

A Personal Story
Civilian Employee Assistance Program (CEAP)

“After the break up of my marriage, I just didn’t care any more. I would forget to set my alarm clock at night and get to work late. I developed a bad attitude toward work and life in general. I wouldn’t show up for work for days and finally my boss sent me to CEAP. I didn’t want to go at first, and then the CEAP counselor reminded me that I had 19 years invested in my career. She showed me the Navy instruction that listed the range of disciplinary actions for excessive unauthorized absences or unexcused tardiness. I didn’t know I could be suspended or removed from my job just for being late. I realized I was motivated to keep my job. My counselor and I worked on improving my attitude. I learned more effective coping skills as well as developing a better understanding of my family and myself. That was six years ago; I’m about to retire and I have a great relationship with my kids.”

Some other comments from clients who have utilized CEAP services. “The facilitator was able to pull from me in an hour what I’ve struggled for years to find.” “Presenter was very knowledgeable and very understanding. I learned a lot and will use these tools in my personal and professional life.”

This is just one success story from a civilian who works for the Navy in Hawaii. When life gets tough, help is available. The Civilian Employee Assistance Program (CEAP) is a federally mandated program. CEAP is a confidential program designed to assist civilian employees deal with life’s problems. CEAP can help with alcohol or drug abuse, marital, family, and relationship concerns, medical or emotional illness, stress or work related difficulties. CEAP can provide solution-focused counseling to employees up to three sessions. There is no cost to the employee. If the situation is chronic or very specialized, the employee may be referred to a community resource. Services provided by community resources are frequently paid for by the employee’s health insurance and the employee is responsible for any additional out-of-pocket expenses.

The CEAP staff consists of two Master’s level licensed Clinical Social Workers. They are credentialed by the Navy and authorized to provide professional counseling.

Ms Cathy Heflin is a certified Employee Assistance Professional and a Board Certified Expert in Traumatic Stress. She has been with CEAP for the past 6 years. Ms Heflin has been trained in Cognitive Behavioral Therapy, Action Methods, Myers-Briggs Type Indicator (MBTI), and Eye Movement Desensitization and Reprocessing (EMDR). You can reach her by calling 473-4222 extension 239 or e-mailing cathy.heflin@navy.mil.

Mr. Larry Miller belongs to the Academy of Clinical Social Workers and his specialty is Psychodynamic Therapy. He has over thirty years of experience in a variety of treatment settings. His phone number is 473-4222 extension 259. You may also reach him by e-mailing larry.e.miller@navy.mil.

CEAP isn't just for counseling, it provides on-site training. If you are looking for classes in Stress Management, Anger Management, How to Deal With Difficult People, Improving Workplace Relationships or Preventing Workplace Violence, call the Pearl Harbor Fleet and Family Support Center's Customer Service Desk (CSD) at 473-4222 extension 1. The CSD will direct you to the next available CEAP counselor.

If you are a civilian employee assigned to an activity serviced by the COMNAVREG HRO or the Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility, both counselors are available for counseling and training. The CEAP counselors are located in the Pearl Harbor Fleet and Family Support Center (FFSC), at 820 Willamette Street, in Building 193. FFSC is the two story wooden building behind McDonald's and the Tennis Pro Shop at Pearl Harbor Naval Station.

For more information on classes, workshops and groups available at FFSC to civilian employees, military and their family members, go to www.greatlifehawaii.com
