

# Employee Assistance Program (EAP)

Services for you and your family to address  
concerns at work or home

# Cottage Health Employee Assistance Program

- ❖ What We Do and Who We Are
- ❖ Eligibility/Cost
- ❖ What to Expect
- ❖ Services Available
- ❖ Data
- ❖ How to Contact Us

# Employee Assistance Program: What We Do

- Counseling Services for Employees and Dependents
- Referral Base
- Crisis Intervention
- Debriefings



# Meet the EAP Team



Carole Ingraham, LMFT  
EAP Counselor



Stephanie Molina, LMFT, CEAP  
Employee Assistance Program Manager

Not Pictured: Teresa Jones, Student



Colleen Breen, LMFT,  
EAP Counselor



Anne Pigeon, AMFT,  
EAP Counselor



Eliana Preciado, LMFT,  
EAP Counselor

# Why Contact EAP?

- Issues addressed often include:

- ✓ Personal Concerns
- ✓ Burnout
- ✓ Stress
- ✓ Communication
- ✓ Relationship Troubles
- ✓ Anxiety
- ✓ Depression
- ✓ Loss
- ✓ Coping with Change
- ✓ And more...



# Who is Eligible?

- ALL Cottage Employees (full-time, part-time, and per-diem)
- Your Dependents



# What to Expect When You Contact EAP

- Upon contacting EAP, you can expect to have a confidential conversation about what is prompting you to seek out services
- Together we will discuss what your options are and establish the best plan to address your needs
- You can also expect that your confidentiality is held to the highest standards and will be completely protected
- Cottage Health insurance or not

# Various Services

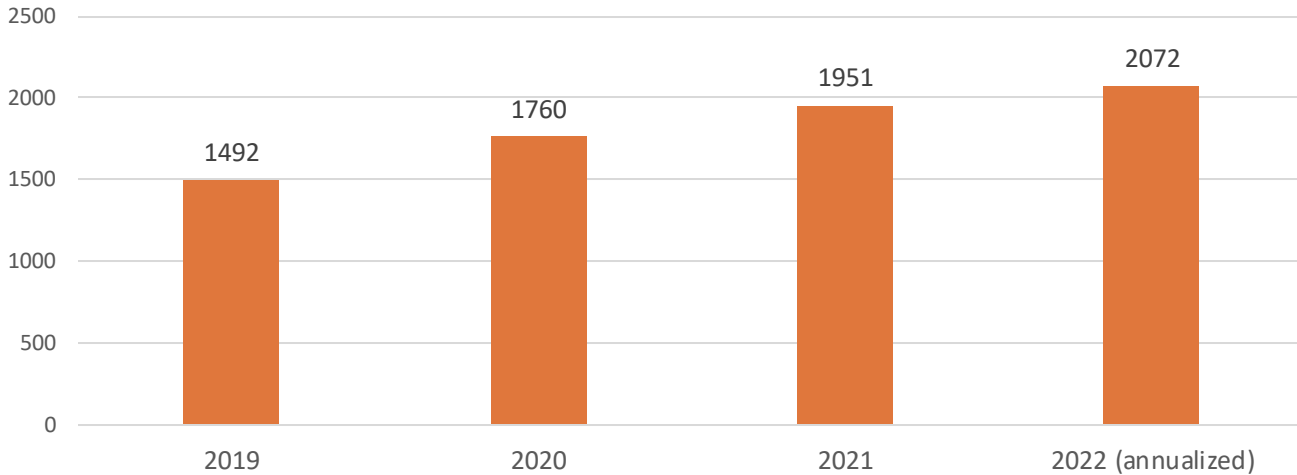
- Internally we have multiple clinicians
- Externally, we have Preferred Providers in the community that are available to see you (both in-person and telehealth)
- Short-term therapy (up to 4 sessions)
- Long-term therapy (beyond 4 sessions) with an internal clinician or a preferred provider



*Internal Service are primarily being delivered via Zoom*



# Employee Counseling Sessions



Number of counseling sessions increasing each year

# Where You Can Find Us

Contact me directly:

Stephanie Molina, LMFT, CEAP

Office: 805-569-7808

Cell: 805-637-0332

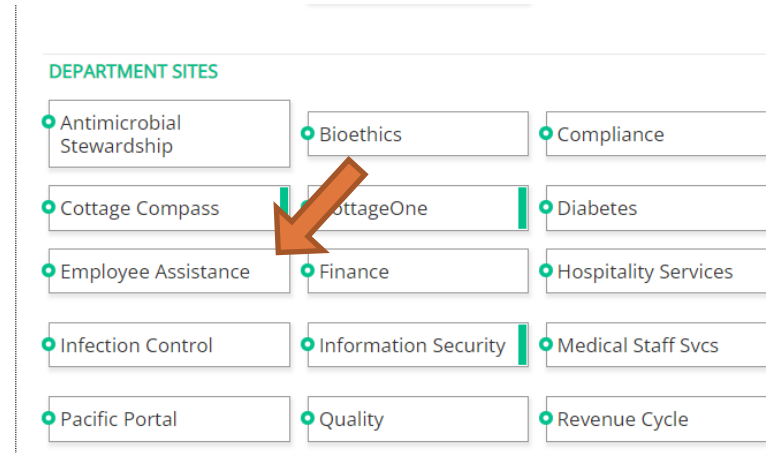
Email: [smolina@sbch.org](mailto:smolina@sbch.org)

At our external website:

<https://www.cottagehealth.org/services/employee-assistance-program/>

Or simply search “Cottage Health EAP”

Employee Portal:



# Overcoming the Stigma

*“What mental health needs is more sunlight, more candor, and more unashamed conversation”*

-Glenn Close