

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

April is Child Abuse Prevention Month:

What Can You Do? Raise the Issue

By educating yourself and others, you can help our community prevent child abuse & neglect from happening in the first place. Support new parents' programs, such as Forty Carrots or the YMCA. Learn to recognize the symptoms and report any suspicions to local authorities.

- "25-50% of all children will experience some form of abuse during childhood. Only a small percentage of abuse is ever reported". *Child Abuse Prevention Association*

Learn more at: <http://www.childabuseprevention.org>

Workers' Comp Program Enhancements

Working with our administrator, Comp Options, the workers' comp program has been updated to improve quality and speed employee recovery.

What's new?

- Sports medicine approach that fast-tracks injured employees to appropriate doctors
- Improved collaboration between doctors, case managers, adjusters and management
- Stay-at-Work program – allows employees to continue working during their recovery
- **Report injuries anytime, 24/7, 365 days a year – Call the Comp Options nurse hotline at 1-888-763-1450**

Walk with Women's Resource Network for Cystic Fibrosis

Women's Resource Network (WRN) invites you to join their team to walk and/or sponsor them at the GREAT STRIDES walk on Siesta Key Beach, Saturday, April 26th, 8:00 a.m. GREAT STRIDES is the Cystic Fibrosis Foundation's largest and most successful national fund-raising event. Come enjoy the food, fun and music while helping make strides in the fight against this life-threatening genetic disease. Visit the WRN Team - GREAT STRIDES Home Page at:

http://www.cff.org/great_strides/AndreaBlackford

Total Transformation: A Parent's Program for Managing Behaviors in Children Class Series

**May 1st through June 5th
(Every Thursday): Noon-1:30pm
BOB, Conf Room 8**

The Total Transformation program is designed to help parents become more effective at teaching their children the problem-solving skills they need in order to make progress in life. Struggling with a child's behavioral difficulties can feel isolating, frustrating and embarrassing for parents. This program will empower parents with the knowledge and skills to recognize their influence, as a parent, in their child's behavior and learn more effective parenting skills. These classes are not limited to parents whose children have challenging or disruptive behavior but are also for parents who want to learn skills to prevent their child's development of such behavioral issues.

This class is 6 weeks in length and has a workbook, 7 CD's (audio) and 2 DVD's.



Register on TRAC Course Code: 1FIT3071

<http://www.thetotaltransformation.com/TheProgram.aspx>