



United Services, Inc.
Creating healthy communities

May 2019 News Brief

Employee
Assistance
Program
860-774-2020

Change is in the Air!

Change is inevitable. The weather changes, our age changes, our personal and work circumstances change. Most of us don't like changes over which we have limited control and they expend a lot of energy trying to avoid the change.

What strategies can we employ so that coping is possible and levels of anxiety and depression are minimized? These specific techniques will increase your resiliency and help you adapt to new situations and unexpected events.

1. **Evaluate your level of control.** Don't focus on blaming others or changing people. Assess carefully what you can control and work on that.
2. **Practice self care after a loss.** Sadness and grief are inevitable as well as other emotions- anger, fear. Acknowledge your feelings. Find a comforting, supportive person to talk to. You might even call the EAP for some private sessions to discuss what you are going through.
3. **Check your thought patterns.** Are your thoughts fear based, and are you projecting too far into the future, or seeing things in black and white terms? Remind yourself about previous transitions. Acknowledge your strengths.
4. **Give careful thought to what you value.** The way you are living your life reflects your values. Get clear about what you want and who you want to be. Try to see change as an opportunity.

To use your EAP benefit for private confidential counseling sessions please call Liz Westcott at (860) 457-4646 or email lwestcott@usmhs.org.

And speaking about change....

United Services, Inc. will be moving from its current Willimantic location on Mansfield Avenue to 140 North Frontage Road in Mansfield Center. What does that mean for our EAP clients and companies? Counseling sessions will still be offered in both Dayville and Mansfield, but our new location offers many upgrades. The office space is larger with an updated climate control setting. And, our conference rooms will accommodate bigger groups and have state of the art technical equipment making trainings more comfortable for the participants. So, you can imagine this is a very welcome change. Please feel free to call and schedule a visit.

What is QPR?

Everyone knows what CPR stands for: Cardio-pulmonary resuscitation. In fact many companies provide CPR training at the worksite so people are prepared to save a life. QPR is a training designed to help people develop the skills to save the life of someone who might be suicidal. QPR stands for Question, Persuade and Refer. As the founder of QPR, Dr. Paul Quinnett has dedicated his life's work to teaching people how to intervene should they suspect someone is at risk for suicide. For teenagers and young adults, suicide is the second leading cause of death. For middle aged men, it is the leading cause of death. Suicide is correlated with depression and bipolar disorder and is preventable with the right treatment. I have recently received my certification to provide 1 hour "Gatekeeper Training" to help participants ask the right questions and develop the skills to get suicidal people the help they need. Please call us for more information. (860) 774-2020

May, June, July training schedule

Locations: 1007 North Main Street, Dayville, 140 North Frontage Road, Mansfield Center

Prevention of Sexual Harassment in the Workplace for Supervisors

Dayville: May 14, June 11 9:30-11:30

Mansfield: July 10 1-3

This training provides managers with an understanding of sexual harassment in the workplace including how to be responsive to employees, investigate a claim and how to minimize liability through policy and procedure. Examples of specific types of behavior will be presented and discussion among participants is encouraged.

QPR: Ask a Question, Save a Life

Dayville: May 23 12-1, 6-7 light lunch/dinner provided

Mansfield: July 22 3-4

Suicide is the most preventable form of death. QPR stands for Question, Persuade and Refer. This training was developed by Dr. Paul Quinnett . The goal is for participants to become “gatekeepers,” and be able to recognize the signs and symptoms of suicidal behavior. Learning the skills to assist people to get the help they need is critical to saving a life, just as CPR is.

Additional Trainings:

Promoting Diversity: We’re all in this together!

Respect Yourself, also known as Assertiveness Training

Career Fitness Check Ups: Where are you now and do you need to work on your Career Health?

Strengthen your Leadership Skills

Civility in the Workplace for Employees and Supervisors

Trainings can be offered onsite. Additionally we are always willing to attend benefit presentations and orientations.

Free to USI EAP Companies; \$50 per person for non EAP companies.

Registration required. Call Liz Westcott at (860) 457-4646 or email: lwestcott@usmhs.org