

# MIIA EAP WEBINARS 2016-2017

**October 19, 2016 @ 2-3 pm**

## **Fatigue Management and Wellness**

*Presenter:* Fred Kohanna, MD, MBA, FACOEM

*To register, please go to:*

<https://attendee.gotowebinar.com/register/6810920757851879427>

Taking to the road at all hours is part of the call to duty, but around-the-clock shifts can create health and social struggles for employees, as well as a unique set of challenges for managers. This practical webinar considers the effects of fatigue from a medical perspective, while also looking at ways to manage it. We will address techniques for reducing stress, dealing with our emotions in general, and maximizing wellness, especially during winter. Now we don't have to let the snow, or long hours, 'drive' us nuts.

**November 17, 2016 @ 2-3 pm**

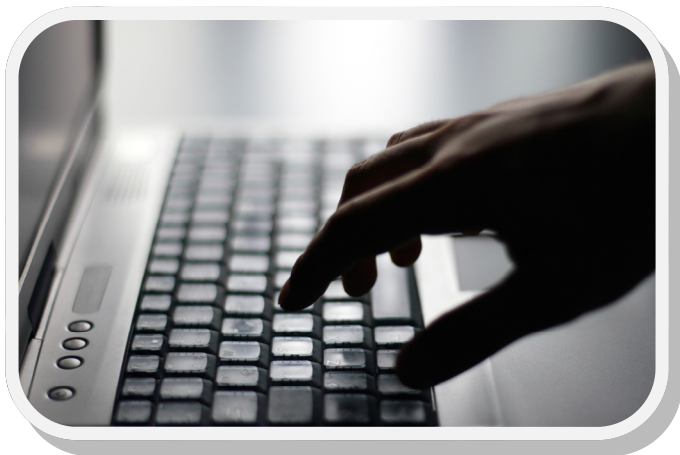
## **Reasonable Suspicion and DOT Regulations**

*Presenter:* Steven Bernstein, LMHC, CEAP

*To register, please go to:*

<https://attendee.gotowebinar.com/register/623059532240386305>

Managers and supervisors sometimes have a hunch that an employee may be under the influence of drugs or alcohol – but they're not sure. What does one do under these unclear circumstances? This webinar will explore the concept of Reasonable Suspicion, the term used when assessing for possible drug/alcohol use in the workplace. What are the signs and symptoms to be on the lookout for; what is your role as a manager; what are the different types of tests available; and how does one best intervene or make a referral? Depending on your department, we'll also look at important Department of Transportation (DOT) considerations and regulations, as well as your own internal Alcohol & Drug Policy.



**December 6, 2016 @ 2-3 pm**

## **The Opioid Epidemic and Your Municipality**

*Presenters:* Bob Lenhardt, LICSW

Steven Bernstein, LMHC, CEAP

Dan O'Connor, LADC, CEAP

*To register, please go to:*

<https://attendee.gotowebinar.com/register/2546343963244181249>

All you have to do is pick up the paper today to see news about the opiate epidemic - and it's rarely good. How do we understand this substance abuse phenomenon? How is it playing out within the Commonwealth, and what are its specific effects within your municipality? How are individual departments, like Public Safety, managing or combating the problem? In this webinar, we'll be addressing the opioid epidemic in a general sense, as well as looking at signs and symptoms of substance use, important addiction concepts, and various support resources.

**January 18, 2017 @ 2-3 pm**

## **Recognizing the Signs of the Troubled Student**

*Presenter:* Joe Yarid, LICSW

*To register, please go to:*

<https://attendee.gotowebinar.com/register/3272774803041454596>

We all know that children sometimes have a hard time in school. But when does a child's normal developmental challenges cross the line to a significant behavioral or emotional problem? This is an especially relevant question when we consider the various issues faced by schools today. In this webinar, we will be looking at the signs and symptoms of a troubled student, the impact of substance abuse on today's youth, how to talk to kids about your concerns, and various resources to assist with turning around or positively impacting a child.

**February 6, 2017 @ 2-3 pm**

## **The Police and Your Community**

*Presenter:* TBD

*To register, please go to:*

<https://attendee.gotowebinar.com/register/8439859329031479299>

It's no secret that being a police officer is stressful work. This is doubly true today, when law enforcement is up against a myriad of issues and tensions – an increasingly unpredictable world, racial tensions, and the like. How do our bravest men and women take care of themselves amidst these pressures? How are individual municipalities navigating challenges around diversity? What kinds of ideas, resources, and supports are available to help communities and Public Safety with these complex questions?

**March 16, 2017 @ 2-3 pm**  
**Recognizing the Signs of the Troubled Employee**

*Presenter: Cally Ritter, LICSW*

*To register, please go to:*

<https://attendee.gotowebinar.com/register/8154868114135261443>

Mental health issues are increasingly affecting America's workforce. Statistics indicate that millions of people struggle with the symptoms of anxiety, depression, and substance abuse. These symptoms, whether treated or untreated, often enter the work environment, sometimes requiring managers to intervene. Managers often feel ill prepared and anxious when dealing with the troubled employee. This seminar will help build the manager's competence and confidence when faced with a troubled employee. Additionally, managers will leave the seminar with a clear understanding of when and how to intervene.

**April 6, 2017 @ 2-3 pm**  
**The New Science of Stress**

*Presenter: Cally Ritter, LICSW*

*To register, please go to:*

<https://attendee.gotowebinar.com/register/8541364043484687107>

You can't open a newspaper, magazine or website without seeing messages that stress is bad for our health. Stress is accused of causing heart disease, cancer, and even Alzheimer's. But what if that is not the case? What if stress makes you smarter, stronger, happier and more resilient? What if stress is just like a muscle, and the more you use it, the better it becomes? The latest science finds that it is not the stressor we experience that makes us sick, but our stress mindset. Rather than trying to reduce, avoid or escape our stress, understanding and embracing it may be the secret to resilience and longevity. Attend this webinar to learn about the latest science and strategies regarding stress.

**May 4, 2017 @ 2-3 pm**  
**Managing Multiple Priorities**

*Presenter: Cally Ritter, LICSW*

*To register, please go to:*

<https://attendee.gotowebinar.com/register/6346684958374121732>

Do you need to get more done with less time and resources? If you're like most employees, you're juggling multiple projects and deadlines every day, just hoping not to drop the ball. While most of us don't have the job title *Project Manager*, we must still manage multiple priorities and responsibilities. Attend this session to explore how to eliminate time wasters, set priorities, stay on task and on time, goal set, manage multiple bosses (stakeholders), and manage the unexpected with confidence and calm.

**June 15, 2017 @ 2-3 pm**  
**Working Effectively With Elected Officials**

*Presenters: TBD*

*To register, please go to:*

<https://attendee.gotowebinar.com/register/5034481602299492097>

The roles between town department heads and elected officials or board members vary widely. What are the keys to successful collaboration? Topics covered will include: best practices to manage communication between staff and board members both within and outside of public meetings, appreciating and respecting the multiple municipal roles that govern a fair and impartial process, and the importance of preparation and advance communication in reducing misunderstandings and achieving desired outcomes.

