

Judi Braswell

Judi Braswell is the **Director of Employee Assistance Programs (EAP)** at Behavioral Health Systems (BHS). She has been with BHS since 2004 and has been in the field of behavioral health for more than 20 years.

She was hired by BHS to implement and coordinate new and current education and training services under the Employee Assistance division, which provides EAP services as well as critical incident stress debriefing (CISD), and education and training. Ms. Braswell also coordinates BHS' wellness program, WELLNESS FIRST, which provides services including health risk assessments, medical testing, and intensive training for issues such as smoking cessation and healthy eating.

Her recent successes include servicing 175,000 lives through BHS' EAP, which provides benefits to employees and their families. She has also been instrumental in coordinating EAP benefits with BHS' managed behavioral health program.

Ms. Braswell has] been featured in more than 20 articles from *The Birmingham News* to *Crain's Cleveland Business Journal*. She has also written several articles on the impact of stress, depression, anxiety and drug abuse on the workplace. Additionally, Ms. Braswell has been the featured speaker at various business organizations, most recently at the Business Council of Alabama on the bottom line impact of EAP on productivity and absenteeism.

Her recent honors include the 2005 Hal Davidson Employee Assistance Professional of the Year award from the Alabama Chapter of the Employee Assistance Professionals Association.

Ms. Braswell is active in several professional organizations including the Alabama Society for Human Resource Management, the Ohio Society for Human Resource Management, and the Alabama Chapter of Employee Assistance Professionals.

She has a Bachelor of Science in Psychology and a Master of Education in Counseling from the University of Montevallo. Ms. Braswell is also certified as a Licensed Professional Counselor (LPC) and a Certified Employee Assistance Professional (CEAP).