

# EXECUTIVE EDGE

## Q1 2026 Newsletter

### National EAP Is Now NEAP:

#### *What this means for you*

We're excited to share that National EAP has rebranded to NEAP, a refreshed name that reflects our growth, focus, and future-forward approach to workplace well-being.

**For HR leaders**, this rebrand reinforces our commitment to being a strategic partner in supporting your people and your organization.

#### **You can expect:**

- The same trusted clinical care and consultation services
- Continued responsive support for complex workplace and employee needs
- A partner that evolves alongside today's changing workforce, priorities, and challenges

There are no changes to contracts, contacts, or services, and no action is required on your part. The transition will be seamless.

#### **For NEAP members, this means continued access to:**

- Confidential, high-quality support for life's challenges
- Easy, reliable pathways to care
- A people-centered experience grounded in trust, compassion, and expertise

While our name and visual identity are changing, our mission remains the same: to support well-being, resilience, and connection—at work and beyond.

You'll begin to see the NEAP name and refreshed look across our communications and materials in the coming weeks.

New name. Same commitment to care.

**Welcome to NEAP.**

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# Partnership

## MEET THE CLIENT SUCCESS TEAM

Our **Client Success team is your dedicated partner**, focused on understanding your organization's unique needs and helping you get the most value from your partnership with us. From strategic planning to hands-on support, we work collaboratively to drive engagement, awareness, and impact across your organization.

### We support you through:

- **Member engagement initiatives** that increase awareness, utilization, and connection
- **In-person benefits fair attendance**, providing on-site support to your organization and promoting awareness and utilization of the EAP
- **Promotional and marketing support**, including customized campaigns and materials
- **Contracts and pricing guidance**, ensuring clarity, transparency, and alignment with your organization's needs
- **Strategic consultation** to align our services with your organizational goals
- **Ongoing partnership and guidance**, ensuring responsive, proactive support every step of the way

Our Client Success team brings together expertise in relationship management, strategy, marketing, and partnerships to ensure a seamless and supportive experience.

### Client Success Team Members:



Julie Prisco  
Vice President of  
Client Success  
[Email](#)  
[LinkedIn](#)



Kim Robinson  
Business Development  
Manager  
[Email](#)  
[LinkedIn](#)



Alessandra Mannino  
Strategic Partnerships  
Manager  
[Email](#)  
[LinkedIn](#)



Stephanie Devine  
Client Success  
Representative  
[Email](#)  
[LinkedIn](#)



Sara Rotjan  
Marketing Strategist  
[Email](#)  
[LinkedIn](#)

**Together, we are committed to being more than a service provider—we're your trusted partner in success.**



# TIPS TO PROMOTE YOUR EAP

Your **NEAP Employee Assistance Program (EAP)** is a valuable resource designed to support the well-being of your employees and their families, but its impact depends on awareness and engagement. NEAP is here to partner with you and your organization to help **optimize EAP visibility, understanding, and utilization**.

## Here are a few effective ways to promote your NEAP EAP:

### Keep it Visible

Share EAP information regularly through newsletters, intranet posts, team meetings, and common areas.

### Lead from the Top

When leaders and managers reference the NEAP EAP, it helps normalize support and reduce stigma.

### EAP Real-Life Application

Highlight common reasons employees use an EAP, such as stress management, parenting support, financial and legal guidance, and work-life resources.

### Reinforce Confidentiality

Remind employees that EAP services are confidential and available at no cost.

### Make Access Easy

Post NEAP contact information and digital access points in multiple, easy-to-find locations.

### Request NEAP Promotional Resources

Access ready-to-use materials on the Member Portal and may request NEAP EAP posters for display, as well as brochures and member cards to distribute to employees.

### Plan with NEAP

Partner with your **NEAP Client Success Team** by **scheduling a 2026 strategy meeting** to align on goals and strengthen EAP awareness and engagement.

***Reinforce your commitment to employee well-being and a supportive workplace.***

**Schedule a 2026 Strategy Meeting or  
Request Promotional Resources  
Email [clientsuccess@nationaleap.com](mailto:clientsuccess@nationaleap.com)**

# THE NEAP AMBASSADOR PROGRAM

We're excited to share the second induction of the NEAP Ambassador Program, an initiative that recognizes the dedicated individuals helping to expand awareness, engagement, and impact across the organizations we serve. NEAP Ambassadors play a vital role in championing employee well-being, driving meaningful conversations, strengthening connections, and inspiring others to prioritize support and care in the workplace.

Each quarter, we'll continue to spotlight featured NEAP Ambassadors, giving you the opportunity to meet the leaders making a difference within their organizations and communities.

## Feature Ambassadors

### Kimberly Gagstetter | Family Residences and Essential Enterprises, Inc (FREE)



As the Director of Human Resources Operations, Kim Gagstetter plays a key role at FREE in championing employee well-being and resilience. Her leadership has helped introduce and promote meaningful fringe benefits designed to support mental wellness, particularly for direct care staff who navigate demanding challenges every day. Kim is passionate about ensuring employees feel supported, valued, and recognized for their hard work and dedication.



### Kristen Celender | Ultimate Care Assisted Living Management / The Bristal



Kristen Celender is the Vice President of Human Resources at The Bristal Assisted Living, bringing over twenty years of experience and a mission-driven approach to leadership. She believes that those who provide exceptional care to residents deserve the same level of support. Committed to empowering every team member, Kristen fosters a workplace rooted in compassion, recognition, and trust. Through her strategic leadership in team member development and HR operations, she ensures The Bristal is a place where employees feel valued and inspired to deliver their best every day.



### Lisa Dippel | Posillico



Lisa Dippel is dedicated to promoting health and wellness in the workplace and values strong partnerships with the NEAP community. As Vice President of Human Resources at Posillico, she is passionate about supporting team members and leveraging resources that foster well-being, resilience, and a positive work environment.





# MENTAL HEALTH FIRST AID TRAINING

MHFA Training is eligible for 7.5 PDC for SHRM-CP or SHRM – SCP credential holders

Learn how to support mental health in your community. **Mental Health First Aid training teaches you** how to **recognize** signs of mental health challenges, **respond** with confidence, and **connect people** to the help they need.

## This Course Covers

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.
- Mental Health First Aid Action Plan (ALGEE)


### Event Information

- **Date:** February 5 & 12, 2026
- **Time:** 1:00 pm - 4:30 pm ET
- **Cost:**
  - \$199 pp for NEAP Members
  - \$265 for Non-Members

**Note:** Attendees must attend both sessions and complete 2 hours of prework to receive the full credit.

### Register Online





# REGISTER FOR 2026 THRIVE EDUCATIONAL WEBINARS

**The National EAP (NEAP) THRIVE Educational Webinars** are designed to equip you with practical tools, insights, and strategies that support both personal wellbeing and professional success. Ongoing education and proactive support are essential to helping individuals and organizations flourish. **Mark your calendar and register for 2026 webinars!**

Date & Time	Topic & Registration Link	Registration QR Code
Wed., January 21 12:30pm – 1:00pm ET	<a href="#"><u>The Power of You: Self-Awareness at Work</u></a>	
Tues., February 10 1:30pm – 2:00 pm ET	<a href="#"><u>Values at Work: Aligning What Matters with How You Lead</u></a>	
Wed., March 18 12:30 pm -1:00 pm ET	<a href="#"><u>Managing Emotional Hot Buttons</u></a>	
Thurs., April 14 1:30 pm – 2:00pm ET	<a href="#"><u>Mindful Momentum: Managing Time with Intention</u></a>	
Thurs., May 13 12:30 pm – 1:00pm ET	<a href="#"><u>The Habit Loop: Rewiring Your Routine for Success</u></a>	
Wed., June 16 1:30 pm – 2:00 pm ET	<a href="#"><u>Choices That Count: Elevating Your Decision Making at Work</u></a>	
Wed., July 15 12:30pm – 1:00pm ET	<a href="#"><u>A Journey to Stronger Workplace Communication</u></a>	
Tues., August 11 1:30pm – 2:00 pm ET	<a href="#"><u>The Quiet Superpower: Active Listening</u></a>	
Wed., September 16 12:30 pm -1:00 pm ET	<a href="#"><u>Clear the Air: Resolving Conflict with Confidence</u></a>	
Tues., October 13 1:30 pm – 2:00pm ET	<a href="#"><u>Refill Your Cup: Strategies for Work/Life Balance</u></a>	
Wed., November 18 12:30 pm – 1:00pm ET	<a href="#"><u>Cognitive Overload: Managing Mental Clutter</u></a>	
Tues., December 15 1:30 pm – 2:00 pm ET	<a href="#"><u>Unstuck and Unstoppable: Reclaiming Your Power</u></a>	



# JANUARY - MARCH MONTHLY AWARENESS

As leaders, it's important to recognize the observances that highlight health, wellbeing, and human rights, both inside and outside the workplace. This season brings opportunities to foster awareness, empathy, and support across a range of critical issues. **Here are upcoming observances with ideas on how HR leaders can engage teams and build visibility in the workplace:**

## January

- **National Mental Wellness Month:** Host wellness workshops or mindfulness sessions to encourage self-care. Share the self-care tips provided by NEAP (next page)

## February

- **Black History Month:** Spotlight Black leaders and contributions through panels or internal communications.
- **American Heart Month:** Promote heart health with wellness challenges or heart-healthy resources. Share the included flyer.

## March

- **International Women's Day:** Celebrate women's achievements via employee spotlights and leadership panels.
- **National Nutrition Month:** Encourage healthy eating with webinars, recipe swaps, or wellness challenges.
- **Developmental Disabilities Awareness Month:** Promote inclusion with workshops and awareness resources.
- **Employee Appreciation Day:** Recognize employees with thank-you notes, awards, or team celebrations.
- **National Happiness Day:** Boost positivity through gratitude exercises and team-building activities.

**Interested in Resources Relates  
to these Awareness Months?**

Visit the [HR Corner](#) on the Member Portal or  
Contact the NEAP Client Success Team at  
[clientsuccess@nationaleap.com](mailto:clientsuccess@nationaleap.com).

**HR CORNER**





# January 2025 Awareness: National Mental Wellness Month

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## PRIORITIZING OUR WELL-BEING

January marks a new beginning and a chance to set the foundation for a healthier, more balanced year. As we recognize National Mental Wellness Month, it's the perfect time to reflect on what supports our emotional well-being and to recommit to habits that help us feel grounded, connected, and resilient. Prioritizing mental wellness doesn't require sweeping changes—small, intentional steps can have a powerful impact. Here are a few ways to start:

### Tips for Prioritizing Your Well-Being This Month

- **Practice daily check-ins:** Take a moment each day to ask yourself how you're feeling mentally, physically, and emotionally.
- **Set healthy boundaries:** Protect your time and energy by saying no when necessary and creating space for what matters.
- **Move your body:** Regular movement, even gentle stretching or walking, can boost mood and reduce stress.
- **Stay connected:** Reach out to friends, family, or colleagues—community and conversation can help lighten emotional load.
- **Create moments of rest:** Schedule time to unplug, breathe, and recharge without guilt.
- **Seek support when needed:** Talking to a counselor or using available resources is a sign of strength, not weakness.

**Mental wellness isn't about eliminating stress; it's about developing tools and practices that help us navigate life's challenges with clarity and resilience.**





## We See You. We Hear You. We Are Here for You.

As part of **American Heart Month**, we encourage our members to examine their health habits, explore risk factors, and take steps to improve their heart health. Knowing the risk factors for heart disease and how to reduce them can help people lead healthier lives and lower their risk of heart attacks or other cardiovascular diseases.

### Top Tips to Support Heart Health

- Eat a Heart-Healthy Diet
- Stay Physically Active
- Maintain a Healthy Weight
- Manage Blood Pressure & Cholesterol
- Don't Smoke & Limit Alcohol
- Manage Stress
- Stay Connected & Supported
- Know Your Risk Factors

### Heart Health Resources

- [Heart Attack 101](#)
- [Your Guide to a Healthy Heart](#)
- [Women and Heart Disease](#)
- [Men and Heart Disease](#)
- [Prevent Heart Disease](#)
- [Your Guide to Lowering Blood Pressure](#)
- [Find Heart-Check Certified Foods in the Grocery Store](#)

### How Can National EAP Help?

- ▶ **Member Portal Disability Resources:**  
Explore a rich library of articles, webinars, and tools.



- ▶ **Wysa: Mental Resilience App**  
Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



- ▶ **Work-Life Resources:**  
From caregiving-related legal and financial guidance to help navigating elder care, child care, or chronic illness support, our resource network is available 24/7.



### Need Help?

**CALL : 1-800-624-2593**

**Log On to the Member Portal**

**\*\*Your company name is your username and password**

 **800-624-2593**  **www.nationaleap.com**

 **info@nationaleap.com**