

EMPLOYEE
ASSISTANCE
PROGRAM (EAP)

modern minds



Employee Assistance Program (EAP) is an employer-sponsored benefit program that offers employees confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems. Modern Minds EAP provides support how you need it - virtual, in person, or onsite options.

Common Employee Stressors
Supported by EAP:

- . Emotional disorders
- . Burnout + fatigue
- . Relationship stressors
- . Major life changes (divorce, death, empty nest, family medical health, recent move)
- . Substance use
- . Sleep disturbances

Improve employee

- ✓ **attendance**
- ✓ **performance**
- ✓ **satisfaction**
- ✓ **motivation**

learn more + connect
Candace @modernmindstherapy.com
320 . 583 . 5797

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Modern Minds Therapy provides a range of EAP services from comprehensive (onsite) mental health services to supplementing existing health plan coverage for as low as \$18/yr per employee. Virtual, in person, or onsite options provide quality and accessible support how you need it.

Evidence-Based Mental
Healthcare With a Human Touch

WHY EAP?

EAPs can often be the first time a person is reaching out and navigating mental health concerns.

Positive experiences support better engagement and health outcomes.

In person and onsite EAP can increase opportunities for employees and management to access support when employee issues come up.

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MEET YOUR EAP PROVIDER

Candace Hoversten is a
Licensed Independent
Clinical Social Worker

(LICSW) with over 14 years of clinical experience working with adolescents and adults with issues including depression, anxiety, burnout, trauma, relationship stress, grief, and substance use.

Candace utilizes a variety of evidence-based regulation interventions to support people where they are at and support a space for change to shape.

Candace has worked with individuals, families, teams, organizations, and communities to improve wellbeing. She is passionate about reducing stigma and increasing access to care.

Experienced . Relatable . Professional



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A Resource for Managers

If you're like most leaders, handling employee issues may be one of your job's biggest challenges.

Modern Minds EAP can help leaders better address:

- Employees who show absenteeism, low motivation, or other difficulties
- Experiences of stress like burnout or fatigue for you or your staff
- Conflict and positive communication techniques
- Adjusting to organizational change for you or your staff
- Employee's with drug or alcohol use that is affecting job performance
- Critical incident debriefing after serious events (such as violence, accidents, or disasters)

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Virtual . In Person . Onsite

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A Resource for Employees

Life can be hard. Getting support doesn't have to be.

4 WAYS EAP CAN HELP

1. Life coaching to move you towards your personal or professional goals
2. Assessment or short term counseling for issues like mood changes, stress and burnout, relationship conflict, family issues, chronic pain management, or substance use
3. Support with leave of absences or returning to work
4. Consultation and referrals for local support and services

Your privacy is important. Everything you do with Modern Minds is confidential. Information is not released to your employer or anyone else without your consent.

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