



The Exchange

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OUR THOUGHTS GO OUT TO THOSE AFFECTED BY RECENT HURRICANES & FLOODING

1ST QUARTER 2019

Marketing with Technology

Hawkeye District

The Hawkeye District Advisory Committee continues to explore ideas on how to incorporate technology in the marketing and promotion of the EAP. Kahoot! is an application that allows you to create "your own quizzes (kahoots) in seconds, play anywhere, anytime, on your own or with friends, have fun and LEARN!"

The possibilities can be endless with quizzes centering on EAP services and monthly awareness talks that will be given to post offices. The goal is to increase EAP awareness and the percentage of participation could get a POOM area recognized. This project is in its infancy stage and will develop in the coming months.

The Hawkeye DAC has also developed a calendar of topics to be sent to each post office every month with the expectation that there is a stand up talk about the topic. For 1st quarter FY 2019, the topics will be mental health awareness (October), smoking cessation (November), and reach out and connect (December).

Gaining Momentum for Fiscal Year 2019

Greater Boston District

In accordance with DAC Guidelines, the Greater Boston DAC has filled open committee positions. As a result, the committee is ready to take on the challenges of impacting Greater Boston District with full force. Since participating in team building training in 2015, the committee views itself as a well-prepared team of dedicated employees who are focused on their mission: touching the lives of all district employees and their family members.

The team meets monthly to discuss what is going on in the district, how the

"goings on" impact employees and their families, and how the EAP can bring value in supporting health and wellness initiatives as described in the District PMP FY 2019. Suicide prevention awareness, managing mental health and sudden death, the opioid epidemic, coaching, CCBT, stress management, coping with organizational change, and holidays are all on the front burner for FY2019.

Meeting minutes are immediately shared with the team along with newly released health and wellness articles

from the Magellan document inventory. The monthly Momentum campaign reaches out to over 8,000 Massachusetts employees who are encouraged to share the articles with their family and to post the articles on their facility EAP wall display board. The committee will be hosting health fairs and will be releasing quarterly ePromotions. The committee is also collaborating with the NJC in shaping a pilot program that will increase EAP awareness in all facilities. They also write quarterly articles submitted to The Exchange.

Video Coming Soon

Oklahoma District

Last quarter, the Oklahoma DAC has produced a 5-minute video about the value of the EAP. The video is still being produced and will go through the proper channels to get it approved. They have also met and reviewed the suicide prevention material which has been distributed and the team developed and will order wallet-sized cards for employees. The committee has also identified union points of contact to assist the EAP Consultant in developing relationships with its members.



Poster Contest Promotes EAP & Safety

Dallas District

The Dallas DAC is working with the District Safety Manager to promote a poster contest that recognizes that EAP services help to promote safety. The winning entry will be printed and the

winner will receive a prize as well as recognition in the Dallas Blog and Newsletter. The DAC meets quarterly and has started using WebEx to include members that are unable to attend in person.

EAP Represents at Career Fairs

Central Plains District

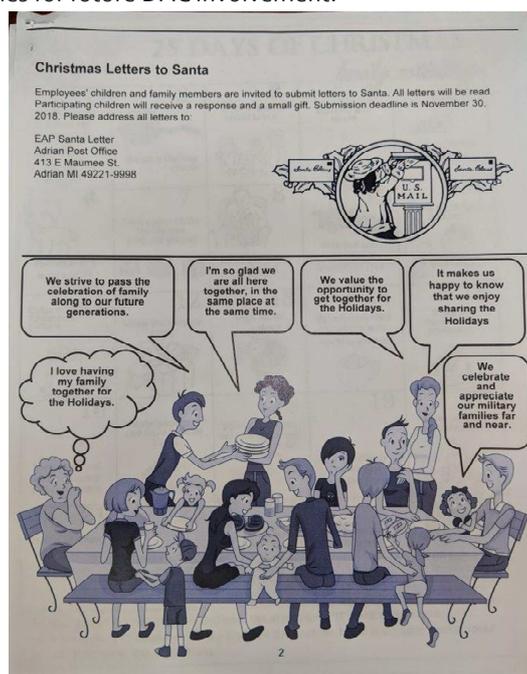
The Central Plains DAC met for the second time this year. It was mentioned that the EAP had been represented at both the Omaha and Wichita Career Fairs. There were over 100 people attending each of the fairs.

The DAC has also discussed a suicide prevention project and have explored possibilities for future DAC involvement.

Letters to Santa Requested

Detroit District

As part of the Detroit DAC EAP4YOU Newsletter, Holiday Issue, the Detroit DAC has included an invitation form employees' children and family members to submit letters to Santa. All letters will be read and participating children will receive a small gift.



VIDEOS MADE BY ADVISORY COMMITTEES

"ACs may decide to create videos as part of their promotional initiatives. The script and video should be forwarded to the NJC before final production and distribution to ensure it is close-captioned and provides a message consistent with the national program."

– Advisory Committee Guidelines

Active, Aware, Anti-Bullying

Northland District

The Northland DAC is up to a full-complement welcoming new representatives Jonathan Garcia (NALC – Rochester, MN), Tracy Franseen (Manager Human Resources), and USPS EAP Clinician Lori Wagner. The DAC plans to continue its suicide prevention campaign into the busy season as well as focusing on fostering a civil workplace by creating an anti-bullying message. The committee discussed ways to promote putting an end to workplace bullying including sponsoring a t-shirt design contest amongst postal workers and their family members. Stay tuned to see what creativity brings!

The message of workplace civility is also being fostered in presentations being given by Northland District EAP Consultant Joe Boyle and supported by EAP Clinician Lori Wagner in FY 2019 Postmaster Kickoff Meetings around the district in the beginning weeks of October.

The September 2018 issue of the Northland District EAP Advisory Committee Newsletter was mailed to the addresses of over 9,000 USPS employees in the district. The DAC as a whole decided on the topics to be covered and Martha McCoy (Operations Support Specialist) made

The Exchange is dedicated to supporting Advisory Committees through the sharing of ideas, information, and news. The Exchange is published on a quarterly basis. Since the newsletter relies on Committee members to share what they have accomplished, we need your input. Send text and digital photos to Cheri Petrolina at CLPetrolina@MagellanHealth.com. For questions, please contact her at (314) 387-4838.

Northland District EAP Advisory Committee Newsletter p. 3
September, 2018

Joe Boyle and Lori Wagner hosted an information booth at the recent Northland Career Conference. Approximately 200 USPS employees attended.




THERE'S AN EAP FOR THAT!
COPING WITH NATURAL DISASTERS & TRAGEDIES

September is National Preparedness Month.
Did you know that 80% of Americans live in an area that has been hit by a weather-related disaster in the past decade?

The Northland doesn't need to look back to the past decade. Numerous epic storms have occurred in the past 12 months. On September 20, tornados touched down in the 550, 558 and 560 zipcode areas, resulting in extensive property damage and power outages in towns like Elysian, Morrisstown, and Granada. Up to seventy thousand people were left in the dark after this late-season storm. Cannon Falls in particular experienced serious impacts. For several days after the storm, carriers cased mail using headlamps.



The Midwest didn't experience the impact of September's Hurricane Florence, but Postal employees and customers in many eastern states are still reeling. Closer to home, northern Minnesota and Wisconsin experienced significant flooding this summer. In June, a state of emergency was declared in northwest Wisconsin. Ashland, Bayfield, Burnett, and Douglas counties were among those most affected. Widespread and continuing thunderstorms produced torrential rain, damaging wind, and large hail. The results: downed trees and powerlines, mudslides, and flash flooding. Evacuation was necessary in some places, and two deaths resulted. Torrential rains swept across northeast Minnesota in early July, dumping more than six inches of rain on areas like Carlton County, which were already soaked by recent storms. Roads and bridges were damaged.



it happen. In addition to noting that September is National Suicide Prevention Month, the newsletter highlighted September as National Preparedness Month.

Focusing on recent disaster events (and this was prior to Hurricane Michael), the newsletter pointed out that "80% of Americans live in an area that was been hit by a weather-related disaster in the past decade. Providing tips about how to respond to those who have endured a disaster, things to remember when trying to understand disaster

events, and ways to ease stress when disaster hits, the newsletter highlighted Hurricane Maria which devastated Puerto Rico in September 2017.

The USPS EAP deployed bilingual counselors, including Northland District's Joe Boyle, to support federal USPS in Puerto Rico. The newsletter featured photos Joe took during his three trips to Puerto Rico and St Thomas and the personal observations of a USPS Supervisor in Eagan, MN, Vicmari Jusino, who lived in Puerto Rico until 2016. Vicmari was quoted as saying that unless you have personally experienced the effects of a hurricane, "you can't really fathom what it's like."

This issue also provide education on post-traumatic stress disorder (PTSD).

Joe Boyle and Lori Wagner hosted an EAP information booth at the Northland Career Conference on August 18, 2018. Joe then presented on overcoming fear and building confidence to a group of employees in management or aspiring to management positions. Approximately 200 USPS employees attended the career conference.

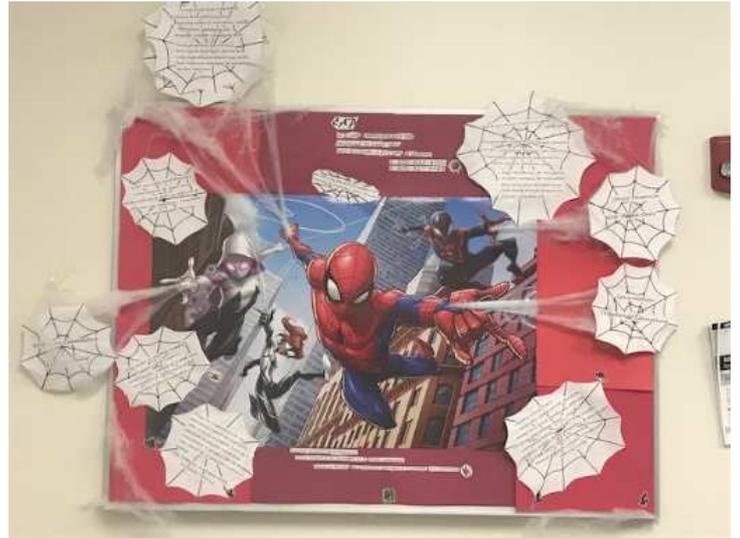
Poster Contest a Success

Gateway District

The Gateway DAC has continued to encourage their district during EAP awareness month to participate in an EAP awareness poster contest. The DAC reviews all entries and awards two stations from Missouri and Illinois a continental breakfast for the station. The DAC has the tradition of facilitating the contest each April. Each station is encouraged to utilize their creativity and artistic ability to highlight the importance of the EAP. This activity continues to increase the employees' knowledge of the wide range of EAP

services available to them and provides a visual reminder that EAP can be reach 24/7 by calling 800-327-4968.

Pictured here is the St Charles, MO office winning poster.



New Business Attended to at Quarterly Meeting

Long Island District

Recently, the Long Island DAC had its quarterly meeting. In addition to reviewing the minutes from a previous meeting, lots of new business was discussed.

Upcoming dates and times for the Long Island health fairs were reviewed and



From the Long Island DAC (L to R): David Rudy, District HR Manager, Carol Brown, NALC representative from Branch 6000, Louis Cook, EAP Consultant. Not pictured: Patricia Garfield and Ronald Raynor, Carriers, Richard Beck, Clerk and APWU President – Rockville Centre/ Oceanside Area Local.

discussed. The EAP will have a presence at all three plant locations for the health fairs. DAC members were asked to review their calendars to help man the EAP table. Also reviewed for the health fairs were some recent EAP handouts to

select which would be best have available.

Every member of the Long Island DAC received a packet comprised of the September suicide prevention campaign handouts. A brief discussion centered on how to best get these materials out to all the district post offices and plants followed. The ePromotion, "It's Time to Talk – Empowerment Starts with You" was included in the discussion of upcoming efforts for suicide prevention.

The DAC brainstormed ways to utilize the PowerPoint associated with the suicide prevention program also entitled, "It's Time to Talk – Empowerment Starts with You." Some of the places suggested were in a Postmaster quarterly meeting and union gatherings. Union DAC representatives will take a request back to their leadership for further planning and our HR Manager will discuss it

further with others members of the district leadership team.

Also as a part of this DAC meeting, the EAP promotional video, "Empower Mental Health" was watched. Members found it to be very powerful and it was the catalyst for discussion of where it can be shown for maximum effect in the district. Before ending the meeting, the CALM training was discussed and its value described to members. Everyone was urged to take the training and the District Consultant will email DAC members the website address where they can sign up and take the course at their convenience.

Be sure to get your committee recognized in the next edition of The Link. Submit an article with a photo or example of the project you have been working on.