

# Deer Oaks EAP Fall



The Deer Oaks Employee Assistance Program (EAP) is a free service that offers confidential support to employees and their families. We are currently accepting applications for the fall semester, and we encourage you to contact us today to schedule an appointment. For more information, visit our website at [www.deeroaks.edu/eap](http://www.deeroaks.edu/eap).

DEER OAKS EAP IS A RES

# Did YOU know?



## YOUR EAP CAN HELP YOU QUIT SMOKING.

If you or someone you know is struggling with the dangers of smoking, your community's Employee Assistance Program (EAP) can help. We offer a variety of resources to help you quit, including:

- Referrals to smoking cessation services
- Tips, sheets and articles on quitting
- Links to free online quit resources
- Information about nicotine replacement therapy
- Wellness support for your quit attempt

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## YOUR EMPLOYEE ASSISTANCE PROGRAM

2019

## Promotional Calendar

THEME	ONLINE SEMINAR	DESCRIPTION
JAN	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
FEB	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
MAR	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
APR	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
MAY	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
JUN	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
JUL	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
AUG	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
SEP	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
OCT	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
NOV	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.
DEC	Stress Management: The Power of Positive Psychology	Learn how to manage stress and improve your mental health.



WHATEVER YOU NEED, WE ARE HERE TO HELP!

# Program Pro

- Topical flyers
- Monthly employee e
- Monthly supervisor

# Did you know?



Need to decide if your terms on your non-life commitments are still working? Did you know you can get help? Our EAP can help you with:

- Life insurance and disability
- Retirement and estate planning
- Long-term care planning
- Education and career counseling
- Legal and financial advice

## Your EAP Can Help COMPLETE Your "To-Do" LIST.

Available features include:

- 24/7 access to a qualified professional
- Referrals to local services and providers
- Information on local resources
- Personalized support and guidance

## THE EMPLOYEE ENHANCEMENT NEWSLETTER



Helpful Resources from your Employee Assistance Program

**January Online Seminars**  
Building Positive Relationships at Work  
Empowering Parents in our Academic Approach to make them positive. Available on-demand at [www.deeroaks.edu/eap](http://www.deeroaks.edu/eap)

**About Your EAP**  
Life can be hectic. The EAP can help you find your balance. Deer Oaks, your EAP, is always available to help you. If you're struggling with children, finances, or just want some practical advice on health, or the most costly connection, contact Deer Oaks EAP. Our services are available 24/7 to provide you with immediate care.

**Work-life Services**  
Need to delegate tasks on your job? Our EAP can help. Our work-life services can help you find a balance between work and home. If you're struggling with balancing your work and home life, our EAP can help. Our work-life services are available 24/7 to provide you with immediate care.

## THE SUPERVISOR/HR NEWSLETTER



Helpful Resources from your Employee Assistance Program

**January Online Seminars**  
Building Positive Relationships at Work  
Empowering Parents in our Academic Approach to make them positive. Available on-demand at [www.deeroaks.edu/eap](http://www.deeroaks.edu/eap)

**2018 Supervisor Excellence Webinar Series**  
A Leadership Certificate Program  
This series of webinars is designed to help you become a more effective supervisor. It covers topics such as communication, conflict resolution, and team building. Register today!

**Employee Assistance Program**  
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# Program Pricing

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## Pricing by Employer Size

- 1-300 employees
  - 3 visit model - annual flat fee: \$35000
  - 6 visit model - annual flat fee: \$50000
- 301+ employees
  - 3 visit model - \$1.20 PEPM
  - 6 visit model - \$1.33 PEPM

