



# Homewood Standard 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 Standard 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.

## 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 telephonic, video, and online modalities for any challenge including:

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

## 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.

### Specialized Community Referral

Our experience indicates that approximately 96% of clients have all of their needs fully met within the EFAP. The remaining 4% represents those who, upon assessment, are identified as requiring referrals for specialized or longer-term treatment with community resources. Homewood Health 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.
- 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.
- 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.

**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**