

*The Inside Scoop for HR
and Executive Leadership*

Q4 2024 Newsletter



UPCOMING MENTAL HEALTH TRAINING: BECOME A CERTIFIED MENTAL HEALTH FIRST AIDER

In response to the nationwide mental health crisis and rising demand for mental health training, Athrú proudly offers **Mental Health First Aid training**. This transformative, skills-based course empowers leaders like you with essential tools to recognize, understand, and respond effectively to employees facing mental health or substance use challenges.



Just as CPR equips individuals to assist in a physical health crisis, Mental Health First Aid prepares you to provide critical support during a mental health crisis. At the completion of this training, you'll be a certified Mental Health First Aider and learn a 5-step Action Plan to guide you in reaching out and supporting team members with confidence and care.

Let's work together to foster a supportive and caring environment that prioritizes the well-being of our employees.

Join us for the next two-day Mental Health Training:

- Wednesday, January 22nd from 1:00 pm - 4:30 pm ET
- Tuesday, January 28th from 1:00 pm - 4:30 pm ET

Register Today!

[CLICK HERE
TO REGISTER](#)



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Empowering
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Recognized as a
top women-owned
business

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Social

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Mobile Device**



MEET OUR NEW TEAM MEMBERS:

We're here to support your EAP goals

At National EAP, our mission is to partner with you to ensure you have everything needed to support your employees effectively. We are committed to equipping you with comprehensive tools and resources to deliver a robust, compassionate employee assistance program that addresses all aspects of mental, social, and emotional health—benefiting not only your employees but also their families, both in the workplace and at home.

Understanding your unique needs is our priority. To enhance our support, we have added experienced experts in business development, marketing, finance, and customer care and engagement to our team. This expansion strengthens our ability to provide personalized, impactful support for your organization.

They are as friendly as they look and are ready to work with you to ensure your organization has everything it needs to support your employees.



Diane Muccia
Office Manager



Vincent Accardi
Vice President of Business
Development
[LinkedIn](#)



Kim Robinson
Business Development
Coordinator
[LinkedIn](#)



Karen Ferrara
Finance Manager



Sara Rotjan
Marketing Strategist
[LinkedIn](#)



Hilary Martinez
Care Coordinator

NEW YEAR. SAME WORKPLACE CHALLENGES.

Prepare your team for success in 2025

CRITICAL INCIDENT RESPONSE

National EAP's critical incident services provide crucial support for employees after traumatic events like the loss of a colleague, natural disasters, or workplace violence. With rapid assessment, debriefing, crisis counseling, and follow-up care, we help employees process experiences in a structured, safe environment, reducing long-term emotional impacts and preserving productivity.

The Athrú Core Leadership Training, *Supporting Employees in Crisis*, equips leaders with essential crisis-response skills. Participants engage in interactive exercises to practice communication techniques and learn National EAP's role in crisis intervention.

Offered both onsite and virtually, these services and trainings support resilience and a healthy workplace culture, providing flexibility for your organization in the year ahead.

**Request a Quote
& Schedule a
Training >>**

ENHANCED MANAGEMENT REFERRAL

(formerly known as Administrative Referral)

The Enhanced Management Referral program offers a proactive solution for employers to address performance issues, policy violations, conflicts, harassment, or disruptive behaviors. Through a structured referral process, employees receive confidential, expert-led support to address the root causes of their behavior, helping them realign with company standards and improve performance.

This program enables organizations to retain valuable employees, reduce turnover, and maintain a positive workplace culture by fostering meaningful change at a crucial time. By intervening at a critical time, this program creates an opportunity for meaningful change and growth—protecting both the employee's role and the organization's work environment.

**Learn How
National EAP
Can Help >>**

THRIVE in 2025:

Empowering leaders and teams

We're here to help you foster a thriving workplace culture. In 2025, National EAP is proud to continue offering our free THRIVE webinars. This year, we've reimagined our THRIVE series to better support everyone in your organization, with a special emphasis on empowering leaders.

Our newly structured series features quarterly webinars focused on key topics that drive workplace success and resilience. Each quarter, we'll offer an exclusive THRIVE session designed for organizational leaders, along with two additional sessions tailored for all employees. Every webinar will provide actionable insights and strategies to create meaningful impact across your teams.

Keep an eye on your inbox in December for invitations to our upcoming sessions—ready to share with your entire team!

2025 THRIVE Topics

Q1: Goal Setting and Time Management

- **January (Leadership Spotlight):** Driving Success with Goal Setting for Leaders
- **February (General Session):** Setting Goals that Stick
- **March (General Session):** Boosting Productivity with Time Management

Q2: Workplace Culture

- **April (Leadership Spotlight):** Fostering Psychological Safety at Work
- **May (General Session):** Understanding & Respecting Differences
- **June (General Session):** Working Collaboratively as a Team

Q3: Enhancing Communication

- **July (Leadership Spotlight):** Emotionally Intelligent Communication for Leaders
- **August (General Session):** Communicating Well with Difficult People
- **September (General Session):** Exploring Verbal De-Escalation Strategies

Q4: Building Resilience

- **October (Leadership Spotlight):** Leading Through Change
- **November (General Session):** Understanding Change: From Resistance to Resilience
- **December (General Session):** Embracing Self-Care



RECOGNIZED AS A TOP WOMEN-OWNED BUSINESS AND LEADER

We are thrilled to announce that National EAP and our CEO, Aoifa O'Donnell, have been recognized as a top women-owned business and leader on Long Island, in the Long Island Business News's inaugural "In the Lead" series.

We extend our heartfelt thanks to our customers for their unwavering support, which allows us to continue our mission of helping those in need of EAP services. Together, we're making a meaningful impact in our community.

We look forward to continuing our partnership and remain dedicated to providing the best support for your organization and employees.



CONNECT WITH US ON LINKEDIN & INSTAGRAM

Stay connected with National EAP by following us on LinkedIn and Instagram!

Our social media channels are the perfect way to stay updated on the latest news, resources, and insights related to employee assistance programs.

Join our community and engage with us as we share valuable content designed to support you and your organization.

Follow us today to be part of our journey in promoting mental health and well-being in the workplace!

Click the icons
to follow
National EAP >>

