

Who Is Eligible?

DA civilian employees, active duty-spouses, retirees and their immediate adult family members may contact the EAP Coordinator (EAPC) for services. Employees may also be referred by a supervisor or manager when abrupt changes in job performance and/or personal conduct impact the workplace.

Employees cannot be forced to participate in the EAP, but supervisors will often highly recommend that employees get help through this program as a means of helping the employee to maintain an acceptable level of performance.

WHAT'S COVERED?

- Marital difficulties
- Family problems
- Parenting
- Stress
- Balancing work and family
- Relationship issues
- Work-related concerns
- Depression
- Alcohol and drug use/abuse
- Grief and loss
- Elder care
- Healthy living
- Crisis events

LOCATION

Building 38704
202 7th Ave.
Fort Eisenhower, GA 30905



EMPLOYEE ASSISTANCE PROGRAM
U.S. ARMY GARRISON FORT EISENHOWER

CONTACT US

Monday-Friday, 8 a.m.- 4 p.m.
| (706) 791-8500 |
lisa.a.modlin.civ@army.mil

WHY USE THE EAP?

- It increases employee morale since EAPC's focus on assisting employees becoming productive again.
- It is preventive. EAPC's educate, evaluate, and help plan solutions for a wide variety of personal issues for employees and their family members before they become overwhelming.
- EAP is an effective tool in assisting supervisors to better manage the workplace and troubled employees. The EAP is a proactive way to extend a caring hand while building a more productive workforce.
- It provides employees with a valuable resource for helping them to cope with issues both on and off the job, including alcohol and drug abuse, overall mental well-being, marital/relationship issues, stress, dependent care, and much more.

WHAT IS THE EMPLOYEE ASSISTANCE PROGRAM?

The Army's Employee Assistance Program (EAP) is a voluntary, confidential program that helps employees (including management) work through various life challenges that may adversely affect job performance, health, and personal well-being and to optimize an organization's success. The Army's EAP includes a wide variety of services that promote productivity, reduce absenteeism, enhance job performance and/or well-being, and support worksite safety, ensuring the Army's mission is accomplished in an efficient manner.

SERVICES:

- Are free and include, but are not limited to, screening/assessment, short-term counseling, and referral for problems that may affect job performance and/or well-being (see DODI 1010.09 for further guidance).
- Offer employees and supervisors guidance, consultation, mediation, and prevention education, which promotes employee productivity and well-being. Supervisory services of consultation and mediation are provided to guide employees and managers in resolving issues that may affect the productivity of the Civilian workforce. EAPs also often work with management and supervisors providing advanced planning for situations, such as organizational changes, legal consideration, emergency planning, and response to unique traumatic events.

- Include assisting Family members of DA Civilians to help resolve personal problems and enhance the employee's ability to perform their work duties.

HELP IS AVAILABLE FOR SUPERVISORS, TOO:

- An Employee Assistance Professional can suggest what to document so you can talk concretely and specifically to the employee about them.
- An Employee Assistance Professional can help plan and organize your observations so you can present your concerns clearly and concisely.
- An Employee Assistance Professional can help you recognize your feelings about an employee's problems. Sometimes that's an important step in preparing to discuss problems with a subordinate.
- The Employee Assistance Program can help you with any personal issues that are interfering with your life or your work. Don't forget that you have the benefit as well and can call us for coaching, counseling, or work/life support (legal, financial, and eldercare/healthcare navigation consultation).