



Our mission is to strengthen resiliency in people and their communities through prevention, education, and services that improve the quality of life. As your Employee Assistance Program we are committed to serving you and your team, especially during life's greatest challenges.

Counseling & Resources

- 24/7 toll free number for all employees and immediate family members
- Convenient access to over 50,000 providers
- Referrals, including to financial counseling, legal, childcare, and eldercare
- Phone support is always available to assist employees or their family members who are struggling with a difficult situation that are unable to attend an in-person counseling session

Crisis & Trauma Support – Enhanced Services

- Complete trauma assessment to help identify burnout and trauma in the workforce
- Develop action plan to address the results of the trauma assessment and survey
- Critical Incident Stress Debriefing (including mid-shift debriefings)
- Grief support

Human Resources & Management Consultation

- Unlimited phone consultation
- Risk management guidance
- Formal employer referrals for employee performance concerns
- Professional development for leaders
- Mediation and conflict resolution
- Ethics Hotline

Website Resources

- Skill Builders with printable certificates
- Inter-active health assessments
- Monthly wellness seminars
- Access to archives of past seminars
- Ready-to-use legal forms and documents
- Financial calculators
- Child-care, Elder-care and pet care finders and much more!

On-Site Professional Development

- Over 30 professional development trainings available, with new trainings added regularly
- Drug free workplace trainings
- Six hours of onsite professional development each year

On-going Promotion of our Employee Assistance Program

- Unlimited on-site employee and supervisor informational orientations, including regular participation in new employee orientations
- Annual promotional mailing to staff's homes to promote the program
- Unlimited promotional materials, including brochures posters, and other items
- Monthly flyer promoting upcoming wellness seminar
- Monthly newsletter
- Quarterly employee wellness newsletter & supervisor newsletter
- Website instructional demonstrations