

Employee EAP Overview

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NARFA
NATIONAL AUTOMOTIVE
ROADS FUEL ASSOCIATION

— 30TH ANNIVERSARY —
Est. 1988

MODERN ASSISTANCE
EMPLOYEE ASSISTANCE PROGRAM

Definition of an EAP

A work sponsored program for employees and their dependents that offers free and confidential assessments, short-term counseling, and referrals to outside agencies. Included as a free benefit in health care.

An EAP can help resolve many issues related to:

- Stress Management
- Anxiety
- Depression
- Work/life balance
- Relationship issues
- Alcohol and drug problems



Confidentiality



No confidential information shared with an EAP can be released without your written consent. Exceptions include information in accordance with state laws when there is a serious risk of harm to self or others, elder and/or child abuse.

Privacy

Treatment by EAP counselors is covered under Federal HIPAA regulations. Modern Assistance takes every precaution to ensure your confidential information is protected.





Benefits of EAPs

- Increased access to counseling
 - On-demand appointments
 - No co-pays
 - Unlimited counseling
 - Included as part of health benefit
- Ability to address smaller problems before becoming larger problems
 - Stress, work, relationship
- Improved mental health
- Ability to navigate substance abuse continuum
- 24/7 access

EAP Referral Reasons



PERSONAL

Personal Stress
Anxiety
Alcohol Abuse
Drug Addiction
Depression
Medical Conditions
Grief/Bereavement
Gambling
Weight Control
Anger
Chronic Pain/Illness

Eating Disorders
Life Transitions
Pregnancy/Post Partum
Personal Trauma
Sexual Concerns
Domestic Violence
Learning Disabilities
Smoking
Men's/Women's Issues
Nutrition



FAMILY & RELATIONSHIPS

Marital
Parenting
Caregiving
Childcare
Eldercare
Education Planning
Adoption
Family Pets
Special Needs Child
Blended Families

Teen Issues
Domestic Partners
Physical Abuse
Family Relocation
Sandwich Generation
Military Life/Separation
Disaster Preparedness
Communication
Keeping Children Safe



FINANCIAL & LEGAL

Debt
Credit Card Issues
Financial Loss
Bankruptcy
Budgeting
Retirement Planning
Wills & Trusts
Real Estate Law
Car Buying
Immigration
Divorce
Civil Suits

Criminal Law
DUI/DWI
Landlords & Tenants
Homeowner Concerns
Taxes
Insurance
Consumer Law
Contracts
Personal Injury
Child Custody
Social Security



WORK & CAREER

Employee Conflict
Work Related Stress
Coaching
Supervisor Conflict
Team Development
Career Planning
Management Skills
Supervising Others

Time Management
Skills Development
Project Management
Motivating Self & Others
Valuing Diversity
Managing Change

Modern Assistance Services

- 1-1 counseling (currently Telehealth)
 - On-demand; flexible scheduling
 - Licensed Master clinicians
- Case management
 - Referrals to treatment facilities and outpatient providers
 - Ongoing aftercare planning
- Crisis intervention for onsite situations
- Customized trainings
- Substance abuse (IOP and early recovery) and anger management groups
- Substance abuse evaluations
- Court assistance around diversion and mitigation



Engagement

- Confidential call or email to Modern Assistance
- “Walk in” for crisis situation
- Work referral by employer
- Clinician determines appropriate next steps for employee
 - Modern Assistance Counseling
 - Treatment program
 - Referral to outside counseling
- Release of information (ROI) can be signed when needed to update employer



How to Get Help

Please contact us at our toll-free number:
1-800-878-2004



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