

# Employee Assistance Program

1979 Snyder St., Room N33  
Richland

**509-376-4418**

Hanford Website: <http://health.rl.gov>  
Public Website: [www.hanford.gov/health](http://www.hanford.gov/health)

## Behavioral Health Services

A professional occupational mental health service

- Adult Counseling Services
- Psychological Testing and Assessment
- Substance Abuse Recovery Support
- Educational Programming
- Crisis Intervention
- Referral Services

## Employee Assistance Program

Available to Hanford employees and their spouses/partners

- Up to eight, no-cost counseling sessions per year
- Evidence-based treatment
- Client-centered, collaborative treatment planning
- Telebehavioral health services for clinically-approved cases
- Confidential and conveniently located
- Efficient and timely appointment scheduling

## Mental Health & Wellbeing Services

- Anxiety, Worry
- Depression
- Stress, Distress
- Anger
- Grief, Loss
- Post-Traumatic Stress
- Family, Parenting
- Aging Parents
- Couples Counseling
- Divorce, Separation
- Substance Abuse
- Codependency
- Workplace Concerns
- Supervisory Relationships
- Emotional Eating
- Life Transitions
- Sexuality, LGBTQIA
- Aging, Retirement

hope

## EAP PROVIDERS

Clinical services are provided by a Washington state licensed mental health counselor or a licensed clinical psychologist.

Employees can gain better understanding and management of their issues and/or symptoms with an experienced EAP provider offering expertise in diagnostics, counseling, and education.

Employees are encouraged to engage in the counseling process with collaborative treatment planning and mutual selection of an evidence-based therapy best suited for their needs. Therapy options may include:

- Cognitive Behavioral Therapy
- Interpersonal Therapy
- Process Experiential Therapy
- Relaxation Skill Building
- Anger Management
- Brief Solution-Focused Therapy

## REFERRAL ASSISTANCE

Employees with questions about community mental health services for themselves or their family can request the EAP referral assistance service.

- Local mental health services and provider lists
- Education for selecting child, teen, family, and other specialty services
- Information for releasing mental health records

## CRISIS INTERVENTION

EAP promotes wellness by providing services and support to employees affected by traumatic events.

- Processing and managing the death of a coworker
- Recovery from workplace violence
- Recovery from a natural or workplace disaster
- Critical incident debriefing
- Crisis management
- Psychological first aid

## EDUCATIONAL PROGRAMMING

Employee wellbeing, cohesive work teams, and a positive and healthy work culture are promoted through EAP educational programs that are developed in direct response to identified Hanford needs, employee feedback, and professional occupational medicine resources.

### Wellbeing:

- Stress: Your Body Is Talking To You
- Fit Body, Fit Mind
- Mindful Eating
- Pain Management

### Organization:

- Creating a Positive Work Culture
- The Psychology of People Management

### Leadership:

- Emotional Intelligence Skill Building
- Active Listening Skill Building
- Defusing Anger in the Workplace

### Hot Topics:

- The New Normal: Working and Coping During a Pandemic
- Preventing Opioid Abuse
- Preventing Suicide

A complete list of programs is available on our website at <http://health.rl.gov/page.cfm/BehavioralHealth> or call (509) 376-4418.

## Behavioral Health Services Team

BHS Program Coordinator

Licensed Mental Health Counselor

BHS Manager, Clinical Psychologist

Celeste Meader

Kim Lindholm, M.Ed., LMHC

Dr. Janice Kusch, Ph.D.

**Call (509) 376-4418**