



TriHealth Employee Assistance Program

Training Catalog

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Introduction

TriHealth Employee Assistance Program (EAP) trainings are designed to help your organization's staff improve their lives both at home and in the workplace. Our employee trainings cover topics including health, wellbeing, safety, and productivity. Our supervisor/manager trainings are designed to promote safety and productivity as well as regulatory compliance in the workplace. TriHealth EAP's training and seminars are presented by a highly qualified team of experienced professionals with expertise in specific content areas.

Training sessions can be tailored to meet your needs including time of day, duration, and location. Trainings are most frequently offered in one or two-hour programs. However, our flexible scheduling can adjust to your needs, from 30 minutes to half-day to all-day training, or as a series. Training can be offered onsite- at a TriHealth location, or via webinar. We continually develop new training as our companies' needs change.

If you are interested in a topic not appearing in this catalog, please contact us at 513 891 1627 /800 642 9794.

Healthy Lifestyle

Aging Well

Aging is a part of life. We cannot help getting older, but we don't have to "get old." We have a significant influence on the quality of our lives as we age. This training addresses the challenge of aging, by discussing the normal changes in our mental, emotional, and physical state as we pass through each adult decade of life and the factors that influence how our bodies age. We will also explore proactive steps to improve the quality of our lives as we age.

Being Your Best Self

Goals are great, but we need to know how to reach them. In this presentation, we will explore values, strengths, and passions, as well as learn tips to increase motivation, organize time, and change habits to support the goals that are most important to us.

Changing Your Habits

The psychologist, William James once observed that ninety-nine percent of human activity is out of mere habit. Habits often serve us well by freeing up our conscious thought processes for more creative pursuits but understanding why and how habits are formed can also explain why some people have difficulty breaking unhealthy habits such as smoking, overeating or constantly checking their phones. This presentation explores theories of the development of habits including the Habit Loop. We will examine practical and useful tools to help reshape negative habits into positive ones.

Finding Your Voice: Stay Confident and Motivated through Life's Ups and Downs

"I can't believe she just said that to me!" "His words hurt me. I didn't know how to respond." Have you struggled with knowing what to say, feeling confident to stand up for yourself, or being motivated to make changes? This training will help you advocate for yourself, gain confidence, increase your motivation, and develop goals.

Getting Motivated to Reach Our Goals

It is often difficult for us to get motivated for the changes we want to make in our professional and personal lives. The goals of the training are to describe motivation, discuss how we can motivate ourselves, and to introduce an array of tools for increasing and maintaining motivation.

Organizing Your Life: Making the Most of Your Time

When it comes to organizing, we can be our own worst enemies. It is easy to get frustrated and overwhelmed and just want to give up. However, the benefits include lowered stress, increased efficiency, and greater productivity both at home and at work. Learn how to overcome personal barriers and learn effective tools for organizing your personal and professional lives.

Managing Holiday Stress

The holidays can be a very stressful time. Learn how to focus on what is important to you during the holidays and manage the areas that cause stress during this time. This presentation describes the value of an action strategy to reduce stress and provides tips on how to take care of your health during the holidays.

Managing Holiday Stress and Grief – A Multi-Faith Perspective

Grief and loss often are felt strongly during the holidays, as families and relationships change or loved ones pass away. Faith is one resource that helps people cope with these experiences. Join us as we consider how faith and psychology together can help us manage holiday stress, grief, and loss.

Movement is Medicine – How Movement Can Improve Mental Health

Physical health affects mental health and mental health affects physical health. Participants will learn the difference between physical activity and exercise as well as the benefits of movement. How to get started is also discussed.

Parenting Prep for Back-to-School

Are you worrying about homework, juggling soccer practices, arguing about screen time, packing lunches, and feeling stressed? It must be time for back to school. In this training, you will recognize the importance of establishing a routine, discuss best practices for smoother evenings, and learn how to add self-care to your busy day.

Resilience

Learn skills to build resiliency and to better cope with the stress that affects your daily life. Resilience is the ability to adapt and persevere through stresses and times of adversity.... not just to survive, but to thrive and become stronger. In this program, key skills to increasing your resiliency will be explored.

Sleeping Well

Getting enough sleep is critical to both our physical and emotional wellbeing yet 70 million Americans suffer from some type of sleep disturbance. This presentation will explore the importance of sleep and help participants develop an understanding of what is required for restful sleep. We will also look at common causes of sleep disruption and review helpful tips to improve sleep and be well-rested.

Strategies for Self-Care

We are all skilled at showing compassion to others, but how many of us show ourselves that same level of kindness? One of the best things we can do for our minds and bodies is to take a break and remember our values. In session one, we will define self-care and discuss how to weave the six components of self-care into our daily routine. In an optional session two, we will talk about the barriers preventing us from fully implementing self-care into our routines. We will also practice relaxation exercises as a foundation for self-care.

Stress Management

Dealing with Stress

Increased work expectations, financial uncertainties, information overload, long lines... it seems people are more stressed out than ever. A *U.S. News* survey found 7 out of 10 people felt stress at some point on a typical weekday. This presentation discusses the causes of stress, how to identify stress signals, and learn useful techniques to manage the stress in your life.

The Benefits of Humor

Humor, in the forms of laughter, silliness, and seeing the bright side of difficulties, is often very good for us. It aids with stress management, helps us feel connected with others, and gives us the tools to be more productive. However, when times are the most stressful, we often use the skills of humor the least. This training will discuss the physical, social, and mental benefits of utilizing humor in our lives and how to put the fun back in our daily lives.

Understanding Emotional Eating

Eating large amounts of food to cope with feelings, rather than out of hunger, is a common experience and the number one cause of overeating in the United States. Participants will learn to define emotional eating and differentiate between eating when hungry and emotional eating. They will also learn emotional craving management skills.

Unplug: Take Care of Your Mind & Body and Connect with Others

Stop! Has it been more than five minutes since you checked Snapchat, Instagram, Facebook, or X? Do you have your phone in your hand right now? Many of us have become dependent on social media for news, connection to others, and entertainment. As a result, we might have neglected our health, picked up harmful habits, or forgotten our true passions. In this training, we will discuss the impact of social media in our lives, focus on alternatives, and learn relaxation tools.

Winter Resiliency

The winter season can bring about the winter “blues.” Shorter days of sunlight, colder weather, snow emergencies, and even “cabin fever” can get you down. This presentation will focus on the qualities of winter that can make it a difficult time, educate regarding the difference between normal “winter blues” and the more serious seasonal affective disorder, and educate regarding ways to cope with winter and its effects.

Work-Life Harmony

Work-Life Harmony is the ability to holistically integrate and balance our personal lives and our careers. This training will focus on how work-life harmony differs from work-life balance, how you can increase your work-life harmony, and provide concrete tools to use when life is not in harmony.

Drug and Alcohol Awareness

Alcohol Awareness

Alcohol can be an enjoyable beverage. However, it is also a drug that can cause serious consequences if used inappropriately. This training is designed as a “user’s manual” to the effects of alcohol, healthy drinking habits, and how to enjoy our national beverage moderately and safely.

Addiction Awareness

Addiction to alcohol or drugs affects at least one of every 10 adults in the United States. It not only affects the individual with the disease, but it also harms everyone associated with them, including their family, friends, coworkers, and fellow community members. This seminar discusses the elements to understand addiction and how to help someone who is addicted.

Celebrating Wisely: Alcohol and the Holidays

The holidays are a time of joy and celebration! They often mean an opportunity to spend more time with family members, a chance to relax with coworkers, and a chance to attend parties with our friends and family. This training addresses how to enjoy the season without letting the “holiday spirits” cause problems in your life. The goals of the training are to educate regarding the increased danger of alcohol-related accidents during the holiday season, to understand the effects of alcohol, and to teach strategies to keep holiday parties safe and enjoyable.

Marijuana: What You Need to Know

More and more states are legalizing marijuana for medical or recreational use. This training focuses on helping you understand the history and use of hemp and marijuana in the United States; the effects of marijuana and the extent of its use; the medical uses of marijuana; CBD products and their similarities and differences from marijuana.

Tobacco Cessation

Tobacco Cessation 3-Part Series

Tobacco use is the leading preventable cause of illness, disability, and death in the United States. Nicotine, in the form of cigarettes, cigars, or chewing tobacco, is one of the most difficult drugs to quit. These trainings help the employee on the journey of quitting, by presenting the challenges of quitting and strategies to help with those challenges. Each of the following three trainings can be presented individually or in a sequence.

- **The Challenge of Quitting Nicotine**

The effects of tobacco and nicotine and why smoking is so difficult to quit is discussed. We discuss the common withdrawal symptoms when quitting and effective strategies in managing those symptoms. The most widely used medication options for quitting nicotine are also reviewed.

- **Nicotine Cravings Management**

This training helps participants identify the people, places, and things that can trigger a nicotine craving and strategies they can employ to minimize the amount or severity of nicotine cravings. We also focus on effective coping skills for managing cravings.

- **The Stages of Nicotine Cessation**

This training provides an overview of the process of quitting nicotine. It focuses on strategies to help with the preparation stage, coping with withdrawal symptoms in the initial three days of quitting, the lifestyle changes of the first month, maintaining nicotine recovery in the ensuing years, and coping with a nicotine relapse.

Tobacco Cessation Program

The process of quitting nicotine is one of the most difficult an individual will undertake, and no one must do it alone. This 6-session program delivered in the workplace helps employees learn the steps of quitting tobacco and how to decide to quit. The sessions include the setting of a "quit date," and utilizing the support group to discuss the challenges and triumphs of quitting tobacco.

Emotional Health

Understanding Depression

Depression is the most common form of mental illness. Chances are, someone you know has experienced or is experiencing an episode of depression. This program will help you recognize the signs and symptoms of depression and understand why it is different than sadness. We will explore helpful tools for managing depression as well as the most effective treatments available. You will also learn how to help someone who may be depressed.

Emotional Intelligence

Emotional intelligence is the ability to understand our emotional makeup and to use that knowledge to manage our feelings and build relationships. Studies have shown success in our careers and relationships depends less on our IQs and more on our EQs. This training will help participants understand emotional intelligence and how to use it for their own benefit by defining emotional intelligence, presenting how our brains work to influence our emotions, and discussing methods to employ to build stronger emotional intelligence.

Positive Psychology

In the past, psychology focused on helping people alleviate negative emotions, such as depression, grief, or anxiety. Positive psychology focuses on helping people boost a positive emotion, called happiness. We will explore what makes us happy, by defining positive psychology, describing the qualities that help people feel happy, and discussing methods for establishing and developing those qualities.

Preventing Burnout at Work and Home

Everyone experiences stress at work and home in various ways. At times we manage that stress well and other times we do not. Feelings of chronic stress left unmanaged can lead to feelings of burnout. In this presentation, you will learn what burnout is, how to assess yourself for potential burnout and discover tools to prevent and/or recover from burnout.

Setting and Keeping Boundaries: Where to Draw the Line

Boundaries are invisible lines that tell others what is acceptable and what is not. Healthy boundaries can improve mood, resilience, relationships, and time management. Without boundaries, we are left feeling misunderstood, taken advantage of, and even unloved. Explore the various types and benefits of good boundaries and get practical tips for setting boundaries in your own life.

Suicide Awareness

Suicide is one of the leading causes of death in the United States; 132 people died from suicide each day on average last year. This training will discuss potential warning signs and possible risk factors. We will discuss how to help yourself or someone else who may be considering suicide. We will review how to cope with loss from suicide.

What? Me Worry?

Most of us are very familiar with the emotional habit of worry, and 38% of Americans admit they worry daily. Worrying itself is a normal and healthy coping mechanism but too much worry can make us overwrought, sleepless, and unhappy. This training focuses on defining worry and the different types of worry, describing the difference between productive worry and unproductive worry, and outlining strategies on how to worry less and enjoy life more.

Relationships & Family

Coping Skills for Caregivers

The overwhelming majority of caregivers are non-professional; typically caring for aged, infirmed, or disabled family members, friends, or children. Caregiving is fraught with numerous job and family pressures yet can have its own intangible rewards. This program identifies signs of caregiver stress and offers useful suggestions for self-help, respite, and support for the caregiver.

Healthy Relationships

Relationships are an integral part of our lives, from our spouses and significant others to our friends and our co-workers. They sustain us, they support us, and often they contribute strongly to who we are. The better we understand relationships, the better we can strengthen them. This presentation explores the qualities of good relationships, whether friendships, our family of birth, or co-workers, and will also focus on the qualities of a healthy romantic relationship.

Mindfulness for Life

Attentive, present-focused team members have been shown to demonstrate greater resilience and foster more meaningful relationships in the workplace, all qualities that lead to heightened productivity and effectiveness on the job. To help strengthen these traits among your team, the skilled counselors of TriHealth EAP have created an engaging series that explores mindfulness practices and their role in developing improved focus and adaptability. Through this series, team members learn the foundations of mindfulness, situational-specific applications, and the many benefits of its practice

Mindfulness for Beginners	Mindfulness for Everyday Living	Mindfulness for Relationships
Mindfulness for Stress Management	Mindfulness for Parenting	Mindfulness for Depression
Mindfulness for Sleep	Passive Muscle Relaxation	Progressive Muscle Relaxation
Guided Imagery	Mindfulness for Anxiety	Mindfulness for Eating

Each presentation lasts from 20-60 minutes. Presentations can be single topics, combined, or presented in a series.

The Workplace

Assertive Communication

Assertiveness involves the use of a communication style in which a person expresses their own wants and needs while also considering the wants and needs of others. Assertive people are respectful, and they communicate in a style neither passive nor aggressive. People who use a passive communication style may feel taken advantage of and manipulated by others, and they often struggle with putting their needs in front of the needs of others, leading to increased stress and feelings of anger and resentment. Individuals who communicate aggressively are often perceived as bullies who have no regard for the rights of others and cannot be trusted so others avoid them or constantly oppose them. In this training, we will focus on mastering assertive communication skills through interactive group discussion and role-play.

Building Work Relationships

Healthy work relationships are essential to our ability to do our jobs and contribute to our job satisfaction. This training discusses the joys and challenges of interacting with coworkers, explores the process of making and keeping healthy working relationships with coworkers, and teaches how to constructively cope with difficult co-worker situations.

Change in the Workplace

With our changing technology and current financial pressures, workplace change feels as if it is occurring at the speed of light. This presentation focuses on the strategies an employee can use not only to get by but to excel in a changing workplace. We will explore the challenges involved and strategies to aid in the process of coping with workplace change.

Conflict Management

Conflict is an inevitable part of everyone's work lives. It is impossible to interact with others without disagreements or differences of opinion which if managed well can lead to improved working relationships and a positive means to arriving at better solutions. This seminar is designed to discuss the common causes of conflicts, help participants discover their preferred conflict management style, and discuss how to manage workplace conflict more healthily.

Dealing with Angry Customers

From time to time, we must deal with irate customers, whether it is in person or on the phone. Sometimes we may even find ourselves being one of those angry people! This program offers tips regarding how you can assist irate customers while helping take care of yourself emotionally. We will examine the causes of customers' anger and understand our own responses to customers' anger. We will also discuss the difference between difficult people and difficult situations, develop effective skills to diffuse customers' emotions, and review self-care strategies.

Dealing with Difficult People

From time to time, everyone faces the challenge of how to effectively manage difficult people on and off the job. This program is designed to explore what makes people "difficult" and help participants develop communication strategies to deal constructively with difficult people. We will look at traits of common types of difficult people and identify strategies to assist in improving interactions with them.

Diversity in the Workplace

This training defines diversity, equity, and inclusion, the relationship between them, and the major dimensions it often encompasses. How to build greater cultural competence and skills to improve cross-cultural communication are also discussed.

Generational Differences in the Workplace

Each generation experiences a different developmental stage and has "come of age" during different world events and popular cultures. There are common differences between generations that manifest in the workplace. This training focuses on common life events and philosophies of the generations of workers and presents tools on how to improve our understanding and appreciation of our differences.

Harassment Awareness

Employees want to be treated with respect, and in return are responsible for treating each other with respect. This training focuses on the dangers and misconceptions of workplace harassment. It describes the types of harassment that endangers morale, productivity, and smooth operations of a workplace. It also addresses employees' role in maintaining a respectful workplace and reporting harassment.

Surviving Job Loss

Losing one's employment can be a devastating event. No matter how prepared we might be it remains one of the most traumatic circumstances we can encounter. This program will help those who have or will be losing their jobs to understand the emotional, physical, and behavioral symptoms of job loss, and to learn skills to come out stronger after job loss.

Time Management in the Workplace

There are always demands on our time and like it or not, there are only a finite number of hours available to us in any day. What you accomplish at work depends largely on your motivation, your energy, your skills and abilities, and other resources. Effective time management can help us to work smarter, be more efficient, and feel less stressed. We will look at obstacles to effective time management, learn how to set priorities, and avoid urgency addiction along with other strategies to manage your time.

Verbal De-escalation Strategies

Providing exceptional customer service can be challenging as we strive to meet the wants and needs of the individual being served. What do you do when you are challenged with a person who is upset, angry, and out of control? When faced with this behavior, primal instincts may activate which can lead to lashing out inappropriately, running from the conflict, or feeling helpless and unable to respond. This training can help you learn a more effective response with verbal de-escalation strategies. Training participants will learn to utilize targeted communication and engagement techniques designed to defuse conflicts and reduce the agitation of escalated persons to increase safety and generate positive outcomes.

Resiliency Training & Coaching

Building a Happier You: Taking Charge of Your Emotional Health

Resilience is the capacity to adapt successfully, grow, and thrive in the presence of adversity. This program is designed to help your employees develop their own personal Resiliency Strategy by finding positive ways to manage life and improve their ability to cope with stress. The goal is to achieve a happier, more meaningful, and successful life. The program consists of **six** small group sessions incorporating education, discussion, and “homework” assignments to learn and practice new resiliency tools. The program can be tailored to your organization’s needs with options available to include one-on-one telephonic or in-person coaching sessions.

Leadership

Building Resilience in Leaders and Employees

Resilience is a large predictor of our success at work, as well as our overall satisfaction with life. Resilience is the ability to adapt, “bounce back” in difficult circumstances and emerge stronger. In today’s rapidly changing world, it is an essential skill for both employees and leaders. This program defines resilience, and its positive effects and outlines strategies leaders can use to build resilience in their employees as well as reinforce their own resilience.

Conflict Management for Leaders

Conflict is a natural part of the workplace. It is impossible to interact with others without disagreements or differences of opinion. When managed well, conflict can often be a means to arrive at better solutions and can lead to improved working relationships. When conflict arises, leaders have significant influence in achieving a positive outcome. This training is designed to help leaders understand common causes of conflicts, and how to lead healthy resolution of workplace conflict. Participants will have the opportunity to discover their preferred conflict management style as well as other styles that can be useful in the workplace.

Downsizing and Reorganizing

Downsizing and reorganizing occur in many organizations in today’s economy. It can bring fear, insecurities, and a decrease in employee morale. This seminar describes the effects of downsizing and reorganizing on the organization and the employees. It also introduces strategies on how the leader can aid employees, themselves, and the organization cope.

Effective Leadership

Leadership means something different to each of us and there are a variety of leadership styles in the workplace. There are common aspects to these styles that make them effective and productive. As a result of this training, leaders will be able to understand the variety of leadership styles, assess their own leadership skills, and identify areas for improving their capacity to lead others.

Harassment for Leaders

One of the more challenging but important responsibilities of a leader is ensuring the work environment is a respectful place for all. This training focuses on the dangers of workplace harassment and addresses common misconceptions. It describes the types of harassment that can endanger morale, productivity, and smooth operations of a workplace. It also addresses the leader's role in maintaining a respectful workplace and addressing harassment.

Leading Change in the Workplace

Organizations must change to be successful in today's business climate. While leaders are often focused on the results it is still human nature to resist change. Change can be stressful, even in the best situations. This program will assist leaders in understanding the impact change has on their employees and learn strategies to engage and support their employees through the change process. The result can be a positive outcome for the leader, their employees, and the organization.

Managing Disruptive Behaviors

Unfortunately, disruptive behaviors can occur in every workplace - bullying, emotional outbursts, defensiveness, or "presenteeism." This training focuses on corrective approaches and responses to a variety of disruptive behaviors before they escalate. Participants will learn how to recognize disruptive behaviors, strategies on addressing specific disruptive behaviors, and the resources available through TriHealth EAP to manage difficult workplace situations.

Stress Management for Leaders

Leaders have multiple responsibilities and daily challenges; they often find themselves in a highly stressful environment. This program will explore suggestions regarding how leaders can manage their own stress and create a positive and less stressful work environment for employees. The goals of this training are to gain a better understanding of leader stress and its effects and to identify strategies to manage workplace stress, including effective conflict management and difficult employees.

The Coaching Process

A primary goal of a great leader is to get the best from their employees and encourage them to grow and develop. Coaching can help in this process of bringing an employee from where they are to where they want to be. This training will describe the coaching techniques that help empower employees to do their best, including creating a culture of ownership, promoting motivation, giving feedback, and conducting formal corrective coaching sessions.

The Leader's Guide to Mental Health

Mental health and substance abuse problems often appear in the form of employee performance issues, affecting work quality, attendance, behavior, or relations with co-workers or leaders. This training is designed to help leaders understand the impact of substance abuse and behavioral health problems in the workplace, as well as recognize how those issues are manifested in the workplace. It will include instruction on how an effective leader can safely manage an impaired employee.

The New Leader

Great workers often get promoted to be new leaders. Being an excellent leader often requires a very different skill set than those acquired as a great worker. This training will help new supervisors and managers explore the challenges and opportunities of leading people and develop the critical knowledge to succeed in their new roles. We will explore basic skills essential to good management and learn how to avoid potential pitfalls often encountered by a new leader.

Violence in the Workplace

No workplace can be completely safe from the potential for violence. However, the more we understand warning signs and risk factors, the better we can significantly reduce the risk of workplace violence. This training will focus on identifying the risk of potential violence in the workplace, learning to distinguish between the four types of workplace violence, developing knowledge of prevention strategies including risk assessment, and learning how to best respond to a potentially escalating violent workplace incident.

When Life Crises Affect the Workplace

When an employee experiences a life crisis, it can affect the entire workplace. A serious illness, the death of a coworker, a severe accident, or a catastrophic event can cause powerful emotions in employees and has the potential to interfere with the employees' ability to function. This training helps leaders to manage potential workplace crises. We will define "critical incident," how it affects the workplace, and discuss the stages an employee experiences during a critical incident. We will explore leader strategies to support employees through difficult events and how a leader can use TriHealth EAP to provide a critical incident stress response for employees.

Student Assistance & Young Professionals

Thriving in College, Resilience for Students

College is filled with new experiences, new relationships, and new responsibilities, but is also a time of disappointments, mistakes, and indecision. This training presents resiliency skills, time management tips, and organization strategies to help you thrive when life stressors get you down.

Communication Strategies for Gen Z

How to talk so people will listen. What is professional etiquette? When to text vs. email vs. talking face to face? How does communication with your parents change as you grow up? How is talking to your supervisor different than talking to your friends? This training discusses ways to improve your self-image through thoughtful, clear communication.

Test Anxiety

Anxiety is a normal, human emotion. It helps us with motivation and focus and protects us from dangerous situations. However, too much anxiety can become overwhelming or paralyzing. Test anxiety often creates difficulty for students. This training discusses the characteristics of test anxiety and strategies to overcome it.

Drug-Free Safety Program

Drug-Free Safety Program: Employee Education

This program provides alcohol and drug awareness for employees, including the effects of drug and alcohol abuse on the workplace, the most widely used drugs and their effects, information on addiction and recovery, and the effects of addiction on the workplace and society. This training satisfies the employee education requirement for the Ohio Bureau of Worker's Compensation's Drug-Free Safety Program.

Drug-Free Safety Program: Supervisor Training

This program focuses on skill-building for supervisors and how to address drug or alcohol abuse in the workplace. The topics covered include the most abused drugs, signs of their use, reasonable suspicion, and how the supervisor can respond to specific situations in conducting the reasonable suspicion process. This training satisfies the supervisor training requirement for the Ohio Bureau of Worker's Compensation's Drug-Free Safety Program.

Drug-Free Safety Program: Train the Trainer

This training teaches company representatives how to conduct Drug-Free Safety Program training for their employees. Information for three years of TriHealth EAP's Drug-Free Safety Program training is presented. Train the Trainer training can be for employee training or for supervisor refresher training. This training satisfies the Train the Trainer training requirements for the Ohio Bureau of Worker's Compensation's Drug-Free Safety Program.

DOT Supervisor Trainings

This training provides education for supervisors on the DOT (Department of Transportation) Drug-Free Safety Program. It focuses on the signs that may indicate an employee has a drug or alcohol problem. In addition, it addresses the DOT requirements as well as the employee referral process to an SAP (Substance Abuse Professional). This training satisfies the supervisor training requirement for the Department of Transportation's Drug-Free Safety Program.



Schedule a training today!

Contact us at 513 891 1627 or toll-free at 800 642 9794

Excelling at Work & Life Series

Through the Excelling at Work & Life series, TriHealth EAP offers training webinars designed to equip participants with skills that elevate their ability to thrive personally and professionally. Sessions will be facilitated by EAP clinicians, workplace wellbeing & fitness coordinators, and registered dietitians.

Find Your Voice: Stay Connected and Motivated through Life's Ups and Downs

"I can't believe she just said that to me!" "His words hurt me. I didn't know how to respond." Have you struggled with knowing what to say, feeling confident to stand up for yourself, or being motivated to make changes? This webinar will help you advocate for yourself, gain confidence, increase your motivation, and develop goals.

Marijuana: What You Need to Know

More and more states are legalizing marijuana for medical or recreational use. This training focuses on helping you understand the history and use of hemp and marijuana in the United States; the effects of marijuana and the extent of its use; the medical uses of marijuana; CBD products and their similarities and differences from marijuana.

Volunteerism

People volunteer for many reasons. They want to make a difference in the world, change a condition, or help others. In this session, we will discuss the impact volunteering has on your wellbeing and how it can make you feel more connected to your community and provide a sense of purpose.

Setting and Keeping Boundaries: Where to Draw the Line

Boundaries are the invisible lines that tell others what is acceptable and what is not. Healthy boundaries can improve mood, resilience, relationships, and time management. Without boundaries, we are left feeling misunderstood, taken advantage of, and even unloved. Explore the various types of boundaries, the benefits of good boundaries, and get some practical tips for setting boundaries in your own life.

Holistic Health

Holistic and Integrative health is an approach to wellness that goes beyond physical health. While physical health is an essential component of wellness, so too are emotional, spiritual, and social components of health. We will explore multiple areas of wellness and identify traditional and holistic approaches to enhance wellness.

Parenting Prep for Back-to-School

Are you worrying about homework, juggling soccer practices, arguing about screen time, and stressed about packing lunches? It must be time for BACK TO SCHOOL! In this training, you will recognize the importance of establishing a routine, discuss best practices for smoother evenings, and learn how to fit self-care into your busy day.

Suicide Awareness

Suicide is one of the leading causes of death in the United States—132 people died from suicide each day on average last year. This training will discuss potential warning signs and possible risk factors, how to help yourself or someone else who may be considering suicide and how to cope with loss from suicide.

Sleeping Well

Getting enough sleep is critical to both our physical and emotional wellbeing, yet 70 million Americans suffer from some type of sleep disturbance. This presentation will explore the importance of sleep and help participants develop an understanding of what is required for restful sleep. We will also look at common causes of sleep disruption and review helpful tips to improve sleep.



Join one of our webinars!

For scheduled dates or to join one of our webinars, please call 513 977 2165, email TriHealthEAP-CST@TriHealth.com, or [register online](#).