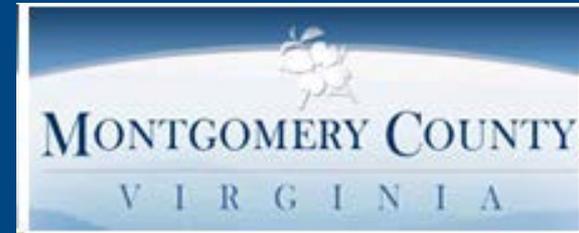


Montgomery County Employee Orientation



Katie Hundley, LPC, CEAP
1-800-992-1931
www.carilionclinic.org/EAP



What is Carilion Employee Assistance Program?

It is a **voluntary** program providing **confidential** professional assistance to management, employees, and their families, to identify and resolve a broad range of personal problems that may or may not impair or interfere with **work performance** and **daily living**.



Why does Montgomery County have an EAP?

Employee work and life-based problems

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Interference with work and personal lives/well-being

+

Difficulty asking for help

+

Help should be easy to access



Why EAP Works

- We will help you assess the problem and provide solution-focused counseling and consultation.
- Because the program is free to employees it is a cost savings to you and also benefits Montgomery County through healthier employees
- You contact us directly to set up an appointment.
- Confidential help without fear of retribution from workplace.
- EAP counselors can offer you the best community resources and continued support if an outside referral is the best solution.



How can EAP help?

- **Family and Relationship Problems**
 - Marital, Parenting, Eldercare or Significant Other
- **Emotional Problems:**
 - Depression, Anxiety, Stress, Grief & Loss
- **Alcohol & Substance Abuse**
 - Individual & Family Issues
- **Financial Difficulty**
- **Legal Problems**
- **Medical Problems**
- **Work problems and Stress**



The EAP Benefits

- For the Employee and Immediate Family Members
- Provides up to 4 (Four) Face-to-Face Sessions with a Counselor per problem area, per year
- 24-Hour Crisis Counseling
- Telephonic Consultation Available
- Work-site based Training



Carilion EAP Profile

- Been in operation over 30 years
- Serves Approximately 90 Client Companies
- Covers Over 40,000 Employees
- Provides Services in a Ten State Area
- 2 Full-time Offices: Roanoke at 213 McClanahan Street and Radford at CNRVMC
- Telephonic and other locations upon request
- Subcontractor network in the region

- Check us out at carilionclinic.org/eap



How to Use Your EAP

- Call 800-992-1931, option 2 to schedule
- Identify yourself as an employee or family member seeking EAP services
- A short demographic interview will be completed
- Based on your sense of urgency, an appointment will be set for you





EAP consultants are only interested in helping the employer.

Employee Assistance Programs only help address mental health and substance abuse issues.

When employees use their EAP benefit, the record becomes part of their personnel file.

Employers receive invoices with client information so the EAP can get paid.

Employee Assistance Programs are designed to provide psychotherapy to employees.

