

# Personally Speaking

Quarterly News

(858) 277-3273 (EASE)

September 2009



**EMPLOYEE  
ASSISTANCE**  
SERVICE FOR EDUCATION

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## The Employee Assistance Service for Education (EASE)

EASE is exclusively offered through the San Diego County Office of Education JPA to serve school districts. It is available to every employee and/or family member of participating districts, whether or not the employee is eligible for health benefits. EASE offers up to six free counseling sessions per incident (if there is need for service at another time for a different reason, six additional sessions may be provided) during each calendar year.

If you are experiencing difficulty at home with your family or other relationships, concerned about issues in the workplace, feeling generalized stress, anxiety or depression, or just want to meet with a counselor to “talk over a few things,” simply call the EASE number and you will hear all the information you need to make an appointment with the EASE counselor of your choice.

The following are three of the most common questions we receive:

### **1. How confidential is the program?**

When you meet with an EASE counselor, you are assured of confidentiality in accordance with the laws of the State of California. Your information is only released if mandated by law (as in child abuse reporting, for example) or if you voluntarily sign a release of information in the counselor’s office. EASE counselors are located in private offices in various locations throughout the County.

All EASE records are stored in these private

offices and are not accessed by anyone other than the EASE counselors and EASE manager. If your school district requests information regarding utilization of our program, they are not given any identifying data regarding specific employees.

### **2. What is an ‘incident’?**

If you seek services through the EASE program in February for a work related problem, and then in July, experience some marital difficulties and wish to consult with an EASE counselor again – these are considered separate ‘incidents.’ As such, you are eligible for up to six sessions of counseling for each of these incidents. Please be advised that the EASE program is designed to provide brief interventions and, as such, is not designed for ongoing counseling.

### **3. Are there any charges for the EASE service?**

The EASE service is free to all employees and/or their family members of participating districts. Any service beyond the ordinary scope of the program may be subject to fees.

We are all working together toward the common goal of providing the best educational experience possible for the students who attend our schools. Sometimes, we, too, need assistance. If you have concerns about your ability to cope with a crisis, feelings of anxiety or depression, anger related problems, substance use or abuse, difficulties in your relationships at home and/or at work, please call us.

That’s why we are here.



**Call us! We are here to help!**