



AVANTE BEHAVIORAL HEALTH

(559) 261-9060 (800) 498-9055

Avante Employee Assistance Program (EAP)

Tulare County Schools Insurance Group

The Employee Assistance Program is a **free** and **confidential** benefit that can assist you and your eligible family members with any personal problems that may arise. You can receive assistance with topics such as:

- ◆ Stress Management
- ◆ Interpersonal Relationships
- ◆ Work Related Issues
- ◆ Anger Management
- ◆ Depression
- ◆ Substance Abuse
- ◆ Grief/Loss
- ◆ Crisis Situations
- ◆ Workplace Transition

Clinical Counseling Services

Five sessions per person, per issue, per year

Clinical counseling sessions will be authorized free of charge. Assistance is available to work hand in hand with the medical carrier's mental health providers to assure continuity of care after the EAP benefit has been exhausted.

Financial Telephonic Consultations

Five – 30-minute sessions, per issue, every year

Each covered member is allowed (5) initial 30-minute financial coaching consultations at no charge. Available topics include:

- ◆ Financial Assistance
- ◆ Elder Care Assistance
- ◆ Retirement Planning
- ◆ Identity Theft
- ◆ Tax Planning
- ◆ Estate Planning

****Online Fillable Forms:** Promissory Notes, Living Will, Power of Attorney, Wills, Trusts, Estate Planning.

Employee/Employer Educational Workshops

Sessions are available at no charge (Onsite and Teleconference).

- ◆ Stress Management
- ◆ Communication Skills
- ◆ Marital Discord
- ◆ Legal
- ◆ Dealing with Difficult People
- ◆ Family Conflict
- ◆ Drug/Alcohol Abuse
- ◆ Team Building
- ◆ Conflict Resolution
- ◆ Managing Your Money
- ◆ Anger Management
- ◆ Workplace Unity
- ◆ Financial
- ◆ Dealing with Change
- ◆ Critical Incident Counseling
- ◆ Enrollment Support at Renewal Meetings and Employee Benefit Fairs
- ◆ Promotional materials supplied at no additional charge

No charge to the employee ◆ Available to all employees and eligible family members

Providers / Locations

ABHP has more than 300 clinicians throughout the Central Valley, so members will have access to a clinician close to their home or office. *ABHP's* large provider network features specialists trained to deal with specific issues from death, divorce, abuse, sexual orientation and many other factors that can affect a person's well being. Offering such an extensive network of mental health clinicians ensures that care is convenient and effective.

Questions, Comments, Concerns?

ABHP strives to provide the best services possible to all of our employers, their employees and the employees' family members. If you have a question, comment or concern regarding *ABHP's Employee Assistance Program*, please do not hesitate to contact us:

Avante Behavioral Health Plan (ABHP)

5150 North Sixth Street, #156
Fresno, CA 93710

Phone: (559) 261-9053

Toll-Free: 1-800-498-9055

Fax: (559) 261-9073

Web: www.avantebehavioral.com



AVANTE BEHAVIORAL HEALTH

A local behavioral health plan providing mental health, chemical dependency and employee assistance program services.

Avante Behavioral Health Plan (ABHP) Employee Assistance Program (EAP)

Phone: (559) 261-9053

Toll-Free: 1-800-498-9055

Fax: (559) 261-9073

www.avantebehavioral.com

Employee Assistance Program

Assisting you with:

- *Stress Management*
- *Emotional Issues*
- *Grief/Loss*
- *Financial Guidance*
- *Substance Abuse*
- *Critical Incident Counseling*

Avante Behavioral Health Plan (ABHP)

provides its Employee Assistance Program to all employees and their family members. Call Avante now to begin utilizing these benefits.

Avante Behavioral Health Plan

Avante Behavioral Health Plan (ABHP) is a Fresno-based behavioral health plan offering Employee Assistance Programs, mental health and substance abuse services. *ABHP* understands the needs of employees and family members that face stresses on a daily basis, large or seemingly small. *ABHP* provides services for individuals that may need on-going assistance in dealing with certain stressors.

Purpose of the Employee Assistance Program

An *Employee Assistance Program (EAP)* is designed to help employees and their families identify, assess and resolve issues that may be affecting their personal life and/or their job performance. The *EAP* is available to the employee and all eligible family members. The program allows for up to five (5) individual counseling sessions per year at *no cost to the employee*.

Counseling Services - EAP

(5 sessions per person, per issue, per year)

The *Employee Assistance Program* provides immediate, short-term assistance for employees and their family members facing a variety of issues. We are here to support you through the emotional crisis and stressors to maintain a happy, healthy lifestyle.

Work/Life Services

In addition to EAP counseling services, Avante Behavioral Health provides both employers and members with other valuable resources.

Financial Services

Up to (5) 30-minute consultations per separate matter.

Additional financial services provided at a 25% discount from usual hourly rates.

For financial advice or assistance, ABHP offers employees and family members 30-minute consultations per separate matter and discounts off of additional services thereafter. ABHP's Website also features a variety of resources including legal forms, financial calculators, and topical articles.

Accessing EAP Services

To access services, simply call ABHP when you or a family member needs services. An ABHP clinician will conduct a brief interview via telephone to determine which services are needed and in the case of counseling services, make a referral to an appropriate clinician. Counseling appointments are arranged within one to five days, depending on the nature and urgency of the request.

Avante Behavioral Health:

Telephone:

Local: (559) 261-9053

Toll Free: 800-498-9055

Online:

Email: info@avantebehavioral.com

Web: www.avantebehavioral.com

Confidentiality

All services provided by ABHP are strictly confidential.

Who is eligible?

You and your family members are eligible to receive assistance and counseling through the EAP program. Eligible family members include spouses, birth, adopted and step-children through age 19 or age 24 if qualified as a dependent.