



UTILIZATION REPORT

Huerfano County

February 01, 2023 - January 31, 2024 on New Files

UTILIZATION RATE SUMMARY

Type	Count	%	Serviced	%	Activities	%
EAP Files	7	78.0%	7	100.0%	16	55.2%
Information Calls	0	00.0%	0	00.0%	0	00.0%
Organizational Service/CISD	0	00.0%	0	00.0%	0	00.0%
Member Portal Web Traffic	0	00.0%	0	00.0%	0	00.0%
Supervisor Referral	0	00.0%	0	00.0%	0	00.0%
Organization Services	2	22.0%	2	00.0%	13	44.8%
Total	9	100%	9	100%	29	100%

Count	Serviced	Activities
The total number of files: EAP, Organizational Services, Information Calls, etc. that fall within the reporting period.	The total number of service users within files along with Member Portal unique user visits that fall within the reporting period.	The total number of activities from files along with the total Member Portal visits that fall within the reporting period.

Population / Utilization Rate	132
Annualized Rate for Count of EAP Services	6.81%
Annualized Impact Rate of Total Serviced including Member Portal visits. Available as of October 1, 2023.	6.81%

New/Ongoing Files Summary

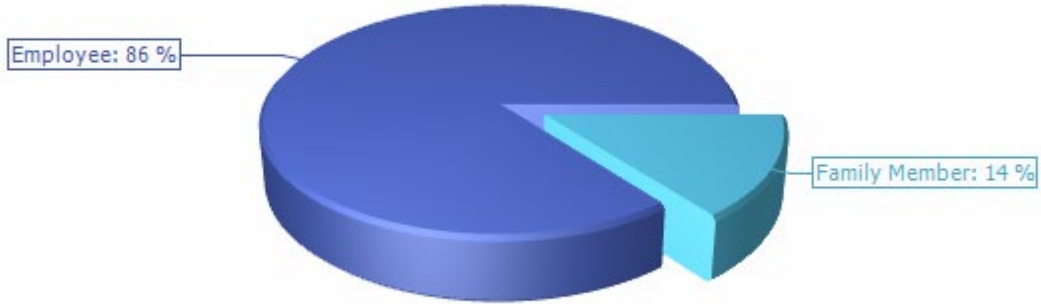
Total New Files	9
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Client Type



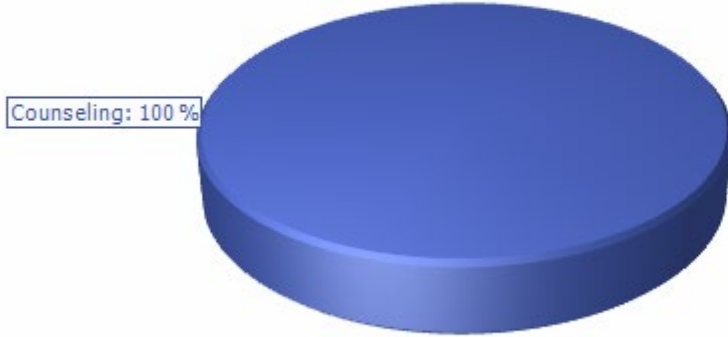
Client Type	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
Employee	0	0.00%	1	100.00%	5	100.00%	0	0.00%	6	85.71%
Family Member	0	0.00%	0	0.00%	0	0.00%	1	100.00%	1	14.29%
Total	0	0 %	1	100 %	5	100 %	1	100 %	7	100 %

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Service Type



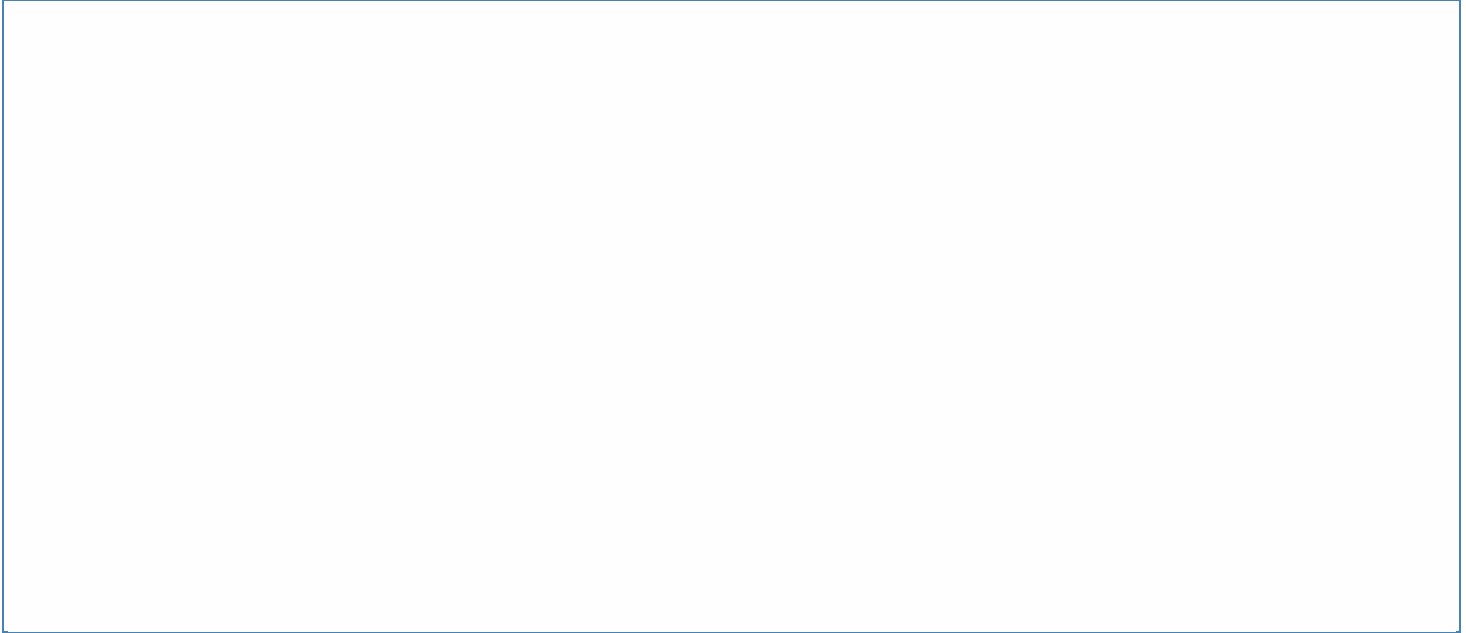
Service Type	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
Counseling	0	0.00%	1	100.00%	5	100.00%	1	100.00%	7	100.00%

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Work/Life Service



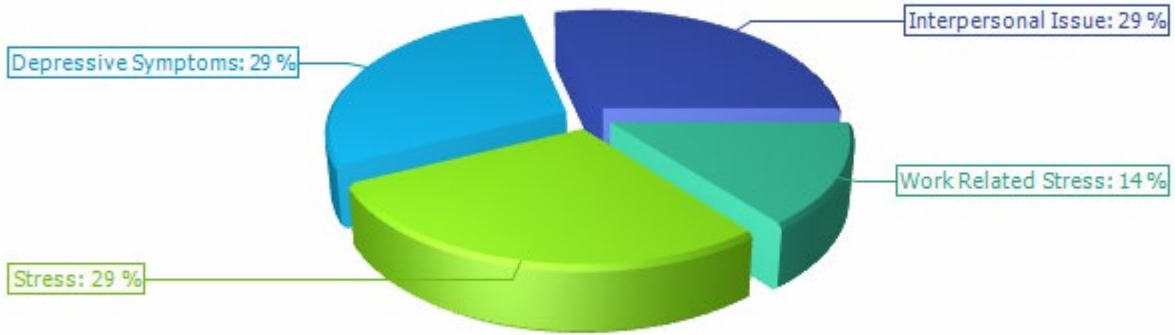
Work/Life Service	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
No Data To Report	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%

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Primary Presenting Problem



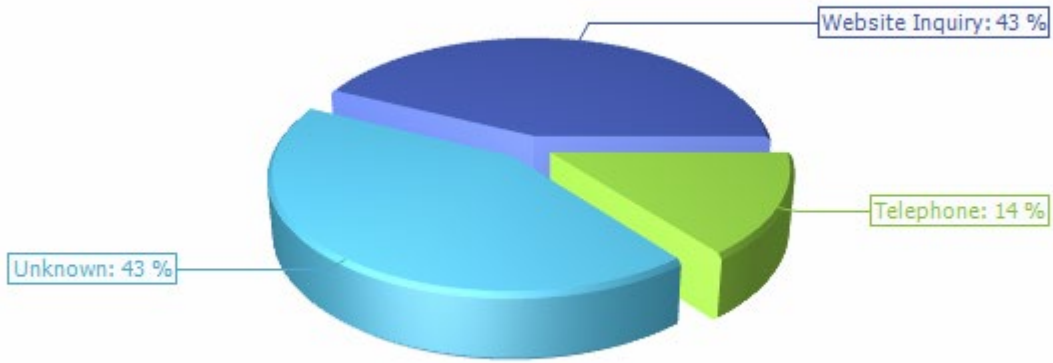
Primary Presenting Problem	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
Depressive Symptoms	0	0.00%	1	100.00%	1	20.00%	0	0.00%	2	28.57%
Interpersonal Issue	0	0.00%	0	0.00%	1	20.00%	1	100.00%	2	28.57%
Stress	0	0.00%	0	0.00%	2	40.00%	0	0.00%	2	28.57%
Work Related Stress	0	0.00%	0	0.00%	1	20.00%	0	0.00%	1	14.29%
Total	0	0%	1	100%	5	100%	1	100%	7	100%

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How Client Accessed Services



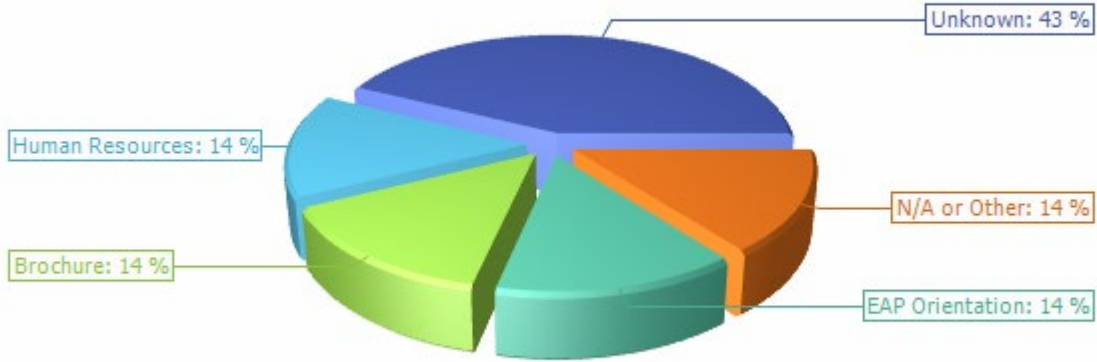
How Client Accessed Services	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
Telephone	0	0.00%	0	0.00%	0	0.00%	1	100.00%	1	25.00%
Website Inquiry	0	0.00%	0	0.00%	3	60.00%	0	0.00%	3	75.00%
Unknown	0	0.00%	1	100.00%	2	40.00%	0	0.00%	3	75.00%
Total	0	0 %	1	100 %	5	100 %	1	100 %	7	175 %

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How Client Learned of Services



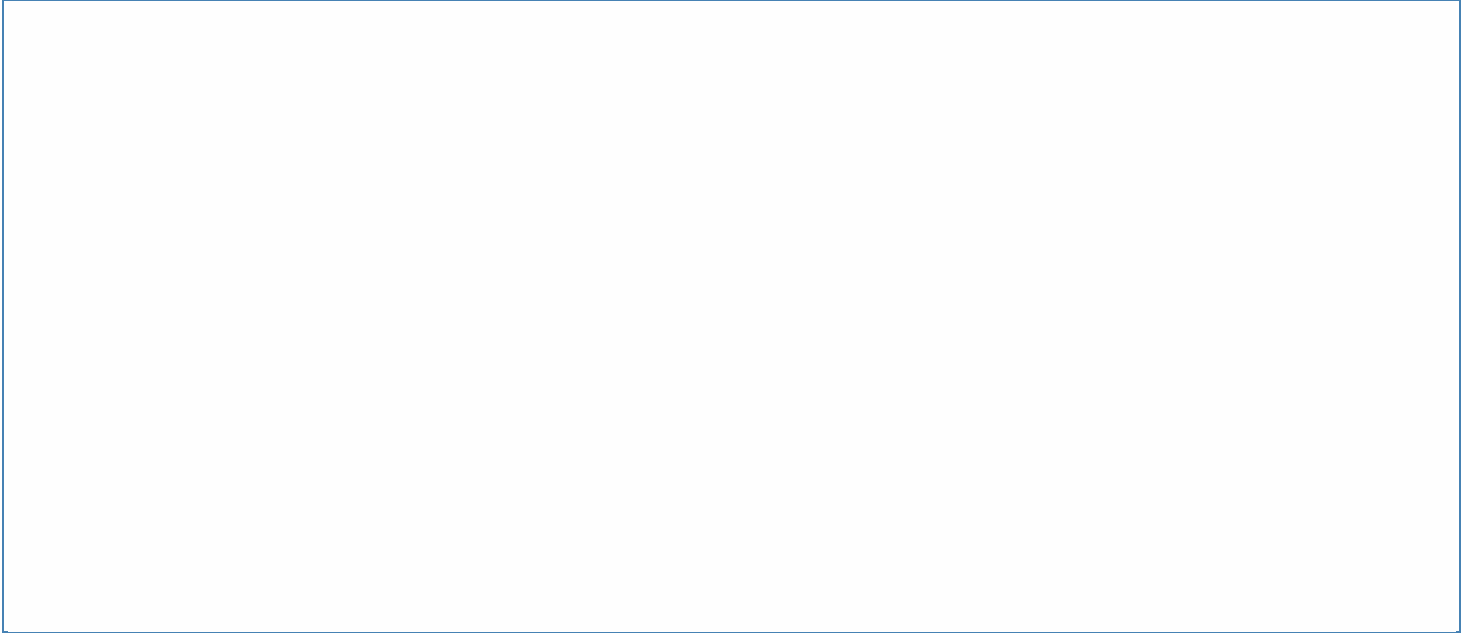
How Client Learned of Services	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
Brochure	0	0.00%	0	0.00%	1	20.00%	0	0.00%	1	25.00%
EAP Orientation	0	0.00%	0	0.00%	1	20.00%	0	0.00%	1	25.00%
Human Resources	0	0.00%	0	0.00%	1	20.00%	0	0.00%	1	25.00%
N/A or Other	0	0.00%	0	0.00%	0	0.00%	1	100.00%	1	25.00%
Unknown	0	0.00%	1	100.00%	2	40.00%	0	0.00%	3	75.00%
Total	0	0 %	1	100 %	5	100 %	1	100 %	7	175 %

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Member Portal Top Content Views



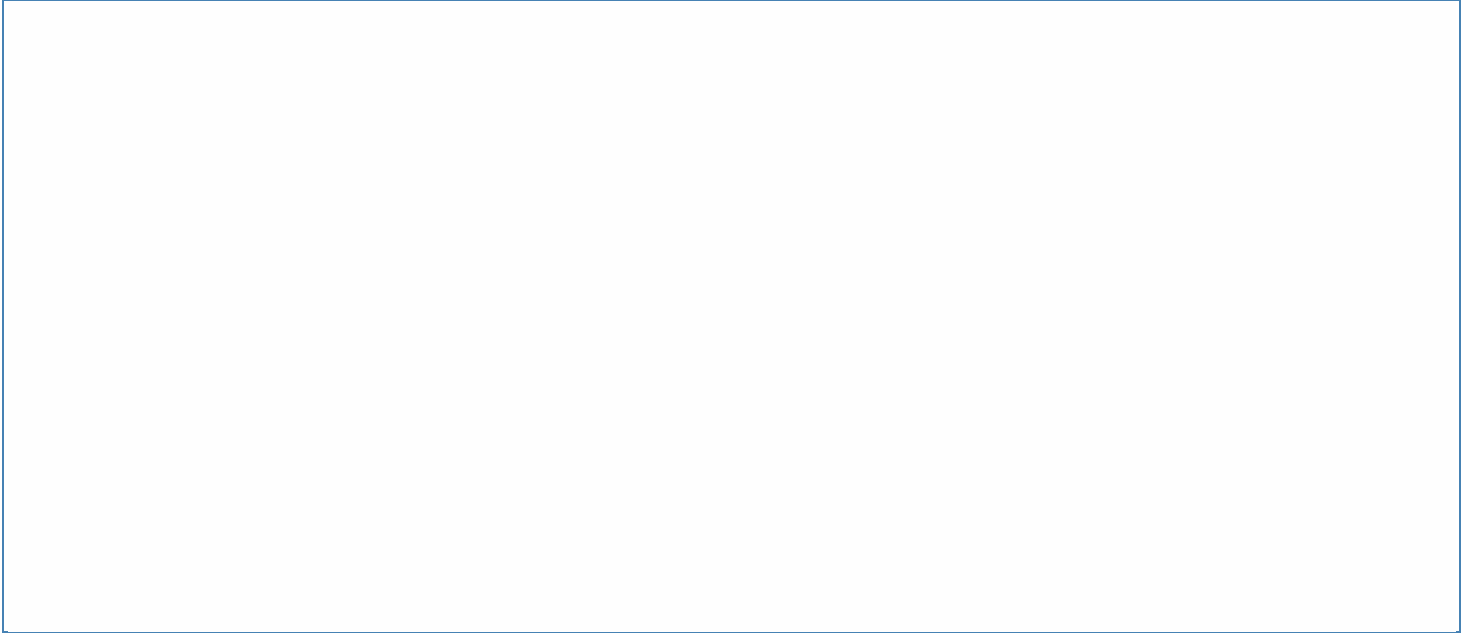
Member Portal Top Content Views	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
No Data To Report	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%

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Member Portal Traffic Types



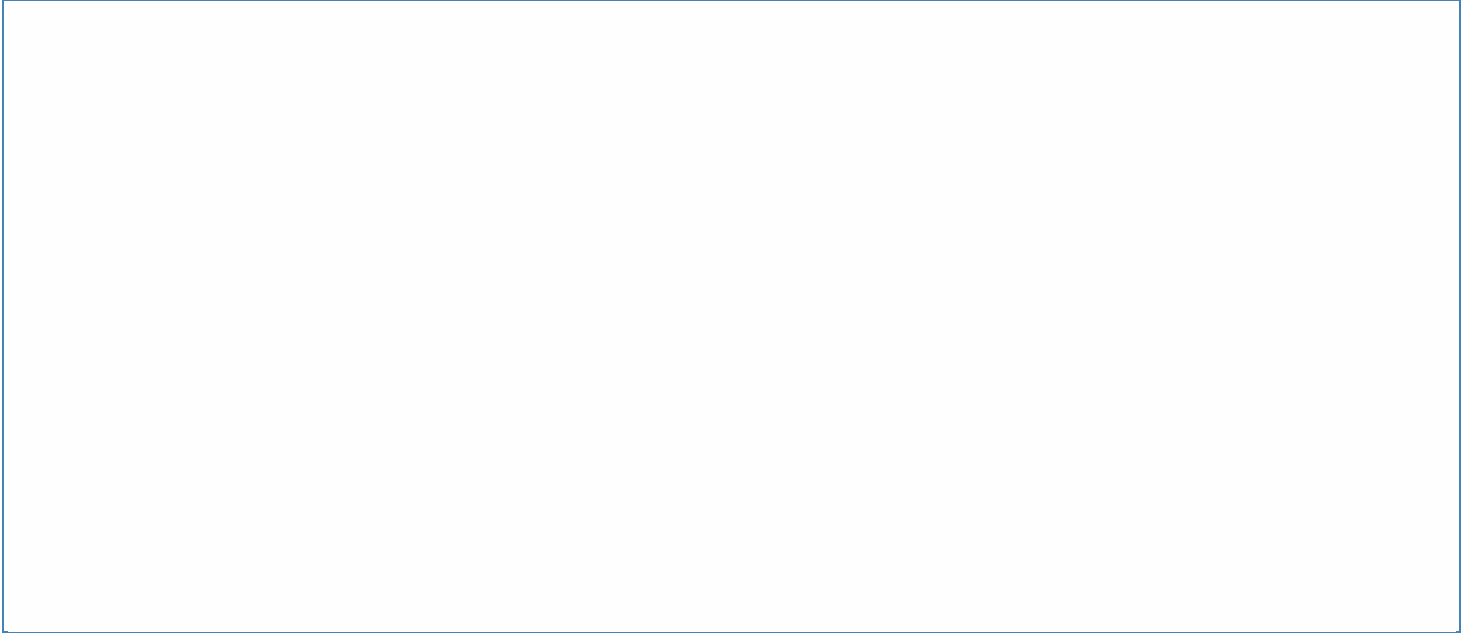
Member Portal Traffic Types	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
No Data To Report	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%

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February 01, 2023 - January 31, 2024

Member Portal Traffic Top Topics



Member Portal Traffic Top Topics	2/1 - 4/30		5/1 - 7/31		8/1 - 10/31		11/1 - 1/31		2/2023 - 1/2024	
	#	%	#	%	#	%	#	%	#	%
No Data To Report	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%



Quarterly Summary of Program Promotion

Newsletters

January 2023 Insights Newsletter

- Feature: A New Perspective for the New Year Ahead
- Video: New Year, New Goals
- Student: For the New Year and New Semester, Focus on Your Whole Health
- Wellness: How To Build Your Overall Wellness
- Leader Resource: Building Engagement & Awareness Year-Round

February 2023 Insights Newsletter

- Feature: Using Psychological Safety to Drive Inclusion
- Video: Maintaining a Respectful Workplace
- Student: Celebrating Healthy Relationships on Valentine's Day
- Wellness: Build an Inclusive Workplace Experience: Consider the Human Factor
- Leader Resource: How to Tackle DEI Honestly?

March 2023 Insights Newsletter

- Feature: Empowering Our Caregivers
- Video: Coping with Compassion Fatigue
- Student: Brining Attention to Young Adult Caregivers
- Wellness Article: Tips to Promote Caregiver Wellness
- Leader Resource: Caregiving – A Public Health Issue

Webinars

January 2023

- Managing Your Money in Tough Times
- Exploring the Intersection between Mental Health and Physical Health

February 2023

- Minimizing Worry to Maximize Your Life
- Creating a Respectful Workplace

March 2023

- Workplace Differences: A Matter of Style
- Boundaries and Blindspots

Additional Resources

California Mass Shootings: Resources & Support

Honoring Black History Month

Michigan State University Shooting: Resources & Support

Turkey and Syria Earthquakes: Resources & Support

Mental Health Crisis Taking a Toll on Our Nation's Youth: Resources and Support

East Palestine Ohio Train Derailment: Resources & Support

Recognizing International Women's Day

Support and Resources for Those Impacted by Mississippi Tornadoes

Nashville School Shooting: Resources & Support

Newsletters

April 2023 Insights Newsletter

- Feature: You Are Not Alone: The Remedy for Financial Stress
- Video: Financial Wellness
- Student: Helping Students Address Financial Stress and Related Challenges
- Wellness: Achieving Wellness Goals Without Going Off Track Financially
- Leader Resource: Promoting Financial Wellness in Your Organization

May 2023 Insights Newsletter

- Feature: The Vision Behind Mental Health Awareness Month
- Video: Mental Health by The Numbers
- Student: The Rise of Mental Health Issues Among College Students: Causes and Solutions
- Wellness: Fitness Programs and Mental Health Literacy
- Leader Resource: Mental Health Awareness Toolkit

June 2023 Insights Newsletter

- Feature: Recognizing and Celebrating Pride Month
- Video: Support for the LGBTQ+ Community
- Student: Supporting Students During Pride Month
- Wellness: The Positive Influence and Unexpected Implications of Pride on Well-Being
- Leader Resource: Pride Month: Tips for Leading By Example

Webinars

April 2023

- Parenting Your Teen: Managing Conflict and Problem-Solving
- The Psychology of Money

May 2023

- A Balancing Act for the Work and Personal Life Seesaw
- Exposing the Myths and Lies about Mental Health

June 2023

- Healthy Living – Navigate Life Transitions
- Celebrating Pride Month: Allyship in the Workplace

Additional Resources

World Autism Month Resources & Support

Kentucky Shootings: Resources & Support

Recognizing Mental Health Awareness Month

Pride Month: Awareness & Resources

The History Behind Juneteenth Day

Newsletters

July 2023 Insights Newsletter

- Feature: Minority Mental Health Awareness Month
- Video: Creating a Positive Work Environment
- Student: 5 Tips for Prioritizing Your Mental Health
- Wellness: Tips for Strengthening Wellness
- Leader Resource: Helping Leaders Develop Awareness and Empathy

August 2023 Insights Newsletter

- Feature: 3 Tips to Spark an Interest in Lifelong Learning
- Video: Back-to-school Tips for Parents and Kids
- Student: 5 Tips to Help Students Find Their Focus
- Wellness: Motivating the Mind Through Learning
- Leader Resource: Helping Your Team Adapt and Thrive

September 2023 Insights Newsletter

- Feature: Understanding and Addressing Stress
- Video: Suicide Awareness
- Student: Tips for Managing Stress Before It Manages You
- Wellness: My Tobacco-Free Journey
- Leader Resource: Helping Leaders Address Suicide Prevention Awareness Month

Webinars

July 2023

- Identifying and Addressing Employee Turnover
- Better Well-Being Through Better Perspective

August 2023

- Boosting Your Brain Power
- Getting Outside Your Comfort Zone and Trying New Things!

September 2023

- Cultural Myths in Media: Fact or Fiction
- Coach your Child to Manage their Emotions

Additional Resources

Northeast Flooding: Resources & Support

Extreme Heat: Resources & Support

Hawaii Wildfires – Resources & Support

Tropical Storm Hilary: Resources & Support

Helping Organizations Discuss and Prevent Suicide

A Closer Look at Women's Equality Day

Tropical Storm Idalia and Hurricane Franklin – Resources & Support

Hurricane Lee – Resources & Support

Mental Health & Wellness: The LatinX Community

National Recovery Month

Newsletters

October 2023 Insights Newsletter

- Feature: 6 Strategies for Boosting Your Emotional Wellness
- Video: How to Recognize Stress in Kids
- Student: Emotional Wellness: How to Build This Superpower
- Wellness: Supporting your Emotional Wellness with Physical Activity
- Leadership: How to Promote Emotional Wellness in the Workplace

November 2023 Insights Newsletter

- Feature: Harnessing the Power of Gratitude
- Video: Supporting Our Veterans
Student: The Benefits of Creating an Attitude of Gratitude
- Wellness: A Quick Introduction to Guided Meditation
- Leadership: November Special Observances: Building Awareness and Understanding

December 2023 Insights Newsletter

- Feature: Celebrating and Nurturing Healthy Relationships
- Video: Happy Holidays! A How-To Guide
Student: Putting the Focus on Healthy Friendships
- Wellness: 6 Strategies to Improve Your Social Well-Being
- Leadership: Using Interpersonal Skills to Foster a Healthy Culture

Webinars

October 2023

- Empowering Your Influence
- Mindfulness On The Go

November 2023

- Competent Leadership
- Healing through Gratitude

December 2023

- Resilient Relationships
- Personal Fitness for Life

Additional Resources

Resources for Staying Emotionally Healthy in Times of Stress
Managing Stress in Times of Crisis

Lewiston, Maine Shooting: Resources & Support

Recognizing and Supporting Our Veterans

November is National Family Caregivers Month

Highland Wildfires – Resources & Support

Supporting Disabilities That Cannot Be Seen

Tennessee Tornadoes: Resources & Support