

Deer Oaks EAP Training & Education Programs

Deer Oaks offers educational programs on a wide variety of health, wellness, and work place topics. They have a multidisciplinary team of trained psychologists, social workers, psychological associates, psychiatric nurses, and licensed professional counselors trained to assist employees with behavioral health difficulties. Some of the potential benefits of an EAP include:

- Enhance the productivity of employees and the company
- Decrease absenteeism, turnover, and workplace conflicts
- Enhance the level of morale and well-being of employees
- Arrive at workplace changes which are in the company's and the employee's best interests
- Provide a source of support, training, information, and appropriate referrals to assist employees in managing their stress more adaptively
- Reduce unnecessary utilization of health benefits, thereby reducing overall health care costs for the employer and employee

Deer Oaks offers an extensive range of behavioral health services as part of the Employee Assistance Program (EAP). These may include:

- Telephone Triage
- Comprehensive Diagnostic Assessments
- Individual, Marital, Family, and Group Psychotherapies
- Clinical Coordination and Consultation Services
- Crisis Intervention Services
- Supervisor Manager Training
- Psycho Educational In-Services
- Appropriate Referrals for Financial, Legal, or Health Plan Needs

Deer Oaks can work with you to help resolve anything that affects emotional, cognitive, behavioral, or interpersonal well-being. This includes issues such as:

- Depression
- Anxiety
- Interpersonal, Familial, or Marital Conflicts
- Grief: Death and Dying
- ADHD and Conduct Problems
- Substance Abuse
- Stress Management
- Caring for an Elderly Parent
- Parent Training
- Trauma: Abuse / Neglect
- Domestic Violence
- Financial, Health, or Legal Difficulties

Deer Oaks offers many training seminars on topics such as:

Stress Management
Anger Management
Financial Stress
Balancing Work and Family
Dealing with Change
Substance Abuse
Eating Disorders
Chemical Dependency
Organizational Skills
Conflict Resolution
...And many more

Go to the **Deer Oaks** website at www.deeroaks.com and click on Employee Training to view power point presentations on different subject matters. You may also check out the DOA EAP Resource Center to find material that addresses your needs. If you can't find material on the particular topic you are searching, ask one of the DOA personnel staff or EAP resource coordinators to locate what you need or call the toll-free EAP number at 1-866-EAP-2400.

Watch for training sessions on the DOA Training Calendar for the topic(s) that best addresses your needs.