EAPA International Employee Assistance Professionals Association

International Conference
September 25 – 27, 2019
St. Louis, MO

10:00 – 11:00 a.m.

ARE YOU AHEAD OF THE HACKERS?
THIS SESSION WILL HELP YOU DECIDE

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EAPA International Employee Assistance Professionals Association

Are you ahead of the Hackers?
This session will help you decide

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Brian Moran   BRIMOR LABS

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Learning Objectives:

- **Definition - cybersecurity**

- **Likelihood of being hacked**

- **Steps to take to stop hackers**

- **Examples of 'hacking'**

- **Steps to cybersecurity remediation**

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DEFINITIONS OF CYBERSECURITY:

Merriam Webster

- **Cybersecurity definition** - measures taken to protect a computer or computer system (as on the Internet) against unauthorized access or attack.

https://www.merriam-webster.com/ dictionary/ cybersecurity

Tech Target

- **Cybersecurity** is the protection of internet-connected systems, i.e. hardware, software & data, from cyberattacks. Security involves protection of **cyber** & **physical** unauthorized access of data centers & other systems.

https://searchsecurity.techtarget.com/definition/ cybersecurity

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Sample Phishing Email. Looks professional, **but** look at the address when you put your cursor over the typed link…… completely different – you would be hacked.

Cybersecurity Facts – August 2019

1. 91% of cyberattacks begin with a spear phishing email, which is commonly used to infect organizations with ransomware. (KnowBe4)
2. It takes most companies over 6 months to detect a data breach. (ZD Net)
3. There were > 3 million crypto jacking hits between Jan. and May 2018. (Quick Heal)
4. The total cost of a successful cyber-attack is over $5 million. (Ponemon)

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Cybersecurity Facts – August 2019

5. More than 4,000 ransomware attacks occur every day. (FBI) 1.5 million p/yr

6. 43% of cyber-attacks aimed at small businesses. (Small Business Trends)

7. 76% of businesses reported being a victim of a phishing attack in the last year. (Wombat Security)

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Ginni Rometty, IBM's chairman, president and CEO: "Cybercrime is the greatest threat to every company in the world." We are behind in security.

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Maria Lund, LPC, CEAP, LEAP
President / COO

FIRST SUN
EAP

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What First Sun EAP has in place
- People

• In House Expertise:
• FTE for policies and procedures
• Executive and VP involvement

• Vendor Expertise:
• EAP database vendor
• Tech vendor
• Specialist attorney

• Other Expertise:
• EAPA and EAP colleagues
• Auditors

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What First Sun EAP has in place – Paper and Practice

Policies and Procedures:
- HIPAA and HITECH
- Fed/State confidentiality / security
- Home office and BYOD specific
- Annual forms review

Staff Training:
- Semi-annual refreshers
- Training with all changes
- Education if new threats arise

- **Communication & Authority:**
  - All issues overseen by Diana
  - Support/training of affiliates

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What First Sun EAP has in place – Hardware and Software

1. PIN secured VPN
2. Password/PIN secured VOIP
3. Password/firewall for modem/wifi
4. External ports closed on copier
5. 2 step login for workstations
6. Virus/malware with firewall
7. Password/encryption for email
8. Spam blocking service for email
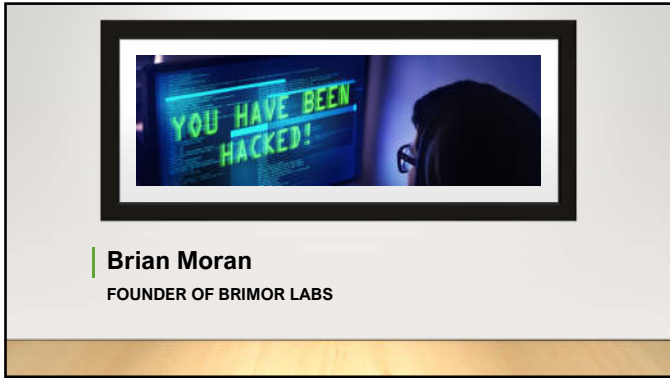9. Secure/encrypted online fax

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Please contact us at 800-968-8143
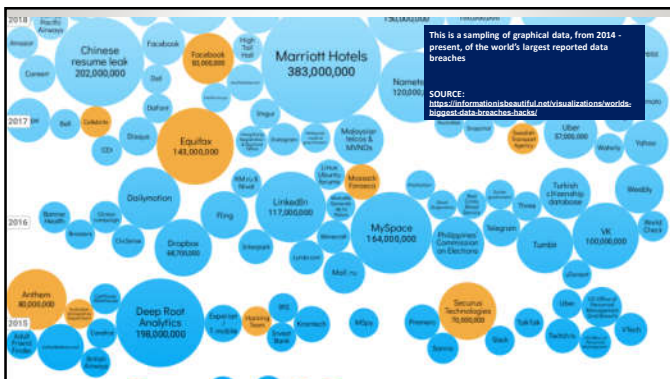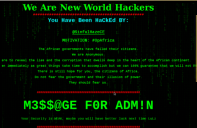for further information or questions.

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We've got some problems

Rough estimate of a breach cost is ~$158 per record lost ---
- Healthcare record lost is over double at ~$355 per record

A very small business, holding 5,000 records, estimated breach cost is roughly $1.75 million
- Is your business in a position to handle an unexpected $2 million cost?

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We've got some problems

- **Data breach/loss of data can happen in many ways**
  - **Ransomware**
  - **Servers/inadvertently exposed to internet**
  - **Database hacking/exploits**
  - **Phishing (usually employee credentials)**
  - **Spear phishing (usually - "executive" credentials**

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We've got some problems

Data breach/loss of data can happen in many ways

Ooops, your files have been encrypted!

not so enough time.
You can decrypt some of your files for free. Try now by clicking <Decrypt>.
But if you want to decrypt all your files, you need to pay.
You only have 3 days to submit the payment. After that the price will be doubled.
Also, if you don't pay in 7 days, you won't be able to recover your files forever.
We will have free events for users who are so poor that they couldn't pay in 6 months.

Ransomware attack

Your files will be lost on 1/8/1970 00:00:00

Time Left 00:00:00:00

Contact
If you need our assistance, send a message by clicking <Contact Us>.

We strongly recommend you to not remove this software, and disable your anti-virus for a while, until you pay and the payment gets processed. If your anti-virus gets updated and removes this software automatically, it will not be able to recover your files even if you pay!

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Slide 19

We've got some problems

• **Data breach/loss of data can happen in many ways**

- **Ransomware**
- **Servers/systems inadvertently exposed to internet**
- **Database hacking/exploits**
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Slide 20

We've got some problems

• Data breach will cost more than just $$$

- Loss of trust
- Loss of trust of confidentiality
- Loss of reputation
- Loss of utilization

Losing any one of these items will negatively impact revenue. Losing them all, combined with the cost of a breach, can jeopardize your EAPs financial viability.
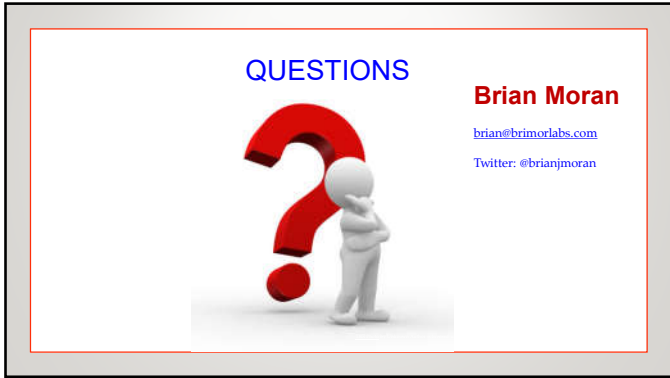
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Slide 21

The Good News …………

• Proactive response is paramount
- Don't have to be 100% perfect. Just have to be better than some/most

- Can leverage third party resources to determine cost vs risk valuation.
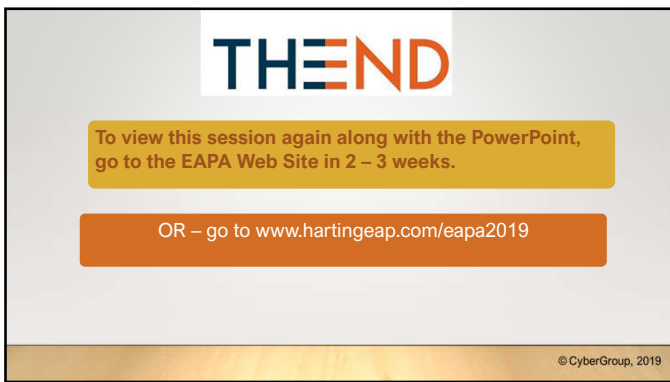
  Just like any business decision

• There is truth to:
 "An ounce of prevention is worth a pound of cure"

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