



MDSU NOVEMBER NEWSLETTER

Monday, November 2, 2020

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INTRODUCTION

Every month, the MDSU would like to share new and present resources with all staff that range from promoting a work and family balance, program services for mental health, and general well-being and health. For the month of November, we would like to discuss Family Caregivers and Child care and Elder Care Services. Every month, at the end of each update, we will link you to upcoming EAP Webinars and other general resources, including MDSU Contact Info.

EMPLOYEE ASSISTANCE PROGRAM (EAP) NOVEMBER UPDATE

Family Caregivers

More than one in five Americans are caregivers for aging adults or children with special needs. Many belong to the “sandwich generation,” providing care for their parents and their own families. This month is a time to honor and support caregivers across the country. Please take a look at EAP’s November Featured Article, “[Caregiver Well-Being](#)”.



Featured Service: Child Care and Elder Care Services

Do you need help finding child care or elder care services for an aging loved one? No two family situations are the same, and your EAP can help you determine the best course of action. You’ll get customized resources and referrals for high quality and affordable care options to meet your family’s specific needs. Please contact [EAP's Work-Life Services](#) to get

expert help for Child Care and Elder Care Services any time of day or night, seven days a week.

Upcoming Online EAP Webinars

November - Avoiding Caregiver Burnout

Wednesday, November 4, 2020 | 11:00 a.m. – 12:00 p.m.

Description: Even though millions of Americans will find themselves, at some point, caring for an aging parent or other relative, meeting this challenge and finding help isn't always easy. In this webinar you'll learn the signs and symptoms of caregiver burnout, situations and circumstances leading to burnout, and ways to cope.

December – Exploring Habits for Positive Behavior Change

Wednesday, December 9, 2020 | 2:00 – 3:00 p.m.

Description: In this webinar, we will discuss why behavior change is difficult and how habits are formed. We will identify ways to form new habits, how to eliminate bad habits and learn how to manage habit slipping and procrastination. We will also learn methods to track habits for positive behavior change.

Please make sure to request supervisory approval through [LEARN](#) prior to registering for the webinars.

[The CDFW EAP intranet page has been updated! Please visit the page for monthly updates and resources.](#)

Families First Coronavirus Response Act – Expires December 31, 2020!

The MDSU would like to remind all eligible CDFW employees that the new benefits provided under the Families First Coronavirus Response Act (FFCRA) – Emergency Paid Sick Leave Act (EPSLA) and the Emergency Family & Medical Leave Act (E-FMLA) – will be expiring on DECEMBER 31, 2020. As a reminder, these benefits are available to eligible employees who are impacted by COVID-19 and need time off either due to illness of self or a family member, distance learning, or child care due to daycare closure. Please visit the [COVID-19 Leave Support Intranet Page](#) for more information on these programs, including options for Law Enforcement Division Personnel employees exempt from FFCRA and additional resources!

BetterHelp Virtual Therapy



Mental health affects every aspect of our lives. In the workplace, where stress and deadlines can take a toll, it's especially important to pay attention to your well-being. When you're dealing with depression, stress, anxiety, substance misuse, relationship conflicts, or any challenging life issue, talking with a licensed therapist can help. BetterHelp is the largest online counseling service providing an alternative form of traditional, in-

person counseling. BetterHelp enables you to meet with a counselor by text message, phone, chat or video conference. Therapists are licensed, trained, experienced, and accredited psychologists (PhD / PsyD), marriage and family therapists (LMFT), clinical social workers (LCSW / LMSW), and board licensed professional counselors (LPC).

Find care by registering online at [BetterHelp](#) or by phone by calling EAP at 866-327-4762. Please visit the [BetterHelp webpage](#) for more information on this resource along with an [FAQs regarding this service](#).

ROAD TO WELL-BEING VIRTUAL WELLNESS FAIR



During the week of November 2 - 6, state employees will have the opportunity to access numerous wellness resources at their own convenience, including guided meditation, guided stretch breaks, healthy recipes, and on-demand wellness webinars.

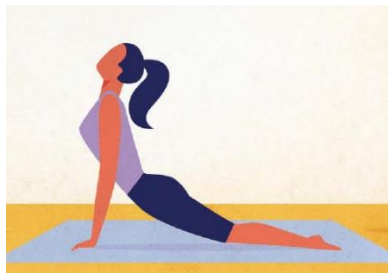
Wellness is vital for the workplace, and even more so during a pandemic. State employees have stepped up during this time of crisis to provide crucial services to the residents of California. It is important that we make every effort to support our employees and give them the tools and resources they need to be healthy, happy and productive.

The link to the statewide [virtual wellness fair will be posted here](#) by November 2nd.

If you would like any of these trainings on your LEARN transcript please submit an [External Training request](#).

EAP FALL 2020 VIRTUAL STATEWIDE WORKSHOPS

All sessions are free and available to state employees. Before planning to attend, employees should ensure supervisor's approval. To access webinars after the live event, please visit the [EAP Fall 2020 Virtual Training Series webpage](#). Trainings will be recorded and available on the website approximately two to three weeks after the live event.



[Managing Anxiety and Worry During Uncertain Times](#) -

Thursday, **November 5, 2020** at 12:00 – 1:00 p.m. (PT)

Our rapidly changing world can lead us to worry. Although we all worry from time to time, excessive anxiety and worry can affect us emotionally and physically and prevent us from functioning effectively in our work and family lives. In this training, learn how to pinpoint your most significant worries and develop a

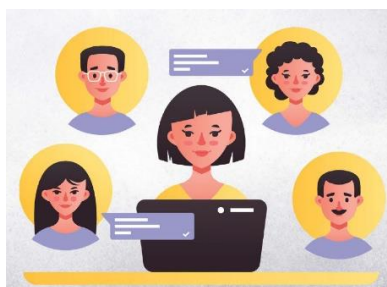
plan and strategies to manage them better. You will also hear tips on how to help others in your life to manage their anxiety.



Managing and Supporting Remote Employees During Uncertain Times - Tuesday, **November 10, 2020** at 12:00 – 1:00 p.m. (PT)

Supervising staff who work at remote locations can pose a unique set of circumstances. This is especially the case with forced sudden, large-scale remote-working situations such as the pandemic we are currently experiencing. However, when done thoughtfully, it can decrease stress and increase productivity and morale. In this training, you will learn how to

support individuals while shifting your thinking related to managing remote workers, ways to measure performance and how to maintain an effective working relationship with teleworkers.



Navigating Teleworking During Uncertain Times - Monday, **November 16, 2020** at 12:00 – 1:00 p.m. (PT)

There can be many benefits to teleworking including decreased stress and increased productivity and morale. While there are definite advantages to teleworking, the rapid changes associated with large scale moves to work at home during the pandemic are not ideal. In this training, receive support as you explore strategies and tips for successful teleworking.



How to Build Resilience and Adaptive Skills During COVID-19 - Monday, **December 7, 2020** at 12:00 – 1:00 p.m. (PT)

The COVID-19 pandemic has brought uncertainty, rapid change, worry, and stress to our world. Attend this training to learn insights on reasons people are feeling stress and panic, tips on

how to build resiliency and fine tune adaptive skills, how to help children cope and thrive, and when professional intervention may be needed.

Additional Resources and Contacts

- [EAP Self-Care APPs](#)
- [EAP Website](#)
- [CDFW's EAP Intranet](#)

MDSU Contact Information

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If you have any questions or suggestions on how MDSU can better service you, please contact me.

Thank you!

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