



# EASE

## About

In collaboration with the Los Angeles County Office of Education, the Employee Assistance Service for Education (EASE) offers a multitude of services to LA Unified. EASE is an assessment and brief counseling service available to all Los Angeles Unified employees and their families.



### Prevention

Immediate access to a clinician over the phone 24 hrs/day, 365 days/yr. Access to free confidential mental health counseling in the local community with no waiting lists for services.



### Workshops

A variety of workshops to support employee well-being and human resources goals. EASE can also support administrators with phone consultation and mediation services



### Mobile Crisis Response

When an incident happens that impacts the workplace, EASE responds. Worksites impacted by sudden death, violence, or disaster may request on site support for their employees.

#### • Free Confidential Help:

- Family Troubles
- Emotional Distress
- Drug/Alcohol Problems
- Workplace Stress

#### • EASE Orientations for Employees

- Benefit/Wellness Fairs
- Stress Management
- Coping with Change
- Communication

#### • Phone Consultation

- On-Site Clinical Response
- Psychological First Aid
- Debriefing
- Individual & Group Support



# EASE

## Services

## EASE Orientation

ORIENTATION FOR EMPLOYEES – Ease is a free, voluntary & confidential program.

## Stress Management

WORKSHOP – Reviews the impact of stress on all aspects of a person's life– the physical, behavioral and emotional response to prolonged stress. Then, an introduction of coping strategies to reduce the impact of stress.

## Coping with Change

WORKSHOP – Highlights the personal stages of coping with constant change and developing resilience, while managing on-going change within an organization

## Communication

WORKSHOP – Explore the common causes of employee miscommunication and the skills and behavioral changes needed in order to improve relationships.

## EASE Orientation

WORKSHOP – Working with those who have been exposed to violence and trauma can impact the way we think, feel and (re)act. Highlights similarities and differences between burnout, compassion fatigue, secondary and vicarious trauma and information about how to identify these in themselves and others. Reviews self-care strategies, for the work and home environment and tools for increasing resiliency within themselves.

## EASE Orientation

TELEPHONIC & FACE-TO-FACE COUNSELING SERVICES – Confidential, expert counseling, education and referral services for participants and their families. Offering a "clinician first answer" model where callers are able to speak immediately with a counselor. Initial triage and assessment of presenting problem are provided to determine the most appropriate referral for the caller's needs, which may be to provide immediate assistance over the phone, or to schedule a face-to-face counseling appointment. EASE provides 3 counseling sessions for employees and their family members every 6 months. The goal is to provide immediate support, stabilize the client/family, and assist with transition, education, and appropriate referrals as needed.

## Mobile Crisis Response

WORKSHOP – Working with those who have been exposed to violence and trauma can impact the way we think, feel and (re)act. Highlights similarities and differences between burnout, compassion fatigue, secondary and vicarious trauma and information about how to identify these in themselves and others. Reviews self-care strategies, for the work and home environment and tools for increasing resiliency within themselves.



### EASE Hotline

**1-800-882-1341**

EASE Counselors Support a Variety of Concerns:

- Balancing work & family
- Marital & family problems
- Depression & anxiety
- Financial & legal challenges
- Alcohol and/or substance abuse
- Grief & loss
- Work-related concerns