



**EMPLOYEE ASSISTANCE PROGRAM**  
*National Joint Committee*

The National Joint Committee (NJC) held a meeting on February 23, 2016 at APWU Headquarters.

Attendees included Manny Peralta (NALC), Sue Carney (APWU), Patrick Devine (USPS), Deborah Atkins (USPS EAP Administrator), Christine Leslie and Bob McCullough (Magellan Health, Inc.)

February 10, 2016 NJC minutes approved as edited.

NJC agreed to the layout and text for the Health & Wellness postcard on EAP Life Coaching. A consensus was reached to find another picture that better depicts the message, "Don't know where to start?".

**Announcements (Deborah Atkins)**

- The NJC was advised that the Torrance office is no longer available to house an EAP Office to service employees from 902-908. The Long Beach office was being considered but the NJC discussed concerns about its location and accessibility. The NJC agreed the new office location should be more centrally located within the LA District for the convenience and accessibility of employees working within the northern and southern areas of the District.
- Clarification was provided on the 40 Critical Incident Responses listed on the January 2016 report that was reviewed during the February 10, 2016 NJC meeting. Although five suicides were included in the report, there were two additional suicides that were subsequently reported. Therefore 40 CIR remains the same, but the total number of suicides for the month of January 2016 should reflect 7.

**JCEAP Operations**

- The EAP Administrator reported that the LA and Philadelphia JCEAPs were still working their way through the hiring processes to fill vacancies in their respective Districts. The EAP Administrator will arrange to meet with the LA JCEAP to provide information to assist through their selection process. A standardized form will be developed and shared with each of these JCEAPs to help them rate candidates. Additional information was not available on the Philadelphia EAS 16 applicants at this time. The EAP Administrator will keep the NJC informed and continue to offer her assistance to keep efforts progressive.

**Suncoast DAC Bullying Video**

- The NJC discussed the bullying video submitted by the Suncoast DAC. A letter will be sent to the committee to thank them for their efforts which will also explain a few minor adjustments that must be made before it can be used for promotional purposes.

**Committee Members**

Susan M. Carney, APWU  
Human Relations Director

Manuel L. Peralta, Jr., NALC  
Director, Safety & Health

Patrick M. Devine, USPS  
Manager, Contract  
Administration (NPMHU) &  
Employee Workplace  
Programs

**Ad Hoc Member**

Dr. Deborah J. Atkins, USPS  
EAP Administrator



USPS Employee Assistance Program  
**1-800-327-4968**  
(1-800-EAP-4-YOU) TTY: 1-877-492-7341  
[www.EAP4YOU.com](http://www.EAP4YOU.com)

## Computerized Cognitive Behavioral Therapy (CCBT)

- Christine Leslie and Bob McCullough made an informative presentation on Computerized Cognitive Behavior Therapy. It is reported that 80% of all mental health issues fall into at least one of the five web-based programs that will be available through CCBT. A few informational videos on the web-based programs were also reviewed. The possibility of adding these videos to the landing page is being explored.
- Christine walked the NJC through the registration process which will be required to access each of the modules, primarily to help users track their individual progress and for the convenience of allowing users to continue a module from where they last stopped during a previous session. Participation is strictly confidential. Participants will not be identified. Bob and Christine fielded questions. The web-based modules can be accessed from any device that has internet access. The NJC is very excited about adding this service to the EAP. Target release date is April 15, 2016. It was suggested that the NJC create a mass campaign to launch the new program, and that unions make an effort to showcase the benefit at upcoming conferences and conventions, PowerPoint, videos, etc.

## Next Meeting

Initially scheduled for March 9, 2016 must be rescheduled.

## Agenda Items:

- Monthly Report Review
- Review Guidelines and make determination regarding JCEAPs.
- Discuss NJC attendance at Philadelphia JCEAP meetings.
- Operations update (hiring) Philadelphia and Los Angeles; meeting with LA JCEAP, standardized form to rate candidates
- Suicide Prevention Update: EAP information being shared by MH during new employee orientations, (CCAs, PSEs and other crafts) PPT (EAP slides)
- Status of EAPlus (detailed instructions to internal JCEAPs)
- Progress report on CCBT launch and promotional efforts
- Status of Health & Wellness postcard highlighting EAP Life Coaching; new picture, target mailing date
- Progress report on new LA District EAP office location
- Status of JCEAPs satisfying items listed in respective audit reports?
- MH - creative ideas to drive employees and eligible family / household members to Call Center and website (February 10, 2016 NJC meeting)
- Outstanding NJC minutes for FY 2016