

EAP & Work-Life Services

Overview

MYgroup | 800.633.3353

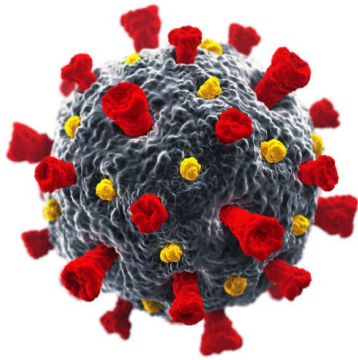
Presented by: Dana Hicks, LCMHCS, MA

For

Southwestern Community College

www.mygroup.com

The Challenges We Face



Your EAP – Counseling and Work-Life Services



- Confidential, free, 24/7
- Virtual, telephonic or face-to-face
- Short-term, resolution focused therapy
- Up to 3 sessions per issue for unlimited separate issues
- Legal and financial consultations
- Online resources
- Management consults, Formals, CIRS
- Employee and household family members



Life Skill Development Assistance

Substance
Loss
Venting
Parenting
Goals
Burnout
Financial
Depression
Communication
Grief
Proactive
Legal
Resiliency
Stress
Anxiety
abuse
Crisis
Languishing
Marital

- Stress, anxiety, depression
- Legal and financial resources
- Marital and premarital
- Grief and loss
- Improved communication
- Parenting
- Crisis events and life skills
- Resiliency and coping skills



MYgroup Counseling Process

Initial connection to MYgroup & Provider



Confidentiality



- Confidentiality is an essential part of the EAP.
- Levels of confidentiality
 - EAP if fully compliant with HOPAA guidelines
 - Clinicians are fully licensed

Only you and your counselor will:

- Know of your participation in the EAP without your written consent
- Have access to any of your information

Exceptions to confidentiality are:

- Harm to self or others
- Knowledge of abuse or neglect of a child or elderly person



Work-Life Services

Work-life services are either web-based, telephonic, or face-to-face resources to help you balance your work and your life.



mygroup.com > My Portal Login > Work-Life

EAP - Username: scc64

Password: guest

The MYgroup app is available for download at the
Apple App Store and Google Play Store.



Legal & Financial Services

Legal Services

- Free, telephonic legal advice
- **Free 30-minute appointment for legal consultation – in person or telephonic**
- In most cases, 25% discount for ongoing attorney fees
- Downloadable legal forms
- Online legal encyclopedia
- **Excludes legal action against the employer**

Financial Services

- **Free, telephonic financial advice**
- Ability to schedule appointments for complex issues
- Bankruptcy prevention
- Credit report monitoring
- Debt management and planning
- General financial education materials in English and Spanish



Features & Searchable Databases

Features

- More than 11,000 articles
- Monthly webinars
- **Will generator**
- Spanish website
- Relocation center
- **Savings center**
- Pocketsmith and Mint.com

Searchable Databases

- Childcare
- Eldercare
- Summer camps
- Adoption agencies
- Education
- Pets



Questions or Concerns?



Call your case manager at MYgroup!
800.633.3353

- Have not heard from provider
 - 24 - 48 business hours
- Not a good match
- Urgent situation
- Feedback



Summary

- ✓ 24/7 Access
- ✓ Confidential short-term counseling
- ✓ Legal and financial consultations
- ✓ Online resources
- ✓ Management Consults/Formal Referrals
- ✓ Call: 800-633-3353 or online:
www.mygroup.com



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