



HERE TO HELP

All the ways your **Village EAP** can benefit you and your household members

Your Village Employee Assistance Program (EAP) is a benefit that your employer has invested in to provide you and your household members free access to strictly confidential wellness services. These services offer help with a variety of concerns.

Face-to-Face Counseling: Short-term, confidential counseling, in person or online, can be helpful for relationship issues (couples, family, parent-child), emotional health (feelings of depression, anxiety, grief, suicide), and workplace struggles (work-life balance, coping with change, dealing with difficult people). Round-the-clock crisis counseling is available. Web-based counseling is an option in some states.

Drug and Alcohol Assessments: Prevention education, aftercare support, and chemical dependency evaluation can be covered by your EAP. (Treatment is not an included benefit.)

Financial Counseling: Whether deep in debt, wanting to pay off credit cards more quickly, or looking to plan for the future, The Village's financial professionals can work to create a custom Financial Action Plan, tailored to fit each situation and lifestyle.

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COUNSELOR CORNER

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Village EAP Counselor

Q: I want to ask my partner to go to counseling with me, but I'm worried they'll take it the wrong way. Does seeking couples therapy mean our marriage is doomed?

A: In short, no, couples counseling does not mean your marriage is doomed. However, it is understandable that some people may experience hesitation toward couples counseling. There are a variety of reasons for this, such as assumptions of what will happen in session, avoidance of issues, and fear of rejection from the partner or therapist.

If your partner is hesitant, I recommend listening and validating their thoughts and feelings. Once this is addressed, state why couples counseling is wanted or needed.

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COUNSELOR CORNER CONT.

Three common areas I explore with my couples are communication, connection, and compatibility.

Communication: A must-have in any healthy relationship is effective communication. In session, couples work on how to solidify communication using skills that enhance respect, transparency, and connectedness. Couples also work on making the time to communicate. We all have busy schedules and without prioritizing communication, it can be put on the back burner. I recommend couples set aside quality time and implement the different communication techniques discussed in counseling.

Connection: We are biologically wired to be connected to others. To be connected to someone, they must meet our needs, such

as feeling respected, heard, and validated. In session, couples can work on how to become emotionally attuned (connected) to their partner's needs. A good starting point is to question our responses to our partner. I ask each partner to reflect on how they are, or are not, creating a safe space for their partner. Some questions to ask are: What is my body language like in this moment? How is my tone of voice? Am I emotionally engaged to my partner? Being accountable to how we respond takes humility. It is easy to get defensive and critical. However, over time, couples can break habits that inhibit attunement and become re-connected.

Compatibility: It is generally easy to determine chemistry in a relationship, but compatibility takes time and exploration.

Couples need to reflect on how well they actually know their partner. I recommend a multitude of conversations over the course of a relationship. These include finances, politics, emotional/physical intimacy needs, religion, and family dynamics. Relationships need to have a solid foundation or they will fall apart. It is not wise to just assume our partner thinks the same as we do. Also, these conversations need to be an ongoing dialogue, not just a one-time conversation.

Even if there is some hesitation about couples counseling, I still recommend trying it out. It could be the best gift you ever give to your relationship. To schedule an appointment through your Village EAP, call 800-627-8220.



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Legal Consultation Services:

Receive a half-hour consultation with a network attorney for family law or civil law matters and discounts on further legal services with that attorney.

Wellness Education: Your EAP sessions can be used to take a variety of educational classes on topics such as parenting, self-esteem, anger management, and mindfulness. Call before registering to see if your class can be covered.

Health Risk Assessment:

This online tool can provide a baseline for your health status and concrete recommendations for improving your overall wellbeing.

DID YOU KNOW?

Your total number of EAP sessions is based on the number of people in your household.

The number of sessions available is equal to the number of permanent household members times (x) four (4). For example, a household with three (3) members would have access to a maximum of 12 sessions (3 members x 4 per member = 12 sessions) per 12-month period. Smaller households receive a minimum of 8 sessions.

Sessions can be used by any member of the household up to the total number, as long as it's approved by a Village EAP representative, for short-term, wellness-based counseling, drug and alcohol assessments, wellness classes, financial counseling or other EAP services.

Nutrition Counseling: Access to a nutrition counselor for nutrition concerns or education.

User Website: Employees and supervisors can access information about their EAP benefit, helpful newsletters, online resources and more on our exclusive user site, www.VillageEAP.com (*case-sensitive password: VillageEAP*).

We strive to provide options and solutions 100% of the time. If you are in doubt whether The Village EAP can help, first, know it probably can. Second, just call. The number is 1-800-627-8220.

1-2-3 OF THE VILLAGE EAP

Accessing your EAP benefits is as simple as 1-2-3. Follow the three steps below to take advantage of the services available to you:

1. Make the call. When you want to access EAP services, call 1-800-627-8220. This number is your one-point access to all services including appointments, Supervisor Helpline and after-hours crisis counselors. When you call during regular business hours, you will reach an auto-attendant; choose the option for The Village EAP. You'll either speak to an intake specialist immediately or please leave a message and our team will return your call. If you do not hear from us after one business day, please call us again.

2. Schedule an appointment. Let the intake specialist know you are with The Village Employee Assistance Program and who your employer is. They will ask you a few questions that will assist us in connecting you with the EAP services that best meet your needs. Appointments with counselors will be scheduled at times and locations that are as convenient to you as possible. We are able to do this by using our extensive network of providers throughout the US.

3. Visit with a counselor. Please arrive to your first appointment 10-15 minutes early. This will allow you time to complete any necessary paperwork. Sessions are typically 45-50 minutes long. Within 60 days, you can schedule follow-up sessions directly with your counselor. After that timeframe, please contact The Village EAP for renewed access to your available sessions.