

Available to Employees and their Immediate Families

A counseling and referral service to help employees and their families deal with personal problems.

Any issue that keeps an employee from doing his or her best on the job qualifies.

Sessions provided at no or minimal cost to the employee or family members.

Conveniently located in Davis.

Services provided are completely confidential.

Employees contact the program on their own, not through their employer.

Earned sick leave, vacation leave or CTO may be used for appointments.

Psychological Resource Associates

1627 Oak Avenue, Suite A, Davis
(530) 756-0555



Serving the Employees of:
- Davis Joint Unified District
- Yolo County Office of Education
- Davis Waste Removal

Your Employee Assistance Program



Confidential help
with personal,
family or job
related problems

*"We're Here When You
Need Us"*

EAP: We are here to help YOU . . .



What is the Employee Assistance Program?

You employer recognizes that employees have personal problems that can be helped with professional intervention. The Employee Assistance Program (EAP) is designed specifically to help employees with any problem that prevents them from doing their best possible work. It doesn't matter what the problem is - emotional stress, marital discord, family crisis or alcohol and drug abuse. The Employee Assistance Program is designed to help.

How does the EAP work?

The purpose of the Employee Assistance Program is to help you address your own problems by meeting with a qualified, licensed professional. Problems are discussed and possible alternatives are explored. A few sessions with the EAP may be all that is necessary to resolve minor concerns. When long-term counseling is necessary, appropriate resources/options will be discussed. Employees visiting the EAP counselor may use earned sick leave, vacation leave or compensatory time off in accordance with departmental policy.

Help is as near as your phone. . .

**Call
(530) 756-0555**

What about confidentiality?

All discussions between you and the EAP counselor are entirely confidential. Nothing regarding your participation in the EAP goes into your personnel file.

Who will I be talking to?

Psychological Resource Associates is a group of licensed psychologists, social workers and marriage and family therapists that has been providing EAP services since 1979. They can help or they will refer you to someone who can.

Confidential



Reliable

DJUSD

Employee Assistance Program



"We're here when you need us"

- Individual, couple or family counseling
- For any problem that affects your job performance
- Conveniently located in Davis
- Up to 5 visits for the employee and 5 additional visits for family members

Psychological Resource Associates

www.pratherapists.com

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FAQs: DJUSD Employee Assistance Program

Q: What is an EAP?

A: EAP is short for Employee Assistance Program - a benefit provided by Psychological Resource Associates (PRA) and paid by your employer without any cost to you.

It provides you initial access to counseling and therapy to address concerns and issues in your life.

It also provides you a place to confidentially discuss your concerns in an effort to prevent or alleviate your sense of being overwhelmed or "alone".

Q: Who has to know that I am using the EAP program?

A: EAP sessions, like any medical appointment, are completely confidential. Only you, your therapist, and the Intake Coordinator at PRA need to know.

Q: My job site can't afford to have someone be away from their job if they're not sick. How can I attend appointments?

A: DJUSD values each employee and provides the EAP so that the stress of personal issues you are facing does not adversely affect your job performance.

If you have no sick or vacation leave, DJUSD allows employees to use Comp Time for appointments.

Q: My supervisor will know if I ask for time off to use EAP.

A: EAP services are like medical appointments; you can request time off for medical reasons without stating that it is for your EAP.

Q: I'd still rather not miss any work for an appointment.

A: PRA has some limited space for evening, lunch time, and Saturday appointments.