FACULTY & STAFF ASSISTANCE PROGRAM

Professional Resources
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What is an FSAP?

A **POSITIVE** method of helping to solve performance problems and to help people help themselves.
Purpose of an FSAP

• Assist faculty, staff and families
• Resource for Supervisors
• Manage benefit costs
Employee Assistance Program
FLOWCHART

- Marital
- Career
- Family
- Financial
- Personal

- Chemical Dependency Treatment
- Legal/Medical
- Community Resources
- Internal

SUPERVISOR
HUMAN RESOURCES

E A P

EMPLOYEES & FAMILIES

PROBLEMS
What are the stresses people face?

<table>
<thead>
<tr>
<th>Problem</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marital/Divorce</td>
<td>21%</td>
</tr>
<tr>
<td>Family</td>
<td>12%</td>
</tr>
<tr>
<td>Individual</td>
<td>11%</td>
</tr>
<tr>
<td>Legal</td>
<td>11%</td>
</tr>
<tr>
<td>Self</td>
<td>11%</td>
</tr>
<tr>
<td>Parent-Child</td>
<td>10%</td>
</tr>
<tr>
<td>Financial</td>
<td>7%</td>
</tr>
<tr>
<td>Career</td>
<td>4%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
</tr>
<tr>
<td>Family Violence</td>
<td>3%</td>
</tr>
<tr>
<td>Medical or Psychiatric</td>
<td>3%</td>
</tr>
<tr>
<td>Work Environment</td>
<td>3%</td>
</tr>
</tbody>
</table>

TOTAL 100%
Services

- Assessment & Referral
- Brief Counseling
- Supervisory Consultation
- Supervisory Training
- Wellness Seminars
- Consultation for on-the-job interpersonal problems
- Critical Incidence Stress Debriefing
YOUR EAP:

- Accessible
- Competent
- Know Resources
- No initial cost
- Private
- Trustworthy
Office Locations:

- Riverside
- Redlands
- Hemet
- Claremont
- West Covina
- Rancho Mirage
Faculty & Staff Assistance Program

(951) 781-0510
or
(800) 266-0510