

What kind of counseling is covered by the EAP?

Short-Term Counseling . The implied objective of short-term counseling is the resolution of a problem within a brief period of time. As a result, short-term counseling is not appropriate for each client referred to EAP. In choosing between short or long-term counseling, the therapist will weigh the nature of the problem, as well as the client's desire and ability to work on resolving the problem. A decision is reached during the initial assessment as the counselor evaluates the client's treatment needs.

Once completed, the assessment, with recommendations for treatment, are discussed with the client. If the problem is long-term, every effort will be made to give the client the names of qualified providers in the community (who are approved by insurance) and referred for treatment. If the problem is short-term, a treatment plan will be established to reach mutually agreed upon goals. The actual number of sessions is driven by the treatment plan and is not predetermined. Therefore, both the services received and the number of sessions delivered are based on the clinical needs of the client. There will be no charge to the client for short-term counseling visits provided by **THE ALLEN GROUP (TAG)** EAP counselors.

THE EMPLOYEE ASSISTANCE PROGRAM

- Confidential
- Professional
- Available



**CALL
THE ALLEN GROUP
(TAG)**

407-788-8822

800-860-2058

TDD 1-888-833-2017

www.theallengroup.org

(PLEASE DETACH THE CARDS AT THE BOTTOM AND PLACE IN YOUR WALLET OR ROLODEX)

Your Employee Assistance Program is operated by **THE ALLEN GROUP (TAG)**, a completely separate and confidential counseling service.

EAP

**407-788-8822
800-860-2058**

Employee Assistance Program

- Marital
- Financial
- Alcohol
- Drugs
- Family
- Vocational
- Work Related Stress
- Legal Referral
- Weight/Weight Loss
- Physical/Medical
- Dependent Care
- Emotional/Psychological

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We can help!

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What is EAP?

The Employee Assistance Program (EAP) helps employees resolve personal and work problems through professional assistance.

What kinds of problems?

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- Vocational
- Work Related Stress
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and any other problems that may surface.

But doesn't everyone have problems like those at some time?

Of course; and most people, by themselves or with the help of friends or family, can solve them without professional assistance. But sometimes problems can be of such a magnitude that this help simply isn't adequate. That's when EAP can help.

How does one get involved?

EAP encourages voluntary participation. If a person thinks they have a problem, they call the EAP number and set up an appointment. Your employer also recognizes that not everyone will admit they have a problem and seek help for it. Therefore, it's possible that a supervisor may recommend that an individual employee talk to the EAP personnel.

Who can use EAP?

Generally, any regular employee is eligible regardless of job classification.

Can family members participate?

Yes. Your employer recognizes that an employee's personal problems can affect the family and that the family's personal problems can affect job performance. Therefore, an employee's family members are encouraged to use EAP as needed.

Who will know if an individual uses EAP?

EAP is strictly confidential. Only the individual receiving services can authorize the release of information.

Who will a person talk to?

A professional EAP counselor will work directly and confidentially with the employee or family member to help resolve the problem. In some cases, the EAP counselor's role will be to assist in determining what additional community resources can provide future assistance.

What about the cost of EAP?

The cost of EAP is covered by your employer. Costs associated with referral may be covered by medical benefits.

Will using EAP be documented in a personnel record and then threaten an employee's future with their employer or even the individual's present job?

No. Your employer encourages participation in the program to help employees become better able to do their job. There is no moral or promotional stigma attached to using EAP. In fact, the whole purpose of the program is to enhance job stability and career development.



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