



Family members of Soldiers can suffer from many of the

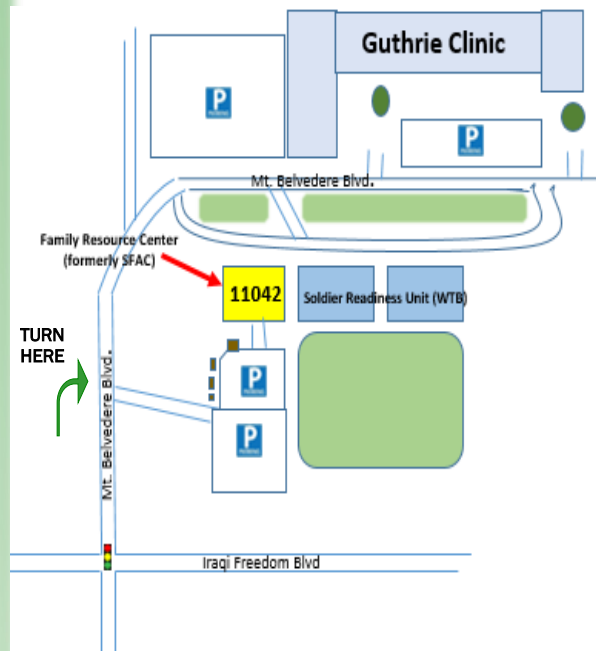
stressors Soldiers suffer from...new military life, new school, moving, being away from family for the first time, work, daycare, coping with being alone through deployments and the concern for their significant can make day-to-day life hard. It's okay to talk about what is concerning you and looking for ways to cope. The EAP is a Confidential resource for emotional or behavioral issues, alcohol or drug addiction, financial difficulties, concerns with your kids, gambling and legal problems, divorce, death/grief and more. Several classes also available: Stone Art Therapy, Stress Management, Suicide Prevention, Mindfulness and relaxation techniques.

Executive Order 12564 requires Federal agencies to establish Drug-Free Federal workplace programs, including an EAP, as an essential element in achieving a drug free workforce. Agencies must refer all employees found to be using illegal drugs to the EAP for assessment, short term counseling, and referral for treatment or rehabilitation as appropriate.

# Fort Drum EAP

Help. When You Need It.

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## **EMPLOYEE ASSISTANCE PROGRAM**

**A program dedicated to DA Civilians, All Family Members and Retirees that can effectively assist in short-term counseling, referral of substance abuse concerns, family and marital difficulties, gambling or gaming addictions, financial stress, workplace conflicts and many other issues affecting your wellbeing at work or home.**

**315-772-2597**



**ASAP**  
ARMY SUBSTANCE ABUSE PROGRAM

# Employee Assistance Program (EAP)

## Is the EAP Confidential?

**YES!** — Confidentiality is the corner stone of an effective EAP. Employee confidence in the competence and trustworthiness of the EAP Coordinator (EAPC) plays a key role in the program success. The EAPC is knowledgeable with the provisions of the



Privacy Act (5 U.S.C. 552a(b)), as well as the Alcohol and Drug Confidentiality Regulation

provisions contained in 42-2CFR.

## What are the DA Civilian training requirements?

The EAPC provides the annual face-to-face Alcohol and Substance Abuse, Drug-Free Workplace and Suicide Prevention training monthly for all DA Civilians. Please contact your EAPC at (315) 772-2597 for class information or to schedule a specific training for your department.



## Are counseling and referral services offered?

The Army EAP provides free, comprehensive screening, short-term counseling and referral services to help **Employees, Retirees and all Family Members** resolve and achieve a balance between their work, family and other responsibilities. Job effectiveness can be adversely affected when employees are faced with emotional or behavioral problems, family responsibilities, financial and legal difficulties, divorce, death, and dependent (child/elder) care needs. EAP services can be extremely important in the prevention of and intervention in workplace incidents and violence. Participation in the EAP is voluntary. Employees can use administrative leave to speak with the EAPC as long as their Supervisor is aware of the appointment.

## Does the EAP actually help??

- **YES!** — Helps employees identify and resolve personal stressors that may impact their job performance, career and well-being.
- Assists management in addressing productivity issues that may impact the mission.
- Promotes installation work, life, and wellness programs.
- Identifies community resources to enhance quality of life of civilians which results in retention and cost reduction for the Army.
- Offers several workshops to address any concerns in individual organizations or offices. **JUST ASK!**
  - Resiliency and coping skills
  - Managing Change
  - Work-Life Balance
  - Stress Management
  - Conflict or Anger Management
  - Personality Types
  - Effective Communication
  - Team Building

**Soldier & Family Readiness Division  
Employee Assistance Program**

**315-772-2597**