

# EMPLOYEE ASSISTANCE PROGRAM BLOMQUIST HALE CONSULTING

## HELP FOR ANY TYPE OF PROBLEM:

BHC provides direct, hands-on help to address literally any type of problem. Typical problem areas include marital difficulties, family problems, personal and emotional difficulties, legal issues, financial problems, elder care consults, referrals to medical professionals, and referrals for alcohol/drug treatment.

## WHO IS ELIGIBLE?

All employees and their dependents are eligible to receive EAP services.

## FREE SERVICE:

Employees and their dependents can receive problem-solving help, free of charge.

## BRIEF, PROBLEM-FOCUSED THERAPY:

EAP therapists use a brief, problem-focused therapy model to resolve problems quickly. Using this approach, clients take more responsibility in learning how to resolve their own problems than in traditional therapy.

## DIRECT CARE APPROACH - NO SPECIFIC NUMBER OF SESSION LIMITATION:

There is no set limit on the number of sessions provided through the full time offices. However, problems which will not respond to short term therapy, are referred to appropriate community providers. Over 80% of all problems are handled with no referrals made to outside providers.

## CONFIDENTIALITY:

BHC practices strict adherence to all professional, state and federal confidentiality guidelines. Confidentiality is guaranteed to all participants.

## SIMPLE ACCESS:

Access is as simple as calling the EAP office to set an appointment time. No paperwork or approval is needed.

## 24 HOUR, 7 DAYS A WEEK ACCESSIBILITY:

An EAP counselor is available around the clock for emergency and crisis situations.

## PROFESSIONAL COUNSELORS:

Counselors with Masters degrees or above staff each office. The staff includes Marriage and Family Therapists, Clinical Social Workers, and Licensed Professional Counselors.

## FULL TIME OFFICES:

BHC has full time offices in Salt Lake City, Orem/Provo, Logan, Ogden and Brigham City, as well as subcontracting offices in over 125 cities, towns and remote areas across the nation.

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|----------------|----------------|-------|----------------|
| SALT LAKE CITY | (801) 262-9619 | OGDEN | (801) 392-6833 |
| BRIGHAM CITY   | (435) 723-1610 | OREM  | (801) 225-9222 |
| LOGAN          | (435) 752-3241 |       |                |

ALL OTHER AREAS CALL 1-800-926-9619