention measures, and domestic violence articles being distributed in districts. The MH National Consultant offered a new and improved process of review, proofing, and editing that will expedite the release of The Exchange.
- Follow-up to the Philadelphia JCEAP audit was on the agenda to discuss, however, the EAP Administrator updated the NJC on support and coverage to be provided by MH on an interim process while they have just 1 counselor.
- The Los Angeles JCEAP case review was discussed and great to see improvement in the EAP work. A Peer Case Review and Consultation process will be implemented across the two internal EAP models. The goal is to provide an opportunity for an asset-based approach to program development and professional growth by building a supervisory tier from the resources that are readily available. The NJC agreed that the MH National Consultant will help initiate the process and be involved throughout the first quarter.
- Writing effective DAC meeting minutes was discussed, as well as, some tips for building strong meeting models.
- A list had been prepared from all the recent DAC meeting minutes where those who were listed as being in attendance were juxtaposed to those who are actually on the master member list. Lists were given to the NALC, APWU, and USPS to reconcile and make changes or new assignments where needed.
- Began discussion of the submissions from DACs on the work done during April 2015 EAP Awareness Month. Some of the entries had a lot of repeat information from previous years. Discussion cut short due to time, and need to review entries a bit more thoroughly.
- A response to the Detroit JCEAP is outstanding, and their letter will be sent to all members from the USPS this week in order for the NJC to review and generate a response.
- The next NJC meeting is scheduled Wednesday, July 8, 2015 from 12:00 p.m. to 2:00 p.m. at the APWU Headquarters.