



BALTIMORE COUNTY PUBLIC SCHOOLS

Baltimore County Public Schools offers BOTH an Internal and an External Employee Assistance Program (EAP)

**Internal: Baltimore County Public Schools Internal
EAP Counselor: Janice Zimmerman, LCSW-C**

**External: Baltimore County Public Schools External
EAP Provider: ComPsych**

WHAT IS AN EAP?

An Employee Assistance Program (EAP) is an employee benefit that provides confidential professional assessment and referral assistance for employees and their families experiencing problems that may be affecting work performance, job satisfaction, or overall quality of life. Following a thorough face-to-face assessment, an experienced, credentialed EAP professional will refer you for treatment or provide up to 8-10 short-term counseling sessions when appropriate for such issues as:

- Emotional distress (depression, stress, abuse, anxiety, etc.)
- Relationship or family problems
- Alcohol, drug, & other addiction problems
- Job problems
- Other personal difficulties, including those resulting from financial, legal, or health problems

HOW DOES A PERSON ARRANGE AN APPOINTMENT?

To arrange for a confidential appointment or for more information,

CALL:

Baltimore County Public Schools Internal EAP Counselor

Janice Zimmerman, LCSW-C

410-887-5414

jjzimmerman@bcps.org

Hours: Mon-Fri, 8:30 a.m.-4:30 p.m.

Location: Loch Raven Center (formerly Loch Raven Elementary School)

1801 Glen Keith Blvd.

Baltimore, MD 21234

OR

ComPsych, 24 hours a day, 7 days a week

1-877-595-5283

In case of EMERGENCY, an on-call EAP professional is available by telephone 24-hours a day, 7 days a week.

WHAT ABOUT CONFIDENTIALITY?

EAP professionals carefully follow the laws and regulations regarding confidentiality. No information will be disclosed to anyone without the individual's specific written consent except in cases of imminent threat of harm to self or others.

WHO MAY USE THE EAP?

All eligible employees and their immediate family members may use the EAP. Administrators and supervisors may consult with EAP professionals for guidance regarding employee and workplace situations.

WHAT DOES IT COST?

There is no cost to eligible employees or family members for services provided by the EAP. If a referral is necessary, the EAP clinician will make every effort to coordinate care through the participant's health plan. However, if fees or co-pays are required by the health plan or another resource they are the responsibility of the participant.

WHERE AND WHEN ARE SERVICES AVAILABLE?

EAP professionals are located within a reasonable distance from your worksite or home and are available throughout the county and surrounding areas.

WHAT OTHER SERVICES ARE AVAILABLE?

(Additional Services available through Compsych)

LegalConnect[®] provides telephone access to licensed attorneys on any legal concern you may be facing. Whether you have questions about a home purchase, estate matters or any other legal issue, a call to *LegalConnect*[®] will provide access to the information you need.

FinancialConnect[®] can answer your questions about budgeting, tax issues or any other money management concerns. The CPAs available through *FinancialConnect*[®] can guide you.

Included in your services is membership into *GuidanceResources*[®] *OnLine*, the Internet product that complements the programs by making information and guidance conveniently accessible. Just go to www.guidanceresources.com and enter your company id (**baltimore**), also found on your wallet card, to access the site.

WHY USE THE EAP?

While today's complex world can offer exciting challenges, it can also create stress. Personal, family, and work related problems can have a direct effect on our sense of well-being, our relationships, and our work performance. At one time or another, all of us may need assistance working through issues that arise in our daily lives.