

SUCAP

The management of SUCAP supports the EAP concept and encourages your participation. Your future as an employee will not be affected by a self-referral.

If you have any questions, please contact the EAP providers at 970-259-6698. You may also contact your Human Resource Department (970)563-4517 ext. 106, for further information about your EAP.

WHAT TO DO IN AN EMERGENCY

The EAP is a counseling and referral service. It is not an Emergency or Crisis Intervention Program. If you need assistance in an emergency your best sources of help are:

**FIRE, POLICE, EMERGENCY MEDICAL:
911**

SOCIAL SERVICES

Archuleta County 970-264-2182
Or after hours 911

La Plata County 970-382-6150
Or after hours 911

Southern Ute Tribe 970-563-0209
Or after hours
970-563-4401/4402

OTHER EMERGENCY SERVICES

Alternative Horizons 970-247-9619
(Spouse Abuse/Family Violence)

Sexual Assault Services Org. 970-247-5400

AXIS Health System:

Durango 970-259-2162
After Hours 970-247-5245

Pagosa Springs 970-264-2104

Southwest Safe House 970-259-5443

Family Crisis Center 505-564-9192

Southern Ute Tribe

Victim Services 970-563-0245

Our Sister's Keeper 970-247-7888

SOUTHERN UTE COMMUNITY ACTION PROGRAMS, INC.

Employee Assistance Program (EAP)

**Personalized
Confidential Help
When You Need It**

**Bruce E. Haring, MA LPC
And
Emily Ragsdale, MA**

970-259-6698



EXPERIENCING PERSONAL PROBLEMS?

Everyone faces problems at one time or another in their lives. People often have difficulty adapting to the complex pressures of our modern society. Everyone develops coping mechanisms to deal with stress. Sometimes these are destructive and can be detrimental to an individual's wellbeing. When you have a problem, whether at home or on the job, it impacts not only you, but also everyone around you.

JOB PROBLEMS?

When you bring a personal problem on the job, it can affect your job performance. In some cases this might threaten your chances of career growth and even threaten your job itself. Few of us can completely separate our work life from our personal life. The only effective solution is to resolve the problem.

EMPLOYEE ASSISTANCE CAN HELP

Only you can solve your personal problems. Having the right kind of help, however, can give you a head start. The Employee Assistance Program (EAP) can put you in touch with professional counselors who can assist you in designing an individualized plan to help you resolve the problem(s) you are experiencing.

DOES MY PROBLEM HAVE TO BE WORK RELATED IN ORDER FOR ME TO USE THE EAP SERVICES?

No. Any SUCAP employee with a problem affecting his/her physical or mental well-being is encouraged to use the services of the EAP. Hopefully, you can address your problems through the EAP before they become workplace issues.

THE EAP IS A CONFIDENTIAL PROGRAM

If you call the EAP for services, all information about you will be strictly confidential. No one in the SUCAP organization will be informed of your decision to utilize the EAP. In some cases, however, a supervisor may refer an employee to the EAP for various reasons. The supervisor may request specific information such as attendance, records and progress reports. No information about any employee can be disclosed, however, without a written consent.

WHY THE EAP IS CONSIDERED AN EMPLOYEE BENEFIT?

The Employee Assistance Program offers an opportunity for guidance and assistance. Any problem you might have, whether it is job related or not, can be addressed through the EAP. SUCAP offers this program to all employees and their immediate family members at no cost for the first eight counseling sessions.

WHAT HAPPENS IF I NEED LONG-TERM COUNSELING?

If you require long-term counseling, you will be referred to an individual or program that in most cases is covered by your SUCAP health insurance policy.

HOW DO I GET STARTED?

The EAP service is convenient. To set up a confidential interview call: 970-259-6698. A simple phone call starts the process. If you leave a voicemail, please be sure to indicate you are calling about the EAP services. There is no red tape. The EAP counselors will meet with SUCAP employees at a SUCAP facility, or at our Durango office.

WHAT KIND OF HELP DOES THE EAP OFFER?

The EAP offers help for a wide variety of problems and concerns.

Help is available in the following (but not limited to) areas:

- Marriage/Relationship Problems
- Family Problems
- Drug and Alcohol Problems
- Domestic Violence
- Financial Pressures
- Personal Emotional Problems
- Job Burnout and Career Related Issues
- Problems with Children and Adolescents
- Conflict Resolution and Mediation

At the initial interview you will participate in developing an individualized counseling plan to help you resolve your problem(s) or concern(s) in the most effective and timely manner.