



Montgomery County Employee Assistance Program

Benefits Summary

EAP Toll Free Line 877-409-3389

www.AchieveSolutions.net/MCOhio



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Work Life 4

Personal Assistant Services-childcare, eldercare, pet care, fashion, contractors, physicians, and more!

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Employee Assistance Program for Montgomery County



EAP Counseling

5 Sessions Per Member per Issue Per Year

- Up to 5 Sessions Available Per Issue Per Year for personal and/or work stressors
- Face to Face Sessions with a Licensed Mental Health Professional in your area
- Telephonic or Video Options also available!
- Available for all Montgomery Employees and family members living in the home
- Convenient, Accessible, Confidential, Free
- Call 877-409-3389 to Schedule or
- Visit the EAP website at www.AchieveSolutions.net/MCOhio



beacon
health options



Video counseling is a convenient and confidential way your members can interact directly with an EAP counselor from a private location—like the home or office.

Beacon's EAP Video Counseling Service

Beacon Health Options (Beacon) is committed to providing access to Employee Assistance Program (EAP) services in a manner that is effective, convenient, and meets an individual's personal preferences.

We recognize that some of your employees work from home, have transportation or health-related mobility issues, are frequent travelers, or may reside and work in rural communities thereby limiting their access to short-term EAP counseling services. Even people with easy access to care may find they don't have the time or convenient means to visit an EAP counselor face-to-face, like those with infants or small children, or other caregivers. We also know that oftentimes, people seeking assistance may feel overwhelmed by the process of reaching out and asking for help. For some, the thought of leaving home or missing work or even waiting in the provider's office can cause undue stress and anxiety.

All of these factors can reduce the motivation to engage in EAP services, sometimes causing individuals to abandon the process of seeking the assistance they need altogether. For all of these reasons, Beacon is pleased to offer EAP video counseling services.

THE BEACON SOLUTION

Video counseling is a convenient and confidential way your members can interact directly with an EAP counselor from a private location—like the home or office—or any place people feel comfortable.

We operate a "clinician first answer" EAP model meaning callers speak immediately with an EAP Care Manager who conducts an initial triage and intake assessment. Based on the participant's needs, we offer referrals for face-to-face visits with a local EAP counselor, scheduled telephonic assistance, or schedule an appointment for an EAP video counseling session with one of Beacon's licensed, master's-level EAP Video Counselors.

Our EAP video counseling solution merges high-tech with high-touch using the first unified meeting experience platform that brings high definition video conferencing, mobility, and web meetings together as an all-inclusive cloud service. The platform enables us to provide crystal-clear video conversation and high-quality screen sharing anytime, from anywhere.

THE EAP VIDEO COUNSELING EXPERIENCE

The live interaction between individuals and counselors is more far-reaching than a simple video chat. It is a clinically meaningful, interactive consultation where our licensed therapists—who are Beacon staff clinicians—deliver short-term EAP counseling via a secure web-enabled environment.

Members participating in EAP video counseling receive the same level of care they do during an in-person visit. The only difference is in the access protocol.

It is also easy to use. There is no special equipment required other than a smartphone, tablet, or computer with internet access and a webcam. Smartphone and tablet users only need to download a meeting application.

Work Life Services

CHILD CARE	ELDER CARE	EDUCATION	DAILY LIVING
<ul style="list-style-type: none"> Child care centers 	<ul style="list-style-type: none"> Assisted living facilities 	<ul style="list-style-type: none"> Preschools 	<ul style="list-style-type: none"> Fitness and Nutrition
<ul style="list-style-type: none"> Family day care centers 	<ul style="list-style-type: none"> Nursing homes 	<ul style="list-style-type: none"> Public-private schools 	<ul style="list-style-type: none"> Pet Sitters
<ul style="list-style-type: none"> Back-up care 	<ul style="list-style-type: none"> Adult day care programs 	<ul style="list-style-type: none"> Colleges and universities 	<ul style="list-style-type: none"> Relocation support
<ul style="list-style-type: none"> Summer camps 	<ul style="list-style-type: none"> Caregiver support 	<ul style="list-style-type: none"> Technical schools 	<ul style="list-style-type: none"> Caterers
<ul style="list-style-type: none"> Adoption Assistance 	<ul style="list-style-type: none"> Retirement homes 	<ul style="list-style-type: none"> Continuing education 	<ul style="list-style-type: none"> Style information
<ul style="list-style-type: none"> Schools 	<ul style="list-style-type: none"> Elder hostels 	<ul style="list-style-type: none"> Adult education support 	<ul style="list-style-type: none"> Travel information
<ul style="list-style-type: none"> Nanny agencies 	<ul style="list-style-type: none"> Meals-on-wheels programs 	<ul style="list-style-type: none"> Boarding schools 	<ul style="list-style-type: none"> Wedding planners
<ul style="list-style-type: none"> After school care 	<ul style="list-style-type: none"> Hospice 	<ul style="list-style-type: none"> Test prep 	<ul style="list-style-type: none"> Home helpers
<ul style="list-style-type: none"> Drop-in care 	<ul style="list-style-type: none"> Geriatric care manager referrals 	<ul style="list-style-type: none"> Tutors 	<ul style="list-style-type: none"> Plumbers

Call 877-409-3389 or Chat with a Work Life Specialist at

https://rms.workplaceoptions.com/anonymousschat/D509C30F-7FB2-431F-8646-8CBD8F945634/6055e8aa-c309-4bdo-a3fc-89a6a81bd053/00000000-0000-0000-0000-000000000000/11E7A159-E5E5-4FE2-A57F-F8567597ECD3?id_company=161451269&name_company=Montgomery County Ohio



Legal & Financial Services

- 1 hour consult with attorney on family law matters with 35% discount beyond free consultation.
- 30 minutes free consult on all other legal matters; 25% discount beyond free consultation.
- 30 minute free consult for legal mediation services.
- Up to 1 hour free consultation with financial specialists for planning, credit counseling, budgeting, taxes.
- 877-409-3389 or visit online.
- **Create Legal Documents On-Line!**

Wills

Health Power of Attorneys

Power of Attorneys and More!

<https://www.achievesolutions.net/achievesolutions/en/mcoho/FindServices.do>



HELP FOR FINANCIAL AND LEGAL CONCERNS

Through your Employee Assistance Program (EAP), you have access to a network of lawyers, certified public accountants, certified financial planners, and budget specialists simply by calling a toll-free number.

LEGAL HELP

When you call, you will receive referrals to attorneys in your area. You are entitled to one free 30 minute office or telephone-based consultation for family, civil or other legal matters. If you decide to retain an attorney after the consultation, you will receive a 25 percent discount from the attorney's usual hourly rate.

This service helps with legal matters such as:

- Alimony
- Child support
- Adoption
- Living wills
- Powers of attorney
- Foreclosures

MEDIATION SERVICES

Mediation services can save you time and money as well as give you greater control over the outcome of your dispute. You will receive a free consultation with a mediation professional. If additional services are needed, you will

receive a 25 percent discount off of the mediator's usual hourly rate.

A mediator can help in resolving cases such as:

- Divorce and child custody
- Contractual and consumer disputes
- Real estate and landlord-tenant issues
- Car accidents and insurance disputes

FINANCIAL COUNSELING

You are entitled to a 30 minute telephonic consultation with a CPA, financial planner, budget specialist, or licensed securities broker.

The financial counselors provide help with:

- Budgeting
- Credit matters
- Estate planning
- Retirement planning
- College funding
- Investment subjects
- Tax issues
- Insurance-buying strategies
- Debt counseling
- Divorce planning
- Bankruptcy

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ID Theft Protection & Mitigation Enhancement

- ID Threat Score estimates Vulnerability to ID Theft.
- Safe Wallet protects Valuable Documents.
- Up to 1 hour of consultation with Fraud Resolution specialist.
- Optional Premium Upgrade discount.
- ID Theft Enhancement available at no additional cost.
- Call 877-409-3389 or visit online
- <https://www.clcidprotect.net/co/home/montgomery/>

The advertisement features the Beacon Health Options logo at the top left. The main image shows a diverse family of three people smiling. To the right, the text reads "ENHANCED ID THEFT PROTECTION FOR YOU AND YOUR FAMILY". Below the image, a dark banner contains the text: "The growing crime of ID theft can impact your family's safety and financial welfare. Beacon Health Options is proud to announce this enhancement to your current ID theft benefit."

		
FREE ID THREAT SCORE*	FREE SAFE WALLET	PREMIUM OPTION** <small>(requires an individual self-pay monthly fee)</small>
✓ FREE one-time scan of your Social Security number	✓ Secure online storage for credit cards, driver's license and more	✓ Tri-bureau credit monitoring with reports and scores
✓ ID Threat Score estimates your vulnerability to ID theft	✓ Ability to back up purse or wallet in case of fraud	✓ Unlimited identity theft recovery services
✓ Scans dark web, financial institutions, and public records	✓ 24/7 access via online member dashboard	✓ Up to \$1,000,000 identity theft insurance coverage*

Monthly Webinars

	Employee Webinar	Manager Webinar	Work/Life Webinar
June	<p>Navigate Life's Changes</p> <p>By increasing your resilience and understanding how you cope with change, you can successfully manage and thrive through a challenging situation.</p> <p>Tuesday, June 4; 2 p.m. ET</p>	<p>Developing a Culture of Well-being</p> <p>Promoting the good health of employees goes a long way in establishing a productive, friendly work environment.</p> <p>Thursday, June 6; 2 p.m. ET</p>	<p>Mindfulness Matters</p> <p>Explore mindfulness principles and learn techniques that you can put to immediate use.</p> <p>Available on demand starting June 18</p>
July	<p>Nurturing Respect in the Workplace</p> <p>What behaviors are acceptable in the workplace? Which are not? Business etiquette is a key competency in professional development, setting the tone for work relationships and how you are perceived by your colleagues.</p> <p>Tuesday, July 2; 2 p.m. ET</p>		<p>Making a Life While Making a Living: Work/Life Balance</p> <p>Identify strategies to be more effective and more satisfied with both home and work lives.</p> <p>Available on demand starting July 16</p>
August	<p>Is This Normal Teen Behavior, or Is My Teen Depressed?</p> <p>Adolescence can be difficult, and it is normal for teens to feel sad, irritable, or discouraged at times. However, if these feelings don't go away or disrupt your teen's ability to function on a day-to-day basis, your teen may have depression.</p> <p>Tuesday, Aug. 6; 2 p.m. ET</p>		<p>Effective Budgeting</p> <p>Develop better skills for tracking spending, reducing debt, and developing a personal plan for financial success.</p> <p>Available on demand starting Aug. 20</p>

Monthly Webinars

	Employee Webinar	Manager Webinar	Work/Life Webinar
September	<p>Suicide Prevention</p> <p>Help prevent and reduce suicide by learning about suicide and being able to identify suicide risk factors and warning signs, and know about suicide prevention/intervention strategies.</p> <p>Tuesday, Sept. 3; 2 p.m. ET</p>	<p>Preventing Suicide in the Workforce</p> <p>Help prevent and reduce suicide in the workplace by learning myths and misconceptions about suicide and being able to identify suicide risk factors and warning signs.</p> <p>Thursday, Sept. 5; 2 p.m. ET</p>	<p>Maximizing Your Day: Effective Time Management</p> <p>Better understand basic time management principles and what characteristics make effective time managers.</p> <p>Available on demand starting Sept. 17</p>
October	<p>Depression Awareness and Treatment</p> <p>Help to reduce the stigma of seeking help for depression by learning to recognize the signs and symptoms and knowing about resources that can help depressed persons and their loved ones.</p> <p>Tuesday, Oct. 1; 2 p.m. ET</p>		<p>Emotional Wellness: Building Better Mental Health</p> <p>Better understand basic time management principles and what characteristics make effective time managers.</p> <p>Available on demand starting Oct. 15</p>
November	<p>Caregivers: Take Care of Yourself So You Can Be at Your Best</p> <p>Caregiving can be gratifying, but it can also be stressful. Therefore, it is important for a caregiver to take steps to ensure his own health and well-being</p> <p>Tuesday, Nov. 5; 2 p.m. ET</p>		<p>The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving</p> <p>Identify common family dynamics, gain insight on knowing when it's time for more caregiving support, and explore self-care techniques.</p> <p>Available on demand starting Nov. 19</p>

Monthly Webinars

	Employee Webinar	Manager Webinar	Work/Life Webinar
December	<p>Preventing and Reducing Anxiety</p> <p>Occasionally experiencing anxiety and worry is normal. However, when anxiety is sustained over time, this normally helpful emotion can become destructive and prevent you from performing your best.</p> <p>Tuesday, Dec. 3; 2 p.m. ET</p>	<p>Being a Supervisor Is Tough: Reduce Your Stress</p> <p>People are experiencing more demands and more pressures in the workplace and at home. While some stress is good, excessive or chronic stress can lead to decreases in productivity, an inability to concentrate, and an increase in stress levels in your employees.</p> <p>Thursday, Dec. 5; 2 p.m. ET</p>	<p>Examining Relationships: Healthy vs. Unhealthy</p> <p>Examine different types of relationships—from family and friendship, to romantic and professional—while learning to recognize healthy and unhealthy relationships.</p> <p>Available on demand starting Dec. 17</p>

To Register for Upcoming Webinars
 877-409-3389

To see past Webinars
www.AchieveSolutions.net/MCOhio

Training Promotions

Vary from Financial Readiness to Mindfulness, Resiliency to Leadership.

- Successful Team Building
- Effective Workplace Communication
- Stress Management and Resiliency
- Using Positive Strategies to Navigate Change and many others.

To view Training Catalogue:










https://s30009.pcdn.co/wp-content/uploads/2019/01/Beacon-EAPWorkshopCatalog_v7.pdf



Organizational Services

- EAP Workplace Consultants (EWCs) work directly with managers and human resources staff to help them grow their skills and learn how to deal effectively with employees and workgroups providing
 - Trainings
 - Health Fairs
 - Management Consultations
 - Management Referrals
 - Critical Incident/Disruptive Event Management consultation and coverage
 - Onsite debriefings helped decrease employee workgroup distress by 40% in 2018
- EWC's are available 24/7 to consult with managers on an *unlimited* basis at no additional charge.
- Call **877-409-3389** Option **3** for **Incident Response, Training Requests, Management Consultation. 24-7** with a **Licensed Behavioral Health Professional** Experienced in **Organizational Development.**

Beacon Delivers Best in Class Services

 <p>Helping people live their lives to the fullest potential</p>	 <p>Largest specialty BHO, serving 40 million members</p>	 <p>12.6 million EAP lives in the US</p>	<p>Customized Engagement Strategies & Promotional Campaigns to drive utilization</p>
<p>Serving 208 Commercial Customers</p> 	<p>4,900 employees committed to delivering high-quality service</p>	<p>Members self report 44.5% reduction in mental health related absenteeism</p> 	<p>Industry thought leadership through white papers, Beacon Lens blog, and Beacon Expertise website</p>
 <p>Clinician available OR first answer model for all member EAP calls</p>	<p>35 years of experience in Employee Assistance</p>	<p>Provider Network of 114,000+</p> 	<p>Support for 5.4 million military personnel and their loved ones</p> 
 <p>Serving 41 Fortune 500 companies</p>	<p>Digital Experience for EAP and Work/Life Topics – “No Wrong Door”</p>	<p>IT system redundancy 99% uptime YTD</p>	<p>Beacon clients received the EASNA Corporate award for 11 out of the last 15 years</p>