

Employee Assistance Program

The Employee Assistance Program (EAP) is a benefit program intended to ensure a healthy work environment for all staff. The services include counseling and referral for personal issues, wellness initiatives, financial advisement, and other specialized programs.

Why does the District School Board of Pasco County need an EAP?

- Benefits individuals needing help...
- Improves the health and effectiveness of the organization...
- Reduces rising medical insurance costs...
- Reduces sick leave utilization...
- Increases employee effectiveness and productivity....

How CONFIDENTIAL are the counseling and referral services?

All School Board employees and retirees are eligible for EAP services. Employees may be full or part time, active or on leave. Counseling sessions available through the EAP may be used by the employee or by the employee's dependent(s) or spouse.

How many free counseling sessions are provided?

Up to five (5) counseling sessions are available each year at no cost. Additional services may be authorized for crisis situations. If the employee needs more specialized, intensive services, he/she will be connected with appropriate staff as available through his/her medical insurance plan or other personal resources.

Where are counseling services provided?

Counseling services are available in private offices in Land O' Lakes, Lutz, Dade City, New Port Richey, Port Richey, Spring Hill, Tampa, Tarpon

Springs, Trinity, Wesley Chapel and Zephyrhills. All locations are totally separate from school campuses. Initial appointments are scheduled through the Land O' Lakes office.

When are services provided?

Appointments normally will be scheduled between 8:30 and 5:30 p.m., though several of the counselors schedule some evening or weekend appointments. Special or emergency appointments may be available depending on counselor availability.

What training or credentials do counselors have?

All counselors are licensed through the Department of Health. Program counselors include licensed psychologists, marriage and family therapists, mental health counselors and clinical social workers.

How CONFIDENTIAL are the counseling and referral services?

- All services are totally confidential...
- No client information is available to anyone except the EAP counselor, except with client's written authorization...
- All services are completely voluntary...
- No supervisor may coerce any employee into using the EAP...
- Only the employee may choose to share information with a supervisor...
- All counseling offices are located off of school property...
- An employee never needs to go to the District Office for service...
- No record of EAP services is kept in personnel files...

What additional services are available through the EAP?

The Employee Assistance Program has linked with Aetna Behavioral Health to offer these additional services.

- Legal Consultation

- Financial Consultation
- Elder care consultation
- Healthcare-related information, self-assessment, and educational guides.
- Access to Phone Consultation for varied Work/Life issues

What kind of issues are addressed by the counseling and referral services?

- Marital and relationship issues
- Family/Child adjustment issues
- Job-related stress
- Stress/Burnout
- Depression
- Anxiety/Panic Attacks
- Alcohol/Substance Abuse
- Eating Disorders
- Tobacco Addiction
- Elder Care Consultation*

**The Elder Care Consultant is an experienced geriatric specialist familiar with different elder care options. He also is well-versed in the programs and services provided by local agencies, community businesses and local specialized resources. The Elder Care Consultant is available to provide assistance in finding the right solution to individual caregiving situations.*

If you feel that you or your family needs assistance with these or any other issues, please call for help.

Central Pasco (813) 794-2366
East Pasco (352) 524-2366
West Pasco (727) 774-2366