



# PERSPECTIVES

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## What is the EAP?

The Employee Assistance Program's (EAP) mission is to ensure the well-being of employees by assisting them in resolving issues that may be adversely impacting work or home. The EAP provides one-on-one problem assessment, short-term counseling, referrals to community resources and crisis intervention.

In addition to working with you on an individual basis, we conduct a variety of educational workshops and classes. We are frequently asked to speak at employee orientation sessions and offer monthly supervisor training classes.

Visit the EAP website:

<http://www.dthc.capmed.mil/EAP/SitePages/Home.aspx>

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## "Failure to Launch" or "Boomerang" Child?

Do you have a child who has never left home? Does this child lack initiative and have no plan for his or her future?

Many specialists on this topic say that there are many factors that have contributed to more and more of this current generation having "failure to launch" syndrome. First of all, they say that any undiagnosed but impacting issues need to be addressed. Some of these impacting issues may include the following:

Is your young adult clinically depressed?

Does he or she have undiagnosed ADHD or another type of learning issue?

Is avoidance his or her defense to stress and anxiety?

Are they struggling with addiction of any sort? Marijuana? Gaming? Facebook?

Do they see the value of adulthood?

Struggling with any of these issues could certainly impact a young adult's ability to set and meet goals, follow through on plans and practice effective life skills such as getting to work on time or completing assignments. Once these issues are addressed, the young adult may be more able to do the work needed to grow up.



## Seasonal Affective Disorder

Stacie Chapman, LCPC

Noticing your mood is a little off these days? Maybe you are feeling lethargic or irritable? Is your mood normally pretty good throughout the rest of the year? You might be experiencing symptoms of Seasonal Affective Disorder.

Seasonal Affective Disorder (SAD) affects 14 million Americans, most of whom are women. Usually symptoms start to occur around October/November and last well into March/April. According to Mental Health America, symptoms include: depression, anxiety, trouble sleeping, overeating/an increased desire for carbohydrates, and a decrease in desire engage in social activities.

If your symptoms are mild and don't interfere with your daily life, try getting some extra exposure to light. You can surround yourself with brighter lights indoors or take a 20 to 30 minute walk outdoors while the sun is out. Just by increasing your interactions with light, you can experience a 50 to 80% reduction in symptoms.

However, if you are one of the people where SAD impacts your ability to live a normal life, it might be time to consult a professional. When was the last time you had a physical? Starting with a primary care physician to rule out other possibilities can help you figure out what is going on. Consulting with a mental health professional can also help you to manage your symptoms.

Want to learn more about Seasonal Affective Disorder? The EAP is offering a one hour seminar on the topic December 10, 2013 from 10:00 to 11:00 am in the Upton Conference Room (inside the DiLorenzo TRICARE Health Clinic). Call 703-692-8917 for more information or to register.

*Individuals with SAD report sleeping an average of 2.5 hours more in the winter than in the summer. The general population sleeps 0.7 hours more in the winter.*

*SAD sufferers tend to crave sweets and starches, so be mindful to keep protein in your diet as a balance.*



# Upcoming Workshops - PERS

**November 2013**



**26**  
**Supervisory Training**  
 9:00 - 11:00 am  
 Pentagon Conference Center Rm. M-3



**December 2013**

**3**  
**Sleep Hygiene**  
 10:00 - 11:00 am  
 Upton Conference Rm. (#219)  
 DTHC, Pentagon

**10**  
**Supervisory Training**  
 9:30 - 11:00 am  
 Pentagon Conference Center Rm. B8

**10**  
**Seasonal Affective Disorder**  
 10:00 - 11:00 am  
 Upton Conference Rm. (#219)  
 DTHC Pentagon

**January 2014**

**7**  
**Supervisory Training**  
 9:00 - 11:00 am  
 Pentagon Conference Center Rm. M3

**14**  
**Retirement in Mind**  
 9:00 - 11:00 am  
 Pentagon Conference Center Rm. M3

**21**  
**Foundation for Financial Education  
 Advanced Social Security Planning**  
 12:00 - 1:00 pm  
 Pentagon Conference Center Rm. B7

**23**  
**Anger Management**  
 9:00 - 11:00 am  
 Pentagon Conference Center B8



**Make an EAP Appointment:** Call 703-692-8917 to schedule an appointment that is convenient for you. The EAP is open Monday through Friday from 7:30 am to 4:00pm.

The EAP is located in the DiLorenzo TRICARE Health Clinic (DTHC), which is located in the Pentagon. The clinic is on the 1st floor of the eighth corridor, near the north parking entrance.

**For Additional information or to register, call 703-692-8917 or email [DTHC.PERS@health.mil](mailto:DTHC.PERS@health.mil)**

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Social workers Kimberly Abraham and Marney Studaker-Codner also posit that as a culture we have moved from “caring” for our children to “caretaking our children”. Over time, our kids have stopped learning to solve problems and entertain themselves because adults are quick to jump in and fix things for them.

It’s done out of love and with the best of intentions, but over time we end up allowing our children to “under- function” while we, the parents, “over-function” for them. We potentially handicap our children, preventing them from learning important life skills.

According to researchers, we need to break that cycle by helping our children:

- Develop internal coping skills
- Have self-confidence
- Experience being uncomfortable and still survive.

There are also a lot of young adults whose progression towards adulthood includes a time of living at home. According to Forbes magazine, 18% of adult children between the ages of 18 and 29 move back home after an attempt to live alone. This is a



pattern that economists are noticing during difficult economic times. These so called “boomerang” children are often finding the job market to be difficult and the ability to afford living independently more challenging than they expected.

One discerning question to ask yourself and your children may be, “Does your child have a plan?” A time living at home as an adult child can be a stepping stone to a financially healthy and productive future.

References:

“Failure to Launch, Part 1: Why So Many Adult Kids Still Live with Their Parents”, Empowering Parents, Kimberly Abraham, LMSW & Marney Studaker-Cordner, LMSW

“Our Avoidant Boys” Psychology Today, Mark Banschick, MD

“Failure to Launch: Adult Children Moving Back Home”, Forbes, Alan Dunn