

Employee Assistance Program

What is an Employee Assistance Program (EAP)?

EAP is a benefit offered to employees and their family members at little or no cost. It is a voluntary program designed to offer a highly professional, confidential source of help for people who need assistance with personal problems or concerns.

The EAP is not typically designed to provide long-term treatment. Its purpose is to 1) provide early identification and prevention, 2) short-term counseling (typically three to eight visits) or, if needed, 3) a referral to appropriate professional counseling in order to enhance the treatment process.

Many problems can be successfully dealt with if identified and treated early. Moreover, an employee's preoccupation with the problems of a family member can disrupt work performance and attendance. Therefore, this program is also available to immediate family members.

Employee Assistance Programs offer a confidential assessment and referral program that provides services as requested by employees at little or no cost.

The EAP is designed to provide professional assistance in dealing with a broad range of problems, including, but not limited to:

- abuse of alcohol or other drugs
- emotional or behavioral disorders
- childcare and eldercare issues
- family and marital discord
- work-related problems
- a relationship in which you are being harmed
- financial planning assistance

How can I access an EAP Provider?

Please contact your employer human resources department to identify an approved EAP provider. The utilization of a non-approved EAP provider might result in nonpayment of services.

Who are EAP providers based in the Kansas City Region?

Alternatives Employee Assistance Program www.alternativeseap.com Phone Number: 816-753-8283

The Family Conservancy www.familyconservancy.org Phone Number: 913-342-1110

New Directions Behavioral Health www.ndbh.com Phone Number: 913-982-8200

Saint Luke's Health System www.saintlukeshhealthsystem.org Phone Number: 816-931-3073

How can I access information about other EAP providers?

International Employee Assistance Professionals Association www.eap-organization.com



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www.machc.org