



rEAP the Benefits

State Employee Assistance Program 1-800-308-4934

We Have a New Addition Here at EAP



We are proud to announce our new director of EAP, John Allen. John has many years of experience helping organizations design and implement initiatives that help set employees up for success both at home and in the workplace. He spent 12 years with the St. Thomas health system in a variety of roles including EAP Consultant and EAP Services Manager.

Most recently, he served as the Assistant Human Resources Director for the Tennessee Housing Development Agency where he focused his efforts on employee relations and retention efforts. John also served as a consultant for Baptist Healing Trust.

To let you know more about John, he is married and has two young children. After growing up in Atlanta, he came to Middle Tennessee to attend college and has not left. He and his family spend many weekends on their family farm an hour West of Nashville in Primm Springs, TN. Outside of work, John enjoys playing Spiderman with his 2 year old son, helping his 7 year old daughter make chocolate chip cookies, and traveling whenever he gets the opportunity. John has served on the board for Siloam Health Center for over 10 years and volunteers with Preston Taylor Ministries and Safe Haven Family Shelter.

Interesting fact about John is that he traveled to and lived in Central Europe for a year and half, Prague to be exact, where he attempted to learn the Czech Language.

Your Employee Assistance Program is available to you 24/7, simply call 1.800.308.4934, to speak with someone about getting the help you need.

? Did you know about this? ?

Magellan offers identity theft assistance for members. There are a variety of support services to guide members through fraud-related emergencies. Call Magellan 800-308-4934 to access the following Identity Theft assistance program services:

- Unlimited telephonic consultations with a highly trained Fraud Resolution Specialist™ (FRS)
- Member assistance to restore identity and credit
- A free ID Theft Emergency Response Kit™
- Assistance with the costly steps to dispute fraudulent debts
- Counseling regarding “Preventative Steps” necessary to take in an effort to avoid future ID theft losses and damages

For more information, visit <http://www.tn.gov/finance/ins/eap.html> and click on Magellan Health Services. If you think you have been a victim of identity theft, please call 800-308-4934 to access these services.

It's not too early! Planning the Upcoming Holidays on a Budget

by Jeff M. Nelson

During the upcoming months, many people will overspend and put way too many purchases on their credit cards, leaving them strapped beginning in the New Year. To budget successfully for the holidays, proper planning ahead of time is imperative. Bring back the real spirit of the holidays to your family, instead of emphasizing of gifts and material things. You could chose to do a secret Santa within your family, encouraging your kids to save up and

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buy one present for another family member. You could then budget your money to save up for one larger present that benefits the entire family, instead of individually purchasing gifts for every single member. This approach will also help eliminate sibling rivalry that may occur when the holidays roll around.

In setting your holiday budget, make sure you start early. By starting your shopping early, you can avoid price hikes and other promotions that may cause you to spend more money. Avoiding the holiday traffic in malls and shopping centers will allow you to avoid impulse purchasing and foster better purchasing habits. Another thing to remember is to plan out everything you are going to buy before you go to the store. Online shopping is a great way to compare products and their prices. You can educate yourself in the market to ensure you that you are getting the best deal possible. Setting a budget during the holidays allows you to avoid a lot of the stress that comes with this time of year.

Another great way to save money on your budget is to plan holiday functions with family and friends so that the cost can be spread out. For example, a potluck dinner will allow everyone's traditions to be recognized while dispersing the costs among a large group of people. In doing this a lot of food expenses can be cut out by avoiding expensive restaurant dinners on Christmas Eve and New Years. You will be able to spend the holidays with the ones you love while saving money at the same time. Emphasizing to your family that the holidays are not all about material things will set the ground work for your new budget to really take a hold. Make sure to get everyone in the spirit so that they know what really matters. Holiday budgeting is not hard to do, it just takes proper planning and implementation. Allow the spirit of the season to carry your family through this holiday season.

Jeff Nelson gives advice on money management to help you to eliminate debt faster. To make online budgeting easy and to set up a budget for each category you are targeting, consider visiting www.mint.com.

Depression Isn't a Bad Word

Did you know that depression is considered the 'common cold' in the behavioral health world, or that it affects 9.9 million American adults or 5% of the adult population in a given year? Did you know that nearly twice as many women (6.7 million) as men (3.2 million) suffer from major depression each year? It is important to remember that all ethnic, racial and socioeconomic groups suffer from depression. Although major depression can be a devastating illness, it is highly treatable. Between 80 to 90 percent of those suffering from serious depression can be effectively treated and return to their normal daily activities and feelings. You can help yourself by attending a depression screening on October 7, 2010. During the screening you will complete a questionnaire and speak with a mental health professional if you wish.

National Depression Screening Day is scheduled for **Thursday, October 7th, 2010**. For those in the downtown Nashville area, free screenings will be held in Conference Room A & B on the second floor of the Cordell Hull Building. Screenings will be scheduled in 15 minute intervals between the hours of **11 am and 2 pm**. Those interested can call the Office of Consumer Affairs, Department of Mental Health and Developmental Disabilities at **615-532-6700** to schedule an appointment or simply "Walk In" without an appointment. All screenings are confidential.

For those who work and live in other areas, there will be events throughout the state. To find a site near you, please go to the website: www.mentalhealthscreenings.org. The website also has additional information on a variety of topics as well as an anonymous online screening tool.

National Depression Screening Day, held each year during Mental Illness Awareness Week, is designed to call attention to the illnesses of depression, manic-depression, anxiety and post-traumatic stress disorder on a national level, to educate the public about their symptoms and effective treatments, to offer individuals the opportunity to be screened for the disorders and to connect those in need of treatment to the mental health care system.