

BOCES EMPLOYEE ASSISTANCE PROGRAM



WHEN IS **EAP** RIGHT FOR ME ?



ONE OF THE PRIMARY FUNCTIONS OF THE EMPLOYEE ASSISTANCE PROGRAM is to provide crisis intervention, assessment and referral services to employees, retired employees and their families. Throughout the years, individuals, couples and families have come to get assistance with many different types of problems. Problems that, to some degree, were affecting the quality of their lives and/or the lives of people they care about. Additionally, individuals have come to the EAP to receive guidance in getting assistance for a coworker that they are concerned about. Supervisors and union reps also often utilize the program to explore effective mechanisms for referring employees who are experiencing difficulties that affect their job performance.



CAN EAP HELP ME WITH THIS ?

Below is a list of **some types** of problems for which individuals have sought assistance at the EAP over the years. Following a thorough assessment by an EAP counselor, a customized referral will be made to a service or a private practitioner prescreened by the EAP counseling staff. At times, the EAP counselor may determine that the presenting issue can be resolved in a brief counseling format, which will be provided at the EAP office.

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| Adjustment problems | Dementia | Mid-life issues |
| Addiction | Depression | Obsessive compulsive disorder |
| Aging | Developmentally disabled | Panic disorders |
| Alcoholism | Domestic violence | Parenting |
| Alzheimer's disease | Dyslexia | Phobias |
| Anorexia | Eating disorders | Post-traumatic stress/PTSD |
| Anxiety | Exhibitionism | Pre-marital counseling |
| Attention deficit disorder | Family conflict | Psychiatric |
| Bereavement | Gambling | Relationship issues |
| Bulimia | Health problems (emotional issues) | Retirement |
| Career counseling | Hyperactivity | Self-esteem |
| Child abuse/neglect | Incest | Sexuality |
| Children of alcoholics | Kleptomania | Sexual harassment |
| Children's issues: peers/school | Learning disorders | Sexual violence |
| Codependency | Loss and separation | Stress |
| Communication | Manic depression/bi-polar disorder | Substance abuse |
| Compulsive spending | Marital conflict | Suicide: adults/children |
| Compulsive overeating | Medical problems (emotional issues) | Trauma |
| Crime victims | Mental health | Work-related problems |

WHAT ABOUT THIS ?

Adoption
Budgeting
Child custody
Day care
Debt counseling
Divorce
Fertility
Financial planning
Home health care
Housing

Hospice care
Legal assistance
Mediation
Menopause
Nursing care
Nursing home placement
Nutrition
Pain reduction
Physical disabilities
Pregnancy issues

Premenstrual syndrome
Rehabilitation: physical
Rehabilitation: psychiatric
Respite
Runaways
Sleep disturbance
Smoking cessation
Transportation

Although the **EAP does not directly provide the services listed above**, individuals seeking assistance with these types of situations will receive a thorough assessment from the EAP counselor to assist in making an appropriate referral to a professional who specializes in providing that type of service.

WHAT IF I NEED A MEDICAL REFERRAL ?

Typically when individuals seek assistance from the EAP for issues related to medical problems, they generally are in need of help to cope with the illness or to deal with the issues related to caregiving. **The EAP does not provide direct referrals to dentists or medical doctors (other than psychiatrists).** However, if an individual requests a direct referral for medical services, **the EAP can help facilitate a connection with a resource that can begin the process of helping to locate a referral.**



WHAT IF MY PROBLEM IS NOT LISTED ?

It is likely that the EAP can assist you. If you do not see your problem or issue listed, **please call one of the offices for assistance.**

REMINDER:

Your EAP provides services
12 months a year
and is here for you during
school vacations and
throughout the summer.
Both daytime, evening
and Saturday
hours are available
by appointment.

Call for ***Confidential*** help



1741D North Ocean Avenue - Medford, New York 11763

35 Crooked Hill Road, Suite 103 - Commack, New York 11725

10 Mitchell Road – Westhampton Beach, New York 11978

- 631-289-0480

- 631-858-9177

- 631-288-8865

Web site address - www.esboces.org/EAP