



# Leaders Invitation – Employee Assistance Programs (USFS)

## Incident Employee Health, Wellbeing

### What is the topic?

Every resource on an incident may not have access to an EAP. Federal and State Employees do. The FS and BLM have different providers and within the FS there are currently 17 different contracts or agreements. The services provided are variable across them. This topic may be best served simply by placing the posters on the info boards rather than speaking about it at a morning briefing. If you do choose to do that, you can talk about the value of reaching out for services. You can choose to share if you yourself have reached for services and how that helped you. This isn't to tell the story of your issue, rather simply to show that healthy model of self-care. It will help to explain that soliciting expertise to resolve issues is a healthy choice and your sharing will add to help destigmatize the act of reaching for services.

Our EAP program has had its fair share of issues in the last several years. In the fall of 2021 a new single agency wide contact will get underway providing for constant services for all employees across the agency. Counseling, telehealth, financial, legal services among others will be provided. We have increased our emphasis on contractor accountability and supporting employees into care. No employee should be turned away for covered services and issues should be reported.



### Resources (you can familiarize yourself with the resource)

Follow this QR code to the Mental Health Road Map which provides all contact info for EAP for the Forest Service.

**Employee Assistance Program (EAP)** is designed to help employees whose job performance or conduct is adversely affected as a result of personal issues, such as alcoholism, drug dependency, mental or physical illness, financial or legal problems, or domestic difficulties.

EAP offers short-term counseling that normally consists of 6 to 8 sessions. If referred out, employees must pay for additional services using their existing insurance coverage.

The supervisor may allow the employee up to 1 hour (or more as necessitated by travel time) of excused absence (code 66) for each counseling session during the assessment/referral phase.

### **Need Help with Service?**

Contact Shelly Pacheco for help

[shelly.pacheco@usda.gov](mailto:shelly.pacheco@usda.gov)

505-328-5725

*Please report issues with EAP providers*

