

HOW CAN WE HELP?

Call MHN for help with life's ups and downs. They're available 24/7 to connect or refer you to a professional who can help with:

- Marriage, family, and relationship issues
- Problems in the workplace
- Stress, anxiety, and sadness
- Grief, loss, or responses to traumatic events
- Concerns about your use of alcohol or drugs

MHN can provide a referral when you call them. You can also search for a provider on their member website.

When you call, you can make an appointment that works for you:

Face-to-face sessions:

Meet with a provider from their network (for example, a counselor, marriage and family therapist, or psychologist) in his or her office.

Telehealth consultation:

Easily accessed support provided by a network provider licensed in your state. MHN can provide a referral when you call them.

NEED HELP?

Call toll-free:
800-227-1060
24 hours a day, seven days a week

Visit the MHN website:
members.mhn.com
Registration code: sia

PARTICIPATING DISTRICTS

Arcohe Union SD
El Dorado County Office of Education
Folsom-Cordova USD
Galt Joint Union Elementary SD
Galt Joint Union High SD
Hayward USD
Latrobe SD
Natomas USD
Natomas Charter SD
Placerville Union SD
Rescue Union SD
River Delta USD
Robla New Hope Charter School
Robla SD
Sacramento City USD
Sacramento County Office of Education

MORE INFORMATION

For more information about your particular district, contact your benefits department or for information about joining SIA's EAP or any additional information, please call (916) 364-1281 or email preventionservices@sia-jpa.org



P.O. Box 276710
Sacramento, CA 95827
916.364.1281

MHN

Your Employee Assistance Program



Prevention Services

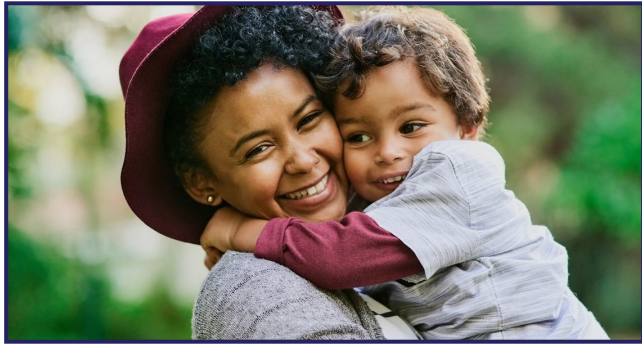


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WORK & LIFE SERVICES

CHILDCARE AND ELDERCARE ASSISTANCE:

MHN will find out what kind of help you need caring for the children or elders in your life. Then they'll give you names and numbers of providers in your area with confirmed openings.



FINANCIAL SERVICES:

Talk to an advisor over the phone about:

- Budgeting
- Credit and financial questions (investment advice, loans, and bill payments not included)
- Retirement planning

LEGAL SERVICES:

Talk to a lawyer over the phone or face-to-face about:

- Civil, consumer, and criminal law
- Personal and family law, including adoption, divorce, and custody issues
- Financial or tax matters (Business matters are excluded. Also excluded are any disputes or actions between members and their employer, business partners, MHN, Health Net, or their affiliates.)
- Real estate
- Estate planning

IDENTITY THEFT RECOVERY SERVICES:

Speak with a certified consumer credit counselor who can learn more about your situation and help you create a plan. If there is a potential of ID theft, MHN will connect you to an identity recovery specialist.

DAILY LIVING SERVICES:

Need help with errands? Planning an event or vacation? MHN can track down businesses and consultants for you. (MHN does not cover the cost nor guarantee delivery of vendors' services.)

CLINICAL SUPPORT

MHN's face-to-face counseling, telephone and video consultations are the heart of their EAP, helping members overcome emotional health issues and remain healthy and productive. Members can call MHN toll-free 24 hours a day, seven days a week for assistance.

SHORT-TERM COUNSELING:

Most member problems, such as phase of life, marital/family, and work-related issues, are amenable to short-term counseling. MHN's philosophy is to help member resolve problems through short-term counseling whenever possible. Short-term counseling can be used to:

- Review a problem in work or family life
- Discuss situational problems or stressful life events
- Resolve relationship problems via group counseling
- Gain insight for effective parenting
- Develop interpersonal communication skills
- Learn stress management techniques
- Improve skills in dealing with a difficult co-worker
- Work through the bereavement process

SUBSTANCE ABUSE:

MHN clinicians are experienced in the diagnosis, intervention and treatment (through referral) of alcoholism and drug abuse. After conducting a thorough assessment, the clinician works with the chemically dependent member to:

- Reduce denial
- Increase motivation
- Design an appropriate recovery plan
- Seek evaluation for medical/physical problems
- Encourage participation in 12-step programs
- Make referrals for detoxification treatment

EAP FOLLOW-UP

MHN's comprehensive EAP care coordination and follow up program helps ensure appropriate coordination and resolution. The program includes:

- Immediate follow-up of emergent/urgent clinical cases
- Long-term follow-up of management referrals (i.e. job performance-related issues and DOT referrals) to help ensure results, measure efficacy and track compliance with treatment plans

CLIENT SERVICES

MHN's standard EAP includes robust Client Services to help organizations manage for success, promote workplace wellness and improve employee performance and organizational efficiency.

ORGANIZATIONAL GUIDANCE:

Guidance and support for managing job performance issues and a broad range of difficult workplace situations. Includes management & labor consultations, job performance referrals, critical incident response services and substance abuse referrals plus, as upgrades, their workplace re-entry program and clinical support services.



TRAINING & SKILL DEVELOPMENT:

Standard EAP solutions include trainings on EAP benefits for both employees and supervisors, health fair support, and a certain number of training hours that can be applied to dozens of work-life, health & wellness, skill development and workplace safety seminars and workshops.

ORGANIZATIONAL DEVELOPMENT:

An initial organizational development consultation is included with their standard EAP solution. For an additional fee, MHN can also provide comprehensive organizational development services, from help planning and conducting reorganizations or downsizing to guiding process improvement initiatives.