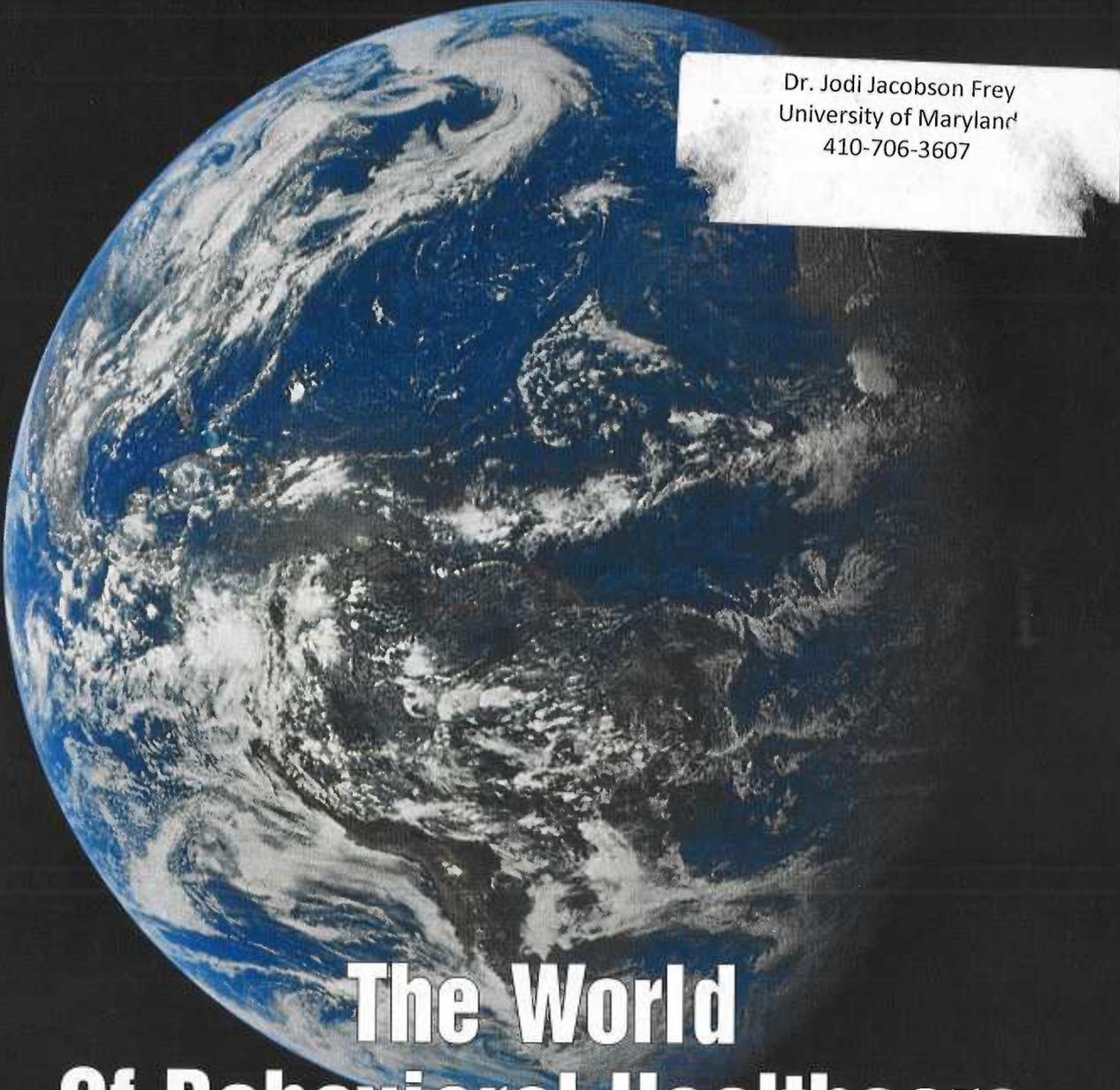


Employee Assistance

SOLUTIONS TO THE PROBLEMS

AUGUST 1992

VOL.5, NO.1



Dr. Jodi Jacobson Frey
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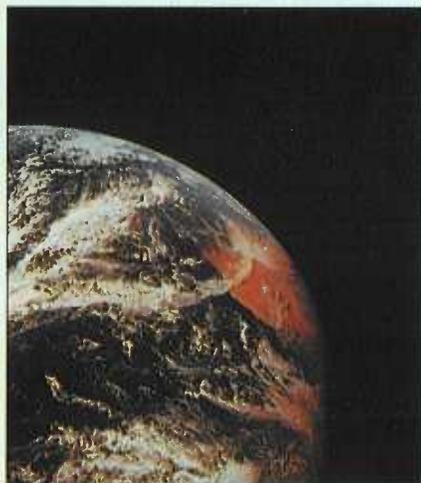
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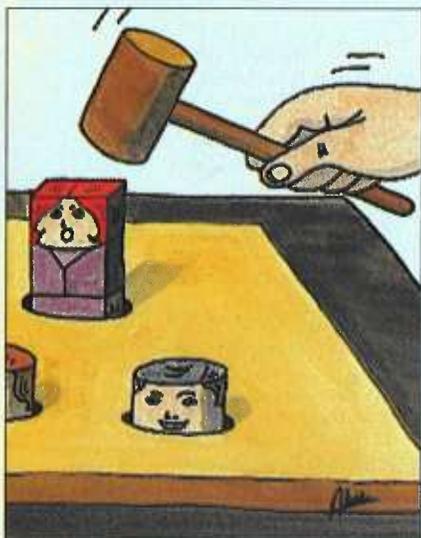
VOL. 5, NO. 1



Page 13



Page 22



Page 29

FEATURES

Relapse in Eating Disorders 6

Eating disorders are difficult to treat in the first place. Relapse causes one more difficulty in the process. Recognizing relapse potential can aid in the recovery process.

by Kay Sheppard, LMHC, CEDT *

The Cooperation of EA and Managed Care 13

As behavioral healthcare picks up steam in workplaces, EA professionals can lead in implementing this system of care by driving treatment from the EA program.

by Russell Robbins, Steven Gerson, MD, and Nancy Moore, RN

Repositioning EAPs 22

The field of behavioral healthcare is one that may be very important for the EA professional to understand. This field is growing and it will be important for the EAP to know where it fits in.

by Michael A. Freeman, MD

The Return to Work 29

Returning an employee to work following treatment is a familiar experience to many EAPs. Or is it? Employees returning after physical rehabilitation may be strikingly similar to those returning from other types of rehabilitation.

by Carl M. Bettencourt

COLUMNS

Insight ■ By Paul M. Roman, PhD 10

Perspective ■ By Bradley K. Googins, PhD 18

Changes ■ By Jim Francek 20

Periscope ■ By Steve Fedorko, PhD, and Mark McKinney, PhD 26

DEPARTMENTS

Commentary 4 News 33

Resources 12 Classified 38

Meetings 32 Advertising Index 42

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Doing Just Fine

Managed behavioral healthcare. I called several colleagues and editorial advisory board members about the phrase several months ago. I was trying to find out if there was a new service delivery system in our midst. There wasn't. It is the same as managed care—a way to deliver necessary appropriate mental health and substance abuse care in a cost-effective manner.

Chris Jorgenson from Parkside noted that a study will be coming out soon indicating that inpatient substance abuse admissions have plummeted 66 percent since 1989. *Business Week* noted 1991 hospital occupancy rates were averaging 65 percent, the lowest level since 1986. This mirrors the several hundred calls *EA* makes every month to treatment centers. They too note their census has been right around 70 percent. Phrases like "We're holding our own" have given way to "We're doing fine" or "Things are better."

I wonder where all of this is going, I just returned from the EAPA Eastern Regional Conference. Three hundred attendees made it the largest EAPA regional show this year. There were 42 exhibitors. That sounds to me as if the trade shows are also "doing fine." Then I called EAPA and heard there will not be a Southern Regional next year. I called EASNA and they told me the EASNA Institute was "doing fine." The North American Congress folks told me "Registrations are really coming in." The EAPA national conference planners are also reporting very good early returns.

So, just maybe the trade shows in the EA field are alive and well. I have always considered good trade show turnout as an indicator that there is money available in the field for training and, therefore, growth.

One show that has caught my eye for the past two years is the Behavioral Healthcare Tomorrow show. The title is salient and the list of presenters seems to blend EA with managed care. We will be attending in September. I will keep you posted.

The conference planner for the 3-year-old show is Michael Freeman. He wrote our lead story this month entitled "Repositioning EAPs in the Behavioral Market." After all, it is EA professionals who have historically identified, assessed, diagnosed and referred the troubled employee. Russell Robbins also picks up on this month's theme in his story on EAP driven behavioral healthcare.

Returning to work in a story on work hardening rounds out our editorial focus this month.

Our clinical focus is on eating disorders. This insidious disorder strikes the young and not so young. A recent article pegged one-third of female athletes battling their weight, many with eating disorders. High school and college young men are becoming more involved with the disorder to maintain their weights for wrestling and weight-dependent sports. Some high school and college-aged youths even participate in "binge parties." Kay Sheppard has written a piece reminding us that this disorder has a "relapse potential" as well.

Since this is the summer season, *EA* hopes you find a peaceful, relaxing spot for yourself to recharge and revitalize.

Chip Drotos

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Ms. Somers knows first hand the tragedies of growing up in a home with an addicted parent and the effect that this environment has on the entire family and believes in the need for professionals to intervene in the addiction process. Ms. Somers is the author of *KEEPING SECRETS*, an autobiography, and her newest book *WEDNESDAY'S CHILDREN*, which will be released in the fall of 1992, includes interviews of many well known persons who were victims of abuse. She has won numerous awards for her work in educating the public about the impact of alcoholism on the American family. Ms. Somers provides public and professional lectures and media appearances throughout the country. In January of 1989, she founded the **Suzanne Somers Institute** in Palm Springs, California and assembled a leading group of national experts as faculty to support the field of addiction and behavioral health treatment.

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