



Homewood Enhanced Employee and Family Assistance Program (EFAP)



DID YOU KNOW?

Mental and nervous disorders have replaced musculoskeletal conditions as the top conditions causing long-term disability. Source: Canadian Council on Integrated Healthcare

The mounting costs of maintaining unhealthy employees, coupled with the expense and disruption associated with turnover, is leading many employers to implement a health promotion strategy. Thanks to a growing body of evidence, employee and family assistance programs are no longer viewed as just a good idea, but rather a crucial investment in an organization’s long-term success.

Source: The Case for Comprehensive Workplace Health Promotion, Centre for Health Promotion, University of Toronto

Welcome to our exclusive and discounted Homewood Enhanced solution.

Leading the industry in organizational wellness and employee and family assistance.

Homewood Health brings a one-of-a-kind approach to the market with unparalleled clinical quality backed by the expertise of one of Canada’s leading mental health and addiction centres. Employees and family members with ‘at risk’ mental health and addiction disorders have access to advanced clinical support and programs. Our work-life services and educational tools are developed by psychologists and expert specialists, to help employees manage hectic lifestyles, and their own health and well-being in a way that fits within their lives.

HomewoodHealth.com

Overview

Our EFAP Services take a comprehensive and prevention-focused approach to employee well-being and productivity. The EFAP provides clients with practical and effective steps to improve their coping strategies and resiliency. Our intuitive solutions provide easy and secure access and are available 24 hours a day, seven days a week.

Counselling

Our coaching and counselling services are short-term, goal-oriented and adhere to strict privacy and confidentiality standards. We offer a supportive, and caring environment with services available through in-person, telephonic, video, and online modalities for any challenge including:

Addictions	Anxiety	Depression
Family	Grief and Bereavement	Life Transitions / Change
Relationships	Stress	Other Personal Issues

Depression and Trauma Care

Depression and Trauma Care are mid to long-term intervention therapies for persons struggling with symptoms of each including anxiety, acute and operational stress reaction and/or post-traumatic stress disorder.

Life Smart Coaching Solutions

Receive coaching support for a variety of life balance, health and career needs. Life Smart Coaching services are available by phone.

Life Balance	Health Smart	Career Smart
Childcare and Parenting	Jumpstart Your Wellness	Career Planning
Elder and Family Care	Lifestyle	Pre-Retirement Planning
Financial and Legal Advice	Nutrition	Shift Work
Grief and Loss	Smoking Cessation	Workplace Issues
Relationship / New Parent Support		

Online Resources

i-Volve: Online CBT.

i-Volve is a bilingual, self-directed, work at your own pace web-based solution for the treatment of depression and/or anxiety. Unlike traditional CBT programs delivered in a therapist's office, Homewood's i-Volve is available 24 hours a day, seven days a week, and is fully responsive and mobile friendly allowing clients access when and where they choose. i-Volve is comprised of three programs: Depression; Anxiety; and Mental Health. i-Volve offers safe, outcome focused programs to influence and change behaviours through the development of coping strategies and resiliency skills.

Access Homeweb.ca, our dedicated client portal at any time for convenient access to e-Learning Courses including interactive tools; a complete health and wellness library; health and wellness assessments, child and elder care locator services and an evolving inventory of health, life balance, and workplace articles.

Key Person Advice Line

Designed for key personnel and supervisors, the advice line allows leaders to contact a Homewood counsellor at any time for consultation should a situation arise at the workplace which requires a professional opinion. These consultations are available on an immediate, as-needed basis.

Formal Employee Referral

A Formal Referral is an agreement between the key person and employee. Specifically, it is confirmation of compliance with a treatment plan to help the employee with their work-related performance. Key persons are informed of basic information related to employee access and use of services. Confidentiality is maintained in that key persons are not provided with feedback on the content of the employee counselling sessions.

Specialized Community Referral

Our experience indicates approximately 96% of clients have all their needs met within the EFAP. The remaining 4% identify as those who require specialized or longer-term treatment with community resources. Homewood will provide supportive counselling until the client enters a treatment program.

Additional Fee for Service Solutions:

- **Crisis Management Services (CMS)**
Our CMS solution involves a multi-faceted, resilience-based approach to crisis intervention, and is designed to offer assessment and emotional first aid to employees after a critical incident. Referral services and post-traumatic stress counselling can also be arranged following the initial intervention for impacted individuals.
- **Employee Wellness Sessions**
Standard and Specialized Wellness Sessions are available on a variety of employee, organizational, and workplace topics. Sessions are delivered by qualified and/or registered individuals and are available virtually or in-person.
- **Treatment Services**
Receive a 10% discount on select Homewood Health treatment services. Ask your representative for additional details.

Homewood Enhanced brings added value with expertise and support.

With Homewood Enhanced you'll receive the following complimentary services at no additional cost:

- 1 Free Crisis Management Case per year
- 1 Free Employee Wellness Session per year / per 100 employees

Need more information or assistance? All calls are completely confidential.

1-800-663-1142 | TTY: 1-888-384-1152 | International (Call Collect): 604-689-1717

Numéro sans frais - en français : 1-866-398-9505

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