
HUMAN RESOURCE DIRECTIONS

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WELCOME TO UTICA COLLEGE!

Effective October 1, 2009

Human Resource Directions is honored to be named your new Employee Assistance Program and proud to offer the following services to you and your family:

- ◆ *Personal issues you would like to address*
- ◆ *Unresolved depression, anxiety or anger*
- ◆ *Adjustment to loss from illness or death*
- ◆ *Alcohol and substance abuse treatment*
- ◆ *Relationship counseling and mediation*
- ◆ *Divorce and related custody/family issues*
- ◆ *Counseling for financial or legal problems*
- ◆ *Coaching on individual plan accountability*
- ◆ *College readiness for high school children*
- ◆ *Career coaching for you and your family*

THIS BENEFIT IS FULLY PAID BY UTICA COLLEGE. THERE ARE NO CO-PAYS.
THE PLAN INCLUDES UNLIMITED VISITS FOR YOU/YOUR IMMEDIATE FAMILY.

HRD staff are available day or night. Just call and we can schedule an appointment at either of our two sites located in United Way offices at:

- ◆ *270 Genesee Street, Utica, NY 13502*
- ◆ *143 On The Mall, Rome, NY 13440*
- ◆ *Remote sites and/or on the telephone.*

ALL SESSIONS HELD IN CONFIDENCE. CALL 525-1370 TODAY.

EMPLOYEE ASSISTANCE PROGRAM QUESTIONS & ANSWERS:

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Q. What exactly is an Employee Assistance Program?

A. It is a program to help you resolve any kind of problem - and also to assist you (and your family members) in reaching healthy life goals.

Q. How does it work?

A. It's very simple. Just pick up the phone and call 525-1370, and our professional staff will schedule an appointment with you right away. We are available 24 hours/7days/week and usually can schedule appointments within 1- 48 hours. Our high quality practitioners deliver unlimited counseling until your issue is resolved. All services are free of charge.

Q. What kind of person will I see?

A. HRD President Linda Yost has over 25 years of experience and has counseled/coached thousands of people to success. She holds a Masters Degree and three additional certifications, worked 17 years in the mental health public sector and founded Human Resource Directions 14 years ago. Our consultant specialists are at the highest level as follows: Masters Social Work, Financial Advisor, Addiction Specialist, RN and Attorney Consult, Psychologist, Career Consultant, Incident Recovery Specialist.

Q. What else do I get?

A. We provide quarterly newsletters, wellness publications, other relevant handouts and "employee choice lunchbox training sessions" for staff.

Q. What other special services are available?

A. HRD offers college readiness coaching for your teens, retirement planning, couples counseling and career coaching for you/your family.

Q. Will anyone know?

A. All services are confidential - unless it is a supervisory referral. In that case, we need to report your attendance, progress to date and successful program completion. We do protect your privacy throughout this process.