



San Diego Chapter Newsletter



A Message From Our President...



Greetings San Diego EAPA Chapter,

The recent days have marked one year since we began to enter into a new reality of uncertainty due to the COVID-19 pandemic. This past year has also been comprised of tumultuous sociocultural changes and political stressors throughout our country. For many, this has been a time filled with a tremendous amount of loss, grief, anxiety, and unpredictability, as well as some reasons for hope. Life has felt much more fragile and vulnerable for many families, communities, and organizations. Our working lives have also experienced unexpected changes. The landscapes of various industries and the collective workplace are facing new uncertainties, as well as opportunities for innovation.

In the midst of these unprecedented times, the role of Employee Assistance could not be more critical. The unique position that EAPs provide in supporting both organizational leadership and their employees is being recognized in meaningful ways. Utilization rates of EA services have steadily increased throughout the past year, and employers have recognized that we have much to offer in supporting the diverse needs of organizations and their employees.

CHAPTER CHAT DATES

APRIL 30
12-1PM PST

MAY 28TH
12-1PM PST

JUNE 25TH
12-1PM PST

[CLICK HERE TO REGISTER!](#)



In light of this, we also recognize the important need to remain connected as colleagues and peers. As your local EAPA chapter, we are eager to remain a valued resource of collegial support, connection, and education, especially during these times of change, uncertainty, and new opportunity. We look forward to remaining connected with you on your professional journey in the year ahead.

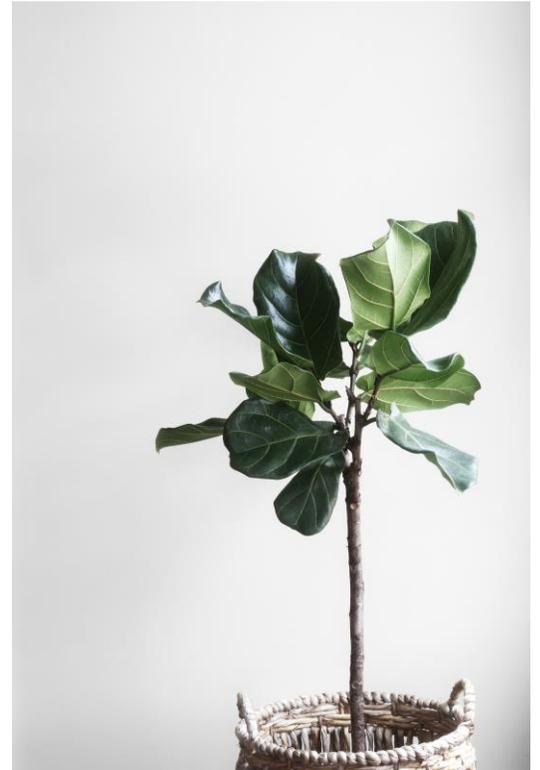
Dr. Bryan McNutt, PhD, LMFT, CEAP
San Diego EAPA Chapter President

From the EA Archive



Mind the Workplace: Work Health Survey 2021

The Coronavirus Disease 2019 (COVID-19) has had a debilitating impact on the nation and its people's physical, mental, and financial health. This is especially true for employees and workplaces across company size and industry. The unemployment rate increased to 14.7 percent in April 2020 and has yet to return to its 3.5 percent pre-pandemic rate. MHA's third annual Work Health Survey, available between February and September 2020, provides an opportunity to better understand the mental health challenges employees were experiencing during the pandemic. The Work Health Survey measured the perceptions of over 5,000 employees across 17 industries in the United States. Survey questions measured financial insecurity, burnout, supervisor support, workplace stress, and mental illness. The survey explored the relationship between workplace and supervisor support, and its impact on burnout and employee mental health outcomes as work environments adapted to pandemic-related changes.

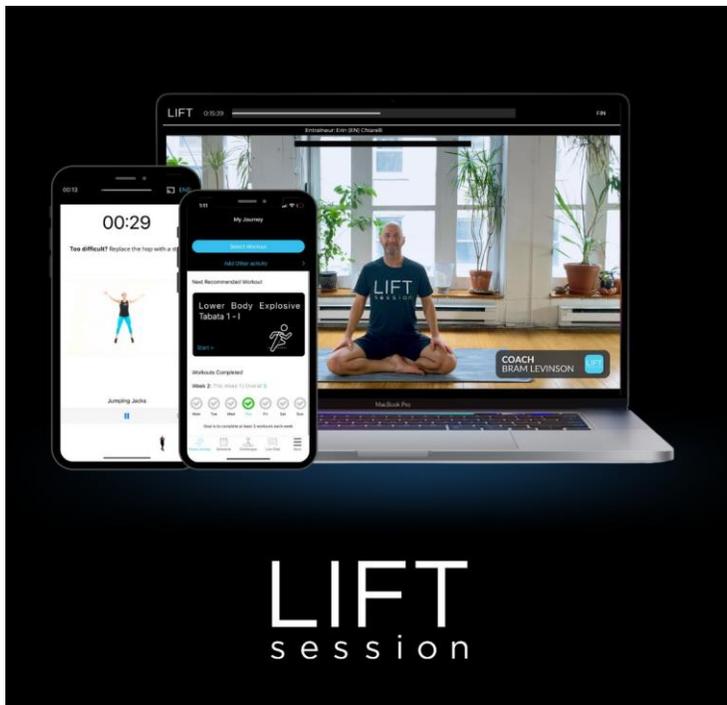


WELLNESS TIP OF THE SEASON

Practice healthy routines: Perhaps we've all gotten a bit too comfortable with the perks of remote work—throwing on a nice shirt over a pair of sweats is so easy. But, getting into ruts around home, which has suddenly converted into an office, school, gym, and more, can also make us more lethargic, physically and mentally.

To energize your mind and day, try dressing as if going to the office, make your bed, and clean up messes. A change in routine can reinvigorate other areas in life.

Hickey, Nora. "10 Mental Health Tips for Times of Change". *Spring Health*.
<https://www.springhealth.com/10-mental-health-tips-for-times-of-change/>



Partner Spotlight

LIFT session is a digital wellness platform that powers organizations in their delivery of exceptional digital wellness and fitness solutions. Partners span across various industries and include Morneau Shepell, Mercer, Amazon, Hospitals and more. Workouts are suited for all levels of fitness, and can be customized for specific demographics such as seniors, rehabilitation or other.

Services available include app based fitness journey's, in app chat with fitness and wellness professionals and live private broadcast virtual workouts with world class instructors (Mindfulness, mobilization yoga, bootcamp and more).

Company website: <https://enterprise.liftsession.com>

Save the Date!

EAPA Institute & Expo
September 24-26

<https://www.eapassn.org/Conferences-Education/EAPA-Institute-2021>

If you or your organization would like to be featured in our newsletter, please reach out to

Rachel Heim at

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UPCOMING TRAINING OPPORTUNITIES

April

Exercise Related Behaviors in Eating Disorder Treatment

https://webinar.ringcentral.com/webinar/register/WN_gM2i5FOvTwCTjvtlt01_DA

May

“Human Resource Management for EAPs”

<https://www.eapassn.org/Conferences-Education/Event-Registration/EventID/422>

EAPA’s “Masterful Consultation”

<https://www.eapassn.org/Conferences-Education/Event-Registration/EventID/417>

Ongoing Events

Hazelden Betty Ford Webinars

<https://www.hazeldenbettyford.org/professionals/event-calendar/webinars>

Sierra Tucson Professional Webinars

<https://www.sierratucson.com/about/professionals/events/>

EAP

ANNOUNCEMENTS

Open Position:

University of California, San Diego (UCSD)
– Faculty and Staff Assistance Program (FSAP)
EAP Counselor (Behavioral Health Counselor 3)

Job Requirements/Preferred Qualifications:

- A Master's degree in a related mental health area with equivalent experience is required.
- A valid California license as a mental health provider in good standing is required.
- Certified Employee Assistance Professional (CEAP) Credential certification, preferred.
- Previous clinical experience and proven therapeutic competency in working with culturally diverse populations, (primarily BIPOC-identified clients), as well as individuals experiencing racial or ethnic minority stress.
- Demonstrated knowledge and competency of the field of employee assistance. Previous experience working with EAP clients as an affiliate, external, or internal provider.

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EAP Counselor (Behavioral Health Counselor 3)