

COVINA-VALLEY UNIFIED SCHOOL DISTRICT

# Mental Health

R E S O U R C E S



# INTRODUCTION

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## YOUR MENTAL HEALTH RESOURCES

Mental health is a positive concept. It encompasses our emotions, our psyche, and our social interactions. Having good mental health is more than the absence of illness. Rather, it's a state of holistic well-being.

If you or a loved one is struggling with a behavioral or mental health condition, you are not alone. These conditions are very common. One in five adults experienced a mental health concern in the past year.

When we are mentally healthy, we can realize our abilities, cope with stress, work productively and contribute to society. As a Covina-Valley Unified School District employee you have multiple resources available to maintain your mental health.

Covina-Valley Unified School District is committed to maintaining the privacy and confidentiality of all employees. Participation in any of the resources available and information provided by the employee will be confidential and will not be disclosed to the District.

The resources outlined in this guide are not emergency response services. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

# HEALTH ADVOCATE

Services available to employees  
enrolled in a District medical plan

Health Advocate is a resource paid for and provided by Covina-Valley Unified School District to employees enrolled in a medical plan. Health Advocate can help get you through day-to-day challenges, as well as sudden critical events. Health Advocate is your gateway leading to many of your benefit resources and options. Mental health concerns are rarely isolated, and Health Advocate can help take a 360-degree view and provide the necessary support. You and your family are eligible to receive five counseling sessions per issue, per year and have unlimited telephonic support.

**Health Advocate is available to you and your family, including your spouse, domestic partner, children, dependents, parents and parent-in-laws.**

## MyHelp

MyHelp is offered through Health Advocate, allowing you to connect with a counselor anywhere, anytime, via text, phone, chat and video.

Care Managers will work with you directly to help with personal, family and life challenges 24/7. Focus areas include stress, anxiety, depression, family issues, financial, substance use and more.



## DIGITAL COGNITIVE BEHAVIORAL THERAPY (dCBT)

Digital Cognitive Behavioral Therapy is a dynamic, technology-driven approach to CBT that allows members to develop skills and competencies that have a positive impact on their health, wellbeing and productivity. dCBT is available through Health Advocate.



Unlimited access to learning modules including stress management, social anxiety, worry, trauma and depression.



Uses the Depression and Anxiety Stress Scale (DASS) to guide members to appropriate programming.



Provides games that improve mental acuity and focus, and a variety of self directed modules to help your emotional fitness and wellbeing.

1-866-799-2728

[www.healthadvocate.com/CSEBA](http://www.healthadvocate.com/CSEBA)

## HELP WHEN YOU NEED IT

EASE provides mental health counseling and referrals for work related issues and personal concerns such as health, relationships, family/parenting, stress, grief and loss, emotional issues, use of substances and balancing work and family life.

This benefit is provided by the Los Angeles County Office of Education at no cost to you. We believe these benefits will help employees to mitigate current challenges, add additional protective layers to support and foster resilience and provide additional support through times of crisis.

**Five sessions of mental health counseling  
is available every six months for you and  
your immediate family members.**

## EASE FEATURES:



Professional counselors who can help with life's challenges.



Mobile crisis response support, crisis counseling and debriefing.



Long-term assistance available by connecting you to specialists, self-care groups and other community services.



All services are available to you and your immediate family members.



Psycho-educational workshops on stress management, anger management, communication, grief and loss.



Referrals for work related issues and personal concerns such as health, family/parenting, financial and stress.

## CALMING THE CHAOS OF MENTAL HEALTH COORDINATION

Care Solace is a mental health care coordination service to help you and your family connect to quality care. This is a great resource for you and your family paid for and provided by Covina-Valley Unified School District.

### A personalized approach to care helps create healthier environments.

If you are looking for help with mental health or substance use, Care Solace will quickly and confidentially find available providers matched to your needs.



Connect to providers matched to your needs and find in-person or teletherapy options.



A multilingual team is available 24/7/365 to help you understand options, call providers on your behalf and schedule an appointment.



Use Care Match, a self-serve website, to find a provider on your own.

Be matched to your specific needs, including faith-based support, LGBTQI+, sexual violence and trauma.

Receive help, regardless of insurance plan: private, Medicare, sliding scale and even no coverage.

Support for the entire school community: students, staff and family members.

## ACCESS CARE

As a Kaiser Permanente member, you have access to a broad range of mental health and addiction care options. But even if you feel ready to seek out mental health support, it can be difficult to know where to start. So Kaiser makes it easy. You can talk about your concerns with anyone on your care team at any time, and they'll connect you to the support you need. You don't need a referral to access mental health services

**Visit [kp.org/getcare](https://kp.org/getcare) to explore your care options.**

## CALM

Kaiser Permanente members are offered Calm at no cost. Calm is the #1 app for meditation and sleep designed to help lower stress, reduce anxiety and much more. The app supports people looking for ways to manage stress and build resilience, particularly in uncertain times.



Members will have unlimited access to Calm content, including an ever-growing library of guided meditations, sleep stories for deeper and better sleep and video lessons on mindful movement and gentle stretching. Audio content is available in six languages.

## mySTRENGTH

Kaiser Permanente members are offered myStrength at no cost. myStrength is a personalized program that helps individuals improve awareness and change behaviors. Members can explore interactive activities, in the moment coping tools, community support and more at no cost.



Mindfulness and  
Mediation Activities



Tools for Setting Goals  
and Preferences



Awareness of Current  
Emotional State



Tools to Help View  
Progress

1-800-945-4355 [www.kp.org/selfcare](https://www.kp.org/selfcare)  
1-800-464-4000 [www.kp.org/getcare](https://www.kp.org/getcare)



## ACCESS CARE

Blue Shield plans include a wide range of mental health benefits. Whether you need to sleep better, manage anxiety, or get help with addiction, Blue Shield provides counseling, treatment, and programs to help manage your mental health.

**Call 1-855-724-7698 to find a provider near you.**

## TELADOC

As a Blue Shield member, you have access to Teladoc's national network of licensed therapists, psychiatrists and mental health professionals who can help you manage addiction, depression, stress or anxiety, domestic abuse and much more.



Whenever you need care, Teladoc providers are available 24/7/365 by phone or video. Teladoc is available at no cost to Trio HMO members. HMO Access+ and PPO members have a \$5 copay per session.

## mySTRENGTH

Blue Shield members are offered myStrength at no cost. myStrength is a personalized program that helps individuals improve awareness and change behaviors. Members can explore interactive activities, in the moment coping tools, community support and more at no cost.



Mindfulness and  
Mediation Activities



Tools for Setting Goals  
and Preferences



Awareness of Current  
Emotional State



Tools to Help View  
Progress

1-855-724-7698  
1-800-TELADOC

[www.blueshieldca.com/bewell](http://www.blueshieldca.com/bewell)  
[www.blueshieldca.com/teladoc](http://www.blueshieldca.com/teladoc)



# WELLNESS RESOURCES

COVINA-VALLEY UNIFIED SCHOOL DISTRICT

## Health Advocate - Webinars

### Field Expert Led Webinars

#### Tackling Every Day Life

Health Advocate offers monthly pre-recorded webinars led by field experts covering topics on mindfulness, goal setting, budgeting, stress, resilience and other key topics. You may access these webinars by following the instructions below.

How to start:

- Click on the link below
- Click on "No Completion Certificate" to access the webinar

[www.healthadvocate.com/cseba](http://www.healthadvocate.com/cseba)

## Connect with EASE - Articles

### Well-Being Articles

#### New Health Topics Covered Each Month

Ease provides monthly wellness articles covering a variety of topics to help improve your overall well-being. EASE articles include topics such as coping with stress, suicide prevention, importance of gratitude, overcoming trauma and many others topics. To access these articles click on the link below.

[www.lacoe.edu/ease/Wellness-Topics](http://www.lacoe.edu/ease/Wellness-Topics)

## Monthly Wellness Sessions

To access a free monthly wellness session, click on the links below.

### McGriff Wellness - Stretch & Go 3rd Thursday of the Month 10am PST

Take a short break in your day to reduce muscle tension, improve focus and boost your energy with a free instructor-led live session.

[McGriff Wellness - Stretch & Go](#)

To access prior recorded sessions use password: Stretch1!

### McGriff Wellness - Meditation 1st Wednesday of the Month 10am PST

Take a few moments in your day to enjoy much-needed relaxation by joining an instructor-led meditation session.

[McGriff Wellness - Meditation](#)

To access prior recorded sessions use password: Meditation1!