

## Employee Assistance Program

FCA's Employee Assistance Program is a voluntary, confidential part of FCA's Counseling Center, and provides assessment, counseling, referral and brief treatment. Employees of companies who contract with FCA and their eligible family members can work with experienced Master's-level therapists and Board-certified psychiatrists to resolve personal problems that may be affecting their work performance or their personal life. They can assist people with a broad range of issues including individual, marital and family problems; job stress; alcohol and drug abuse and financial difficulties.

Other EAP services include workshops on topics of interest to employee groups, Critical Incident Stress Debriefings for times when a serious incident has impacted employees, and SAP (Substance Abuse Professional), a federal program for commercial drivers in need of substance abuse services.

As a tool to assess the efficacy of employee benefits, FCA provides contracting employers with an annual statistical report that outlines the number of employees served, how they were referred, the total number of client sessions and general types of problems addressed. No information identifying employees or their family members are used in these reports.

We encourage Human Resources professionals to call our EAP Manager to arrange a meeting to discuss details of our program.

For more information, ask for FCA's Employee Assistance Program at 203.855.8765