



## Mental Health Is Part Of Your Total Health

It's OK not being OK! Sound confusing? Let me explain. The world is fast paced these days. A lot goes on. We're challenged every day in countless ways: bills, daily commute, and family dynamics, just to name a few quick examples. As a result, THERE WILL BE TIMES when you, a loved one, a friend or a co-worker is not OK. For the person suffering through these issues, this doesn't mean you're a bad person. It doesn't mean you're weak. If someone thinks less of you for it, it's on them, not you. Feeling this way simply means you're a human. Every TV show, movie, cartoon or commercial I watched growing up in the 80's and 90's glorified the action figures who were "machines," and I've made every attempt to emulate that persona. Fortunately, I've realized I am a human. I've learned that true strength is the ability to understand when I'm not OK and accept help, despite all the messaging I've received over my entire life.

If you missed Mr. Graney's Podcast on Mental Health May 1<sup>st</sup>, 2023, it's a must listen (or read). "You may not even know that you know someone who is struggling with mental health issues, but you do. People in general are more willing to discuss mental health conditions now which allows for more opportunities for treatment. Especially when you work for a company like EB that has treatment programs already in place," said Dr. Robert Hurley.

You don't have to be a health professional to help. Be observant, ask the hard question to others and even yourself—"Are you OK?"—if there is even a question or doubt. Make the call for yourself or offer the idea to others who may need it. No one needs to suffer in silence.

The Employee Assistance Program (EAP) is there for all of us. The first call may feel very awkward. Know that it's OK to make the call.

### How to Access Resources

#### EB FAMILY WELLNESS CENTER

In person/telehealth counseling is available at the EB Family Wellness Center located at 32 Chicago Ave in Groton, CT.

Send a message on your MyPremise account or call **860-629-8272**.

Note: Counselors can assist those in CT (in person/telehealth) and RI (telehealth).

#### Optum

You and your dependents can get confidential support 24/7 for life's most common issues.

In person/telehealth counseling with a licensed counselor in Optum's network is available.

Legal/financial assistance also available.

Call **866-743-6551** or visit [liveandworkwell.com](https://www.liveandworkwell.com) (access code: 11060).

#### Talk space

Is a virtual mental health provider in the Optum network (both for the Employee Assistance

Program and additional counseling) where you can set up virtual appointments with a counselor through video chat or choose text-based therapy services. To access this benefit, call Optum for the EAP authorization code, **866-743-6551**. Then head over to [www.talkspace.com/connect](https://www.talkspace.com/connect) and set up your account. Once you've registered online, you can download the Talkspace app on your phone through the App Store or Google Play.

Dan Vieira

Director - Environmental Health & Safety

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The QP WIB is produced by EB Communications.  
To submit ideas, contact [rmarques@gdeb.com](mailto:rmarques@gdeb.com)

# CONTINUOUS IMPROVEMENT

## 21,000 Problem Solvers



There are right around 21,000 employees working at the Groton and Quonset Point facilities. We work in different areas, trades and specializations. We come from a range of backgrounds. Some of us have decades of experience and others may only have days. What we all have in common is being problem solvers. Without doubt, every single one of us has solved a litany of problems throughout our lives and careers.

Think about that for a minute. 21,000 people with the ability to positively affect our business every day. That is a force to be reckoned with. Embracing this force is at the core of EB's continuous improvement culture. This is because all of us, each an expert in our respective field, are capable of improving the way we work.

The average American spends a staggering 90,000 hours or 13 years of their life at their place of occupation. We should strive to make the most of our time here and provide ourselves and our fellow shipbuilders the greatest opportunity for success.

You know that frustrating process you may be going through boat after boat, every week, or even every day? Frustration at work is often the perception of a problem. We must challenge the need for such frustrations by working together to solve the problems we encounter. This won't always come easy. However, by not accepting the continuity of that frustration we will reap the rewards of our efforts for thousands of hours to come.

### Interesting EB Trivia:

What was the name of the first Submarine built entirely in Groton for the US Navy?



Answer: Cuttlefish

**Have a process improvement idea, or simply just want a board to bounce ideas off? Discuss your idea with your supervisor. If additional resources are required for implementation, your supervisor can contact Process Engineering.**



## **Electric Boat Quonset Point Has Its First RI Fire Academy Graduates**

In the first time in the history of Electric Boat Quonset Point, The Electric Boat Quonset Point Fire Rescue Department had its first 2 recruits, Scott Cole and Tim Fisk, graduate from the Rhode Island Career Academy. This was a grueling 12 week course that pushed the recruits right to the edge. Starting of every Monday, Wednesday, and Friday, the recruits would perform a 4-mile jog that would be followed by push-ups, sit-ups, pull-ups and kettle bell work outs. From there, they would be out in the training yard learning how to be a fire fighter. On Tuesday and Thursday, they were in the class rooms learning everything they could about fire and the fire service. These two men were training next to members of local city and town fire departments, performing the same tasks, such as search and rescue, ventilation, fire attack, ladder operations and more. When Scott and Tim walked into the Academy they only knew each other and were in class with members of the Warwick and Middletown Fire Departments. When they graduated, they were all brothers. They learned that firefighting is a team operation and that no firefighter, man, woman, or child gets left behind. They completed all of their exercises together, and when one was struggling, they would all jump in to help. As they progressed through the course, they started acting more as a family with the other two departments. Every day they had to work out, cook lunch, clean up, and fill all their air bottles to make sure they were ready for the next day. They refined their skills as fire fighters and continued to work and learn more from instructors of the fire academy that are from all over the state. These instructors were able to adapt their teaching in a way that it would be able to be brought back and applied at Electric Boat.

Among learning the basics of firefighting, some real world things happened to both recruits while they were at the academy. Rhode Island experienced it largest wildland fire ever and for the first time the recruits were pulled out of class and assisted with extinguishing the fire. Scott Cole broke the push up record and Tim Fisk was top of his class. Both of these men have set the bar for the future of the Electric Boat Fire Rescue Department and we couldn't be prouder of them.

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by Greenwich Safety

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Hours of Operation  
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**QP Weekly Safety Briefing**  
07/09/23 – 07/15/23

**200%**  
ACCOUNTABILITY

**Electrical Safety Stand Down**  
Inspection to take place  
July 13, 2023



Week 29

**GENERAL DYNAMICS**  
Electric Boat

Policy Statement # 13: Electric Boat Corporation has established Occupational Health and Safety as the Company's Number One Priority.

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**\*\* Fairwater Store Pop-Up Shop \*\***

Wednesday July 19<sup>th</sup> 2023  
Building 60 Café from 9am-1pm

- The FWS store is coming to QP B60
- Every Wednesday – lunch time
- Use your badge – get your sub gear

