



Employee Assistance of the Pacific

Fall 2006

EAP WEBSITE IS ON-LINE NOW !

We are proud to introduce the grand opening of the Employee Assistance of the Pacific website !! Stop by soon at www.EAPacific.com and see what our electronic home has to offer you and your family.

Whether you are new to EAP services or an old friend, you can find fresh information at the website.

Resources The EAP website contains full articles on dozens of topics. Looking for advice on teenage depression, or on building stronger step-families, or on relaxation exercises? Use the helpful search feature to find what you need within the site. Or click on the website links section for even more help. In the self-assessment section you can anonymously complete scientifically valid screening tools about personal issues such as alcohol use or anxiety.

Frequently Asked Questions (FAQs) about your EAP program This is the perfect place for new EAP users to find out about how their benefit works.

Forms Save time by printing client intake forms, completing them at your convenience and bringing them to your first EAP appointment or if it has been more than a year since your last EAP appointment. Release of confidential information forms are also available online.

Feedback to EAP Have you ever wanted to ask a question, voice a concern or give a compliment to EAP but wanted to keep your comments confidential? Through the website you can send information directly to our offices either with, or without, your name.



At the EAP Website

- Download intake forms before your appointment
- Search for articles helpful to you and your family
- Use the private self-assessment forms
- Read about your EAP counselor
- Find a map for the EAP office

What people are saying about EAP.....



"I am so thankful that counseling through EAP was available to me. I now realize that most everyone at sometime in their life could benefit from the kind of help you gave me."

"I've always thought I had to have all of the answers myself but talking to you has

helped me see things in a new way."

"I've never been to a "shrink" before and I thought the EAP counselor would be shocked at what was happening to my family. I was so wrong about that... she listened and helped us find the help that we needed."

"I was ready to leave my job because I was always angry there. Thank you for helping me speak up for myself in a good way."

"Mahalo for helping me through a really hard time in my life. I'm so grateful that I had someone to talk to who was not part of the situation."

"At EAP my son found someone to talk to about his problems ... thanks so much for being there for him."

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Do you want to give EAP counseling a try? Phone today for a professional, confidential session at no cost to employees.

What Empty Nest?

Millions of parents have at least one adult child living at home, and the numbers are increasing. Here in Hawaii, cultural traditions and the high cost of living mean that many younger adults rely on living with family members to be able to make ends meet.

Whether your child is staying with you temporarily or you have agreed on a more permanent arrangement, the following are some guidelines for maintaining harmony in the household:

- 1) Discuss financial arrangements at the beginning of their stay. Paying even a small amount fosters more responsibility than paying nothing at all.
- 2) Establish the house rules that work for you.
- 3) Consider a signed written agreement. Many people are less likely to break written agreements than verbal ones.
- 4) Refer back to the signed agreement if your child doesn't uphold his/her end of the bargain.
- 5) If your child is involved in serious problems such as substance abuse, gambling, or other dangerous behavior, consider making an appointment with an EAP counselor for ideas on how to intervene.

With clear expectations and healthy boundaries, young adults can be helped to be responsible, contributing members of the household, and you can feel good about offering your support.



Over the mountain of challenge

When you look at a tall mountain from a distance, it looms very large indeed. It



can be difficult to imagine how you could ever climb over it.

Yet when you go right up to the foot of the mountain,

you're likely to find a trail leading up the side. It then becomes obvious that by taking one step after another,

you can indeed make your way over that mountain.

Any challenge can be viewed in much the same way. When it is a distant concept, the challenge can seem insurmountable.

Yet when you get to the point where you're ready to take the first step, that challenge becomes less intimidating. Once you start working your way through, step by step, you begin to know that you will indeed make it to the other side.

Is there a challenge you've been avoiding because it seems too large and intimidating? Go ahead, step right up to

that challenge, and you'll quickly see that it's not really as difficult as you had imagined.

Working through challenges can add significant value to your world and can greatly improve the quality of your life. Go ahead, dive right in, and you'll know without a doubt that you can do it.

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How to Help a Co-worker with Personal Problems

Do you have a coworker whose personal problems impact you by having to take on some of their work? You may have tried to ignore the problem, but notice that you're starting to feel resentful. Instead of ignoring the problem, it might be better to talk to your coworker about it.

- You might want to tell them about how your workload has increased and how that impacts you.

- Maybe giving them a friendly reminder about the EAP would be the most compassionate thing you could do.
- Talking with a coworker about these issues is never easy, so getting some professional guidance first would probably be a good idea.



- Consider making an appointment to speak with an EAP counselor to discuss some strategies for dealing with your coworker.

Doing so might help you to sort out what is appropriate to bring up, as well as what subjects to avoid. Being proactive may improve your outlook, as well as help your coworker get the assistance they need.