



The EAP benefit is paid totally by the district. If you are covered by the district's medical plan, you will automatically receive the EAP benefit, half-time employees included.

Healthy living goes beyond eating a balanced diet and physical exercise. Emotional well-being, strong personal / working relationships, positive attitudes on life, family, and work is critical for a healthy lifestyle. There are times, we may not be able to cope with the stresses of everyday life, or we may feel unable to resolve all the decisions associated with personal, family issues, or career challenges. In such cases, it's a relief to have someone to turn to.

Rocky Mountain EAP (RMEAP) is that someone. RMEAP professional services are designed to help you and your dependant family members cope with a variety of personal, family or career challenges. These services are provided in collaboration with your employer or health insurer.

- ♦ **Confidential**, professional counseling for you and your dependant family members
- ♦ No out-of-pocket expenses
- ♦ Toll-free, 24-hour hotline
- ♦ Prompt, timely and convenient counseling, with a provider of your choice, in a location of your choosing, within the provider network
- ♦ Referral to community services or programs, when and if necessary

Remember: The decision to use RMEAP is voluntary and most importantly, **confidential**. To schedule an appointment, simply call 1-208-227-0152, or 1-866-260-9490.

Professional Services

RMEAP therapists are caring and experienced individuals. Each one is certified and licensed by state agencies. The scope of work that RMEAP provides covers a wide range of issues including:

- | | |
|-------------------------------------|-----------------------|
| ♦ Abuse (Mental/Physical/Emotional) | ♦ Managing Stress |
| ♦ Marriage | ♦ Alcohol/Drug Abuse |
| ♦ Depression | ♦ Relationships |
| ♦ Family Related Issues | ♦ Work Related Issues |
| ♦ Grief | ♦ Anxiety |

The RMEAP Cornerstone is Confidentiality

All discussions (during your therapy sessions) between you and your EAP therapist are **confidential**. RMEAP therapists follow federal laws and regulations regarding **confidentiality**.

Confidential assistance with work/life issues is only a call away

Please call 1-208-227-0152, Monday through Friday, during regular business hours, for an appointment. The 24hr Hotline is available for crisis situations: 1-866-260-9490.

THE DISTRICT'S BENEFIT IS UP TO 5 SESSIONS

Your EAP Provides...

- Professional therapists who hold a masters or above in psychology, counseling, social work or other directly related fields of study, and who are trained to assist in personal or work related issues.
- Confidential counseling for you and your immediate family.
- No out-of-pocket expense to you.
- Therapists located within most communities, offering prompt, convenient, accessible and confidential counseling services.
- Referrals to professionals outside of the scope of the EAP that are typically covered by your health insurance.
- Referrals to programs or community services.
- Toll-free 24-hour hotline.

If you have questions, require further information, or to arrange an appointment with an EAP Therapist located in your community, call:

Rocky Mountain EAP

1-866-260-9490
or
208-227-0152.

Thank You

Rocky Mountain EAP
Your Employee Assistance Program

Rocky Mountain EAP
Your Employee Assistance Program

... **Helping
People
Help
Themselves...**



Why Use an EAP?

Your Employee Assistance Program (EAP) is a service provided by your employer with no out-of-pocket expense, as a benefit to you. It is designed to offer you and your immediate family members short-term, counseling services, in a safe, confidential, environment, with professional therapists who hold a masters or above in psychology, counseling, social work or other directly related fields of study, and who are trained to assist with personal or work related issues.

Personal problems affecting your home or work may be resolved working through your EAP

Most people experience personal or family related challenges in the course of their everyday lives. A variety of problems that create difficulties and hardships at home and at work can be resolved through your EAP. Seeking assistance early will help to reduce the potential of the problem escalating and requiring possibly more extensive and also more expensive services.

Your employer has recognized that most difficulties can be resolved successfully if identified in the early stages, and appropriate assistance is offered and received.

Remember it is Free!

Problems?

What types of issues can be resolved through the EAP?

- Emotional Problems
- Work Related Issues
- Alcohol
- Substance Abuse
- Family
- Anxiety
- Personal Issues
- Eating Disorders
- Crisis
- Stress
- Others

Is an issue beginning to interfere with your personal life?

Your EAP is there to help you determine if counseling is the right alternative for you.

Many issues are resolved with short-term counseling sessions. There are times, however, when the EAP therapist may decide in consultation with you, that a referral to a professional outside of the scope of the EAP, would be in your best interest. If a referral is made, the therapist would ensure that confidentiality is maintained and that you receive the assistance you require. Your therapist will make every effort to direct you to a professional covered under your insurance plan.

Confidentiality

The discussions that take place between you and your EAP therapist are strictly confidential. Personal information, or discussions of problems, is not divulged to anyone, including your employer, without your written consent and approval. The only exceptions made are governed by the law to protect innocent individuals threatened by violence, bodily harm or required by a court order, subpoena or other legal processes.

Can my family use the EAP?

Utilization of the EAP is purely voluntary, and is available to you, and your immediate family dependents to access the EAP. All that is required is that you call one of the numbers listed on the brochure to schedule an appointment; individuals within your family may also call for themselves, or other family members. Remember it is confidential. Neither your family, employer or your co-workers will have knowledge of your request for assistance.

Supervisors concerned with work performance are encouraged to refer employees to the EAP services, but remember it is confidential, and feedback regarding an individual is only granted with written authorization from the employee concerned.

