

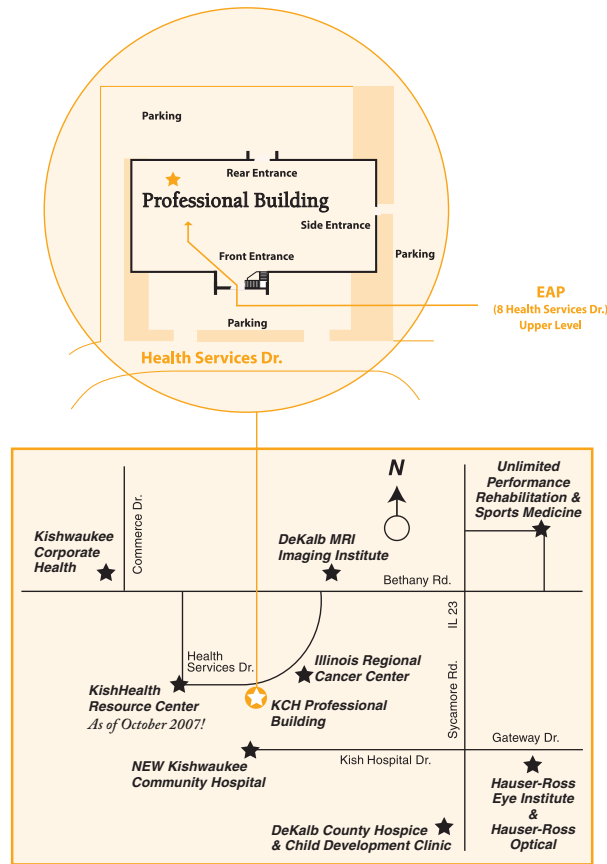
# Services We Provide

- Assessment, referral and resource services
- Personal confidential consultation
- Workplace consultation for work groups and leaders/supervisors
- Short-term, solution-focused counseling
- Substance abuse assessments
- Critical incident stress debriefings
- Employee and supervisor education and training
- On-site educational workshops
- Supervisor EAP orientation
- Employee EAP orientation
- Monthly supervisor newsletter
- Monthly employee newsletter



*“KishHealth System’s Employee Assistance Program (EAP) has proven to be a great employee benefit for Community Coordinated Child Care (4-C). We have utilized the expert staff of the EAP for staff development retreats and staff meetings. The confidential service allows our employees to access the assistance they need to lessen the stress in their lives. Our participation in the EAP lets our employees know that we care about them - both in and out of the office. The EAP provides a great service for our most valuable resource - our employees.”*

*Micki R. Chulick, Executive Director  
Community Coordinated Child Care (4-C)*



To learn more about KishHealth System  
Employee Assistance Program please call:  
**815.748.8999 (Days) or**  
**1.800.373.3327 (Crisis)**



Employee Assistance Program  
Kishwaukee Professional Building  
8 Health Services Drive, Suite. 4 DeKalb, IL 60115  
[www.kishhealth.org](http://www.kishhealth.org)  
**815.748.8334**

## KishHealth System Employee Assistance Program



**1.815.748.8999**  
**Crisis 1.800.373.3327**





## What Is An EAP?

The EAP is an employer-sponsored service designed to assist employees and their families in finding help for personal problems and/or concerns that may affect the productivity or well-being of the employee.

*“EAP was a life-saver for me. My first visit provided an immediate assessment of my problem and made me realize I could actually do something for myself to get well.”*

*EAP Client*

## Our Staff Profile

Our staff are licensed individuals with more than 60 years experience waiting to assist your company and individual employees. Our staff includes:

- Certified Employee Assistance Professional
- Licensed Clinical Professional Counselor
- Psychiatric and Mental Health Clinical Nurse Specialist
- Licensed, Marriage Family Therapist
- Certified Staff in Critical Incident Stress Debriefing
- Academy of Family Mediators trained staff
- Advanced training in marriage/family therapy

## Cost

Since EAP is a benefit offered by your employer, this service is provided at no cost to you. Members of your household are also eligible for this service.

## EAP Counseling Professionals



### Kim Volk, LCPC, CEAP

Licensed Clinical Professional Counselor and Certified Employee Assistance Program Therapist



### Mary McKinnell, LCPC, CEAP

Licensed Clinical Professional Counselor and Certified Employee Assistance Program Therapist



### Lynette Swedberg, RN, CNS, CEAP

Clinical Nurse Specialist and Certified Employee Assistance Program Therapist



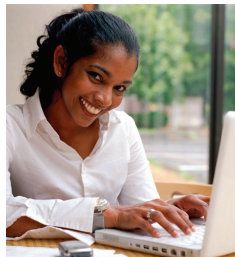
### Emily Hummel, LMFT

Licensed Marriage and Family Therapist

## Contacting Your EAP

For confidential professional assistance, call **1.815.748.8999**. In the event of a crisis after hours, call **1.800.373.3327** and have the answering service page the EAP staff on-call.

**Our office is open Monday – Friday with evening hours available.**



*“I feel I can better face the challenges of the times and have regained much of my lost self-confidence.”*

*EAP Client*

## Why Use An EAP?

An EAP can assist in many situations, including:

### Personal Consultation Services

- Marriage & Family Relationships
- Substance Abuse/Use Concerns
- Depression/Anxiety
- Grief/Loss/Traumatic Events
- Health & Personal Well-being
- Stress & Coping

### Workgroup & Leader Consultations

- Individual & Group Consultations
- Educational Programming
- Team Building
- Policy Development
- Drug Free Workplace
- EAP Programming



*“To complement our employee benefit program, we were searching for a program that would give our employees*

*the opportunity to seek professional guidance to assist in the solution of personal issues. The KishHealth System EAP has provided us with that program.”*

*Tom Chase, Manager, Human Resources  
Seymour of Sycamore*

## Confidentiality

KishHealth System EAP staff will not release any information without having a signed and witnessed form authorizing the disclosure of your records, except as required by law.