Appendix B. Employee Assistance Program (EAP)
[full-time regular employees]

What is an Employee Assistance Program?
An Employee Assistance Program (EAP) is a College paid benefit for employees, dependents, spouse or domestic partner. EAP provides a full range of counseling and referral services for individual, family and marital concerns; stress and job-related issues; illness and grief counseling; child and domestic abuse; and chemical dependency assessment.

Why is an EAP needed?
Sometimes employees face personal conflict that they cannot handle. Concerns become overwhelming and affect personal happiness, family relations, performance at work, and even one’s health. When this occurs, professional help is needed to work out the problem. Without proper attention these concerns usually become worse, and the consequences are often unpleasant and costly.

What Kinds of Issues Can Be Resolved Through an EAP?
Anything that affects emotional, cognitive, behavioral, or interpersonal well-being is appropriate for accessing Jorgensen Brooks Group services. This includes issues such as:
- Depression
- Anxiety
- Interpersonal, Familial, or Marital Conflicts
- Grief: Death and Dying
- ADHD and Conduct Problems
- Substance Abuse
- Stress Management
- Caring for an Elderly Parent
- Parent Training
- Trauma: Abuse / Neglect
- Domestic Violence
- Financial, Health, or Legal Difficulties
- Relationship issues
- Health and Wellness issues such as smoking cessation and weight management

How does an EAP Work?
The College has contracted with Jorgensen Brooks Group. There is no charge to you for EAP services. Benefit eligible employees have up to six (6) confidential sessions per participant, per issue, per calendar year for short term counseling and unlimited access to the Jorgensen Brooks website. If additional assistance is necessary, the counselor will try to minimize the cost by referring you to professional/treatment sources covered by your health insurance or to community services. When a job performance problem occurs, as a way to assist you in solving the problem, your supervisor may refer you to EAP.
What Services Are Covered Under the Jorgensen Brooks EAP?
Jorgensen Brooks Group offers an extensive range of behavioral health services as part of the Employee Assistance Program (EAP). These may include:

- Telephone triage
- Individual, marital, family, and group counseling
- Elder and child care information and resources
- On-line support chats
- Online library on a variety of topics such as health awareness, parenting, self-assessment questionnaires, personal finances
- Crisis intervention services
- Referrals for financial, legal, or health plan needs
- Mediation
- Supervisory training information and materials

What About Confidentiality?
EAP visits are completely confidential. Sessions with a Jorgensen Brooks clinician remain private and information will not be disclosed unless consent has been given for release of information.

24-hour services can be obtained at:

520–575-8623
888-520-5400 toll free

http://www.jorgensenbrooks.com/

Questions regarding this program contact:

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