



Employee Resources Guide

At **Brooklyn Center Community Schools**, we care deeply about your health, wellness, safety and overall well-being. We are committed to engaging in meaningful conversations about the changing needs of our employee community and taking action to ensure we provide accessible and genuine care for everyday life. Below is an overview of our current district partnerships that are available to you and your family at **no cost**.

NAME (Click for link to staff intranet)					
WHAT IS THIS? (Click for link to service portal)	Employee Assistance Program *Company code: bccschools  *Employee and family	Therapy-As-Needed Program  *Employee-only	Free* health services provider <i>\$5 HSA FEE THROUGH 12/31/25</i>  *Employee and family	Employee wellbeing and health services and resources provided by our Wellbeing Specialist, Michelle Auld  *Employee-only	Workplace Injury/ Workers' Compensation partner  *Employee-only
CONTACT + HOURS	888-243-5744 24/7	bccs@goodhumanwork.com - Tuesday/ Thursday 9 am - 3 pm	763-373-3856 - Monday- Friday: 8 am -7 pm Saturday- Sunday: 10 am- 2 pm	mauld@bccs286.org 763-443-2586 - Monday- Thursday	1-855-675-3501 24/7
HOW TO CONNECT	1. Create an account using the company code: bccschools	1. Access the BCCS + Good Human Work employee page 2. Select "I'M A NEW CLIENT" 3. Complete and submit the form 4. You will receive a secure email to initiate your account with consent for care forms 5. Schedule your appointment	1. Access Kavira's app or call the Kavira team directly	1. Email Shel 2. Access Shel's schedule directly a. Reach out to Shel if the scheduling calendar availability does not align with yours; often adjustments are available, and a time convenient for you can be accommodated.	1. Find/ Connect with your supervisor to report the injury 2. Call SFM's First Report of Injury Hotline 3. Provide basic information to start your claim 4. Provide a detailed account of the incident and injuries sustained a. Indicate if transportation is needed.
WAYS TO CONNECT	24/7 support - In-the-moment counseling support - Video counseling - Telephonic sessions - In-person sessions - Live text and chat options - Mobile app	- Video - In-person (BCE/BCS)	- Online/ Mobile app - Chat - Video - In-person (Home or Worksite) - BCE/ BCS employee health services clinic	- Email - Phone - In-person/ on-site district Additional Resources: - Mental Health Crisis Support - Call 988 - Hennepin County Mental Health Crisis 612-596-1223	Telephone

				• NAMI MN Mental Health	
SERVICES	• Mental health sessions ○ Up to 6 face-to-face counseling visits with master's and doctorate-level professionals for you and your family members • Life coaching • Financial consultation ○ Free consultation with a financial counselor and discounts on financial services • Online financial wellness center • Legal referrals ○ Legal - Free 30-minute attorney consultation and 25% discount off hourly rates • Legal forms and worksheets • Work-life resources and referrals • Assessments and soft skills courses • Personal assistant • Medical advocacy • Thousands of articles, podcasts and well-being resources • Substantial webinar library for personal and professional development • Self-led iCBT therapy model • Discount marketplace • Nationwide provider resource locators	• Coping skills • Communication skills • Relaxation and mindfulness skills • Plans for self-care/healthy lifestyle (eating, exercise, sleep, activities, and social engagement) • Referral assistance for more intensive services or testing (e.g. substance abuse treatment, neuropsychological testing, etc.) • Referral assistance for more specialized and/or more intensive therapy assistance in finding support groups (e.g. grief support, DBT, AA, Al-Anon, etc.) Designed to connect and help support topics such as: • Stress management • Anxiety • Sadness/grief • Trauma • Relationship stressors • Family stressors • Work difficulties • Substance use • Food issues • Body image • Life transitions	• Medications— 300 free medications: our providers can diagnose, treat and prescribe • Labs— 30 free labs available; access to thousands of other heavily discounted labs • Testing— Imaging (non-emergency), X-Rays, EKGs • Preventive Care— Wellness exams, contraception, sports physicals, tobacco/ nicotine cessation, wellness goals Acute Conditions: • Asthma • Athlete’s foot • Bronchitis • Bug bites • Cold sores • Cough, cold & flu • Diarrhea • Ear concerns (pain, drainage, wax) • Gout flare-up • Hand, foot, and mouth • Insomnia • Muscle or joint pain • Pink eye • Rashes, skin conditions, burns • Many More Chronic Conditions: • Acne • Anemia (mild) evaluation • Anxiety / Mild-moderate depression • Asthma • Constipation • Diabetes type 2 • Eczema • Epi-pen refills • Gout • Hair Loss • Heartburn (GERD) • High cholesterol • Hypertension • Hypothyroidism • Obesity • Osteoarthritis • Seasonal allergies	• 1:1 or Semi-private Appointments: A suite of employee wellbeing services are available, onsite, scheduled at the employee's convenience. • Appointment sessions at the location of your choice, within each of the three district buildings, or virtual. • Services currently available include (all of the listed services are available virtually as well as in person): ○ Reiki energy regulation ○ Yoga (movement, philosophy, etc.) ○ Nutrition counseling ○ Holistic health coaching ○ EFT/TFT Tapping ○ Guided breathing techniques ○ Guided mindfulness and meditation practices, including Yoga Nidra ○ HeartMath trauma resilience practices • Classroom or student group wellbeing activities and lessons ○ Email to schedule ○ Topics include but are not limited to: ■ Mindful movement ■ Nutrition education ■ Justice-centered wellbeing	• 5-minute: Get Up and Move warm-ups and stretches • Participation in the BCCS Safety Committee If you have experienced an incident that resulted in a workplace injury, you must report your incident/ injury to our Workers’ Compensation partner, SFM. 1-855-675-3501 SFM provides essential benefits to employees who become injured or ill on the job. SFM ensures an immediate and detailed triage of your first report of injury while supporting the overall care of your claim.

*Do you have questions about these services or need help creating your account? Please reach out to Elizabeth Coleman (ecoleman@bccs286.org) for assistance.