

The Employee Assistance Program

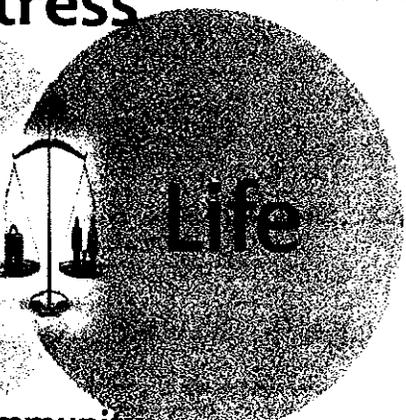


Your Resource for Solutions

www.cityofboston.gov/EAP

The Employee Assistance Program

Stress



Work **Life**

Community

www.cityofboston.gov/EAP

The Employee Assistance Program

Our Mission:

- To promote, establish and increase good health, a quality of work and personal experience
- Collaborate with employees and family members to restore and initiate well-being in work and life



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The Employee Assistance Program

About us:

The EAP is a program designed to assist employees and family members in **Identifying** and **Resolving** personal concerns, problems/issues. *EAPA

- Consultations, counseling and supportive services
- Neutral - Offer a safe, supportive confidential environment



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The Employee Assistance Program

Reactive (Traditional)

Proactive (Emerging)

Comparisons

WELLNESS:

Emphasis is on physical health

WELL-BEING:

Integrates physical, mental health and whole life experiences resulting in a more holistic approach

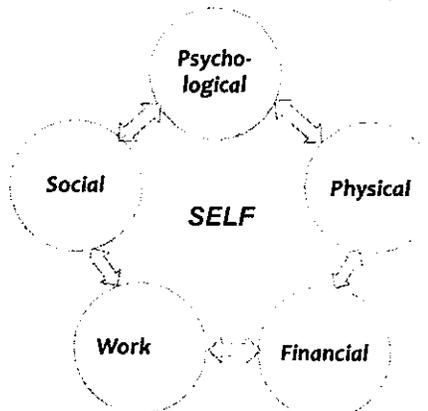


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Well-Being:

Includes the presence of positive emotions and moods, satisfaction with life, fulfillment and positive functioning.



Source: <http://www.cdc.gov/hrqol/wellbeing.htm>

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Elements of well-being:

- **Psychological**- Positive emotions and resilience
- **Physical**- Health promotion, disease management, traditional wellness approach
- **Financial**- Becoming literate in all things financial
- **Work**- Central to adult identifying and significant to human development and functioning.
- **Social**- Quality of relationships / networking

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Our Approach:

- Individual well-being
- Holistic / Integrated
- Preventative
- Solution Focused
- Cross cultural perspective



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Resources:

EAP website. www.cityofboston.gov/EAP

Financial literacy

Balance financial fitness program

<https://www.balancepro.net/aboutus.html>

Education and skill building

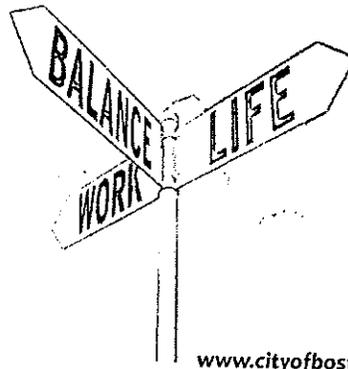
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A few examples:

- Balancing Work and Family
- Mental Health Issues
- Alcohol and Drugs
- Recovery Management
- Diversity Issues
- Job Related Concerns
- Domestic Violence
- Financial Concerns

..and much more..



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Recap:

- **Wellness:** emphasis on physical health promotion, disease management, traditional wellness approach
- **Wellbeing:** Integrates physical, mental health and whole life experiences resulting in a more holistic approach
- **Overall satisfaction with life:**