

*There is more in us than we know.  
If we can be made to see it, perhaps,  
for the rest of our lives, we will be  
unwilling to settle for less.*

– Kurt Hahn

# EAP

EMPLOYEE ASSISTANCE PROGRAM

at **JCMG**  
*m*

## **Professional Therapy Center**

(573) 634-5400

1303 Edgewood Drive, JCMO

## **Benefits Specialist**

(573) 556-5761

1241 W Stadium Blvd, JCMO

bereavement    employment stress

child & family conflict    depression

anger    life changes    mental health

alcohol or drug abuse    anxiety

eating disorders    marital conflicts

## About the EAP

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While Jefferson City Medical Group has an enormous investment in its physical facilities and operations, the most valued aspect of JCMG is its employees—for without them Jefferson City Medical Group would not exist.

Each employee does the best that they can do, but at times an individual may experience problems in life which may affect their work performance—and even worse, affects their ability to enjoy life.

In order to minimize the negative effects of such problems, JCMG has chosen to implement an Employee Assistance Program (EAP) which may be used on a voluntary basis by full time employees.

The EAP is designed using short-term counseling to help employees resolve work-related and personal problems in order to maximize their performance at work and reduce stress in their personal lives.

## What's Provided

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The EAP provides up to six (6) free sessions of outpatient counseling per full time employee, per calendar year. The EAP offers counseling in a variety of areas for the employee.

The EAP may also be utilized by means of mandatory referral. If an employee's work performance significantly declines, there is the possibility of making a meaningful referral to the EAP.

## How to Get Started

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Employees are welcome to call the Professional Therapy Center directly to set up an appointment or contact the Benefits Specialist at (573) 556-5761. Mandatory referrals are initiated by Human Resources scheduling the first appointment.

Typical referrals are usually seen within one week, urgent referrals within 48 hours, and emergencies within 24 hours.

## Confidentiality

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Self-referrals are not identified to or discussed with JCMG. For mandatory referrals, JCMG is informed only whether the employee is attending EAP sessions and cooperating with the recommendations of the counselor. Exceptions include: if the employee signs a release of information; if an employee threatens to harm any personnel of JCMG; when non-identifying statistical reports are needed; or if required by law.

## Professional Therapy Center

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**Hours:** 8:00 AM – 4:00 PM

**Phone:** (573) 634-5400

1303 Edgewood Drive  
Jefferson City, MO 65109

