



TELEWORK AT NIAAAA

How it is working in the Office of Science Policy and Communications

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The World is a stressful place...

TERRORISM
NATURAL DISASTERS
FINANCIAL CRISIS
UNEMPLOYMENT

Many people feel there is just too much to do:

- Keeping up with everything
- Constant barrage of emails
- Balancing work and family

Casualties include:

- Quality of life
- Family time is replaced by family stress
- Taking care of oneself – eating right; exercise; preventive medical care;

Telework – one way to ease the pressure

- Saves employees time on the road and time is precious
- Allows them to more easily meet family obligations
- Gives employees a feeling of greater control over their lives
- Creates a feeling of well-being both at work and outside of work

Our experience in OSPC, NIAAA

- All staff are either on AWS or telework agreements, most on telework.
- Some staff wanted to participate right away.
- Some were later adopters.
- All now love it and the flexibility it affords them.

Results of Telework in OSPC, NIAAA

- A loyal, committed workforce
- A workforce that feels appreciated, understood, trusted and valued
- A collegial, supportive work environment
- Employees who can be counted on to go the extra mile to meet deadlines
- Employee morale is excellent.

A few staff comments:

- “Sometimes I do my best thinking while taking a walk or even a shower. That’s why telework is such a great benefit – it gives me the flexibility to think in different locations.”
- “When I write for the public, it’s often easier to set my “ear” for that audience from home rather than the work environment, where we’re loaded with jargon.”
- “It makes the quality of my life overall so much better – and helps me manage being a full-time working mother.”
- “Telework has allowed me to be more fully engaged and involved in the life of my family. I am a better father (and husband) because of telework.”

A few staff comments:

- “I really appreciate being able to get to my kids’ games on time instead of at the final whistle.”
- “With a long commute, saving even one day a week of driving makes a difference in costs for gas, maintenance, etc. (and tolls, once the ICC opens). One day off driving also equals two extra hours a week for me to take care of things at home.”
- “The 45 minutes I normally spend on the road can be spent instead doing a morning workout.”
- “Because I have a long commute, every day I telework saves me nearly two hours of driving. Teleworking helps the environment and my productivity, and it makes a huge difference to my quality of life.”