

## Employee Assistance Program (EAP)

### For Participating Employers

Employees and their families can receive assessments and referrals free of charge. Participation is voluntary and an off-site office allows confidentiality.

#### Features:

- Off-site office
- Strictly confidential
- Voluntary participation
- Serving employees and their families
- Free assessment and referral
- Covers any problems
- By appointment

#### Issues EAP helps with:

- Legal
- Financial
- Health and wellness
- Stress management
- Employee risk management
- Drug use
- Depression
- Compulsive gambling
- Domestic abuse
- Suicide crisis intervention

#### Services:

- Assessment
- Referral if needed
- Follow-up
- Consultation information

If you are interested in participating in an EAP for your company, please call (920) 563-7995 or 1-800-564-7995.

## Insurance Coverage

Fort HealthCare Behavioral Health Center accepts most insurance plans. Check your policy for coverage prior to your first visit.

Please bring your insurance card to your first visit to assure prompt and accurate billing for services provided.

If you have a change in your insurance during your therapy, bring in the new insurance card as soon as possible to assure correct billing of service provided.

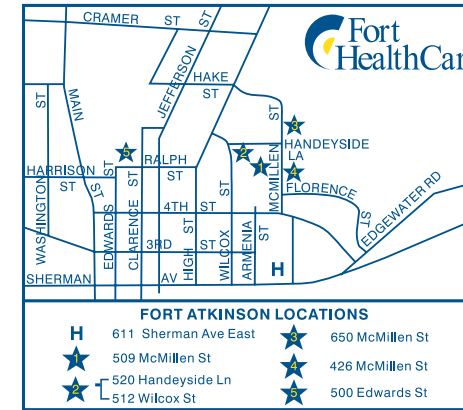
## Scheduling Your Appointments

The office is open Monday through Friday from 8 a.m. to 5 p.m. and most evenings.

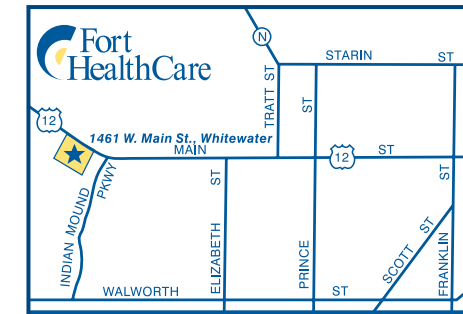
When clients call to schedule their first appointments, they will speak with a staff member who will ask for a brief explanation of the client's needs. This will aid in effective scheduling with a therapist. Any information provided by a client is kept confidential.



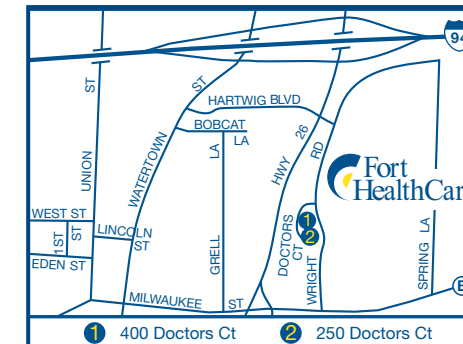
FortHealthCare.com



509 McMillen Street  
Fort Atkinson, WI 53538  
(920) 563-9542 or 1-800-903-1173



1461 W. Main Street Whitewater, WI 53190 (920) 563-9542  
402 Gammon Pl., Suite 380 Madison, WI 53719 (608) 833-6905



400 Doctors Court  
Johnsons Creek, WI 53038  
(920) 563-9542



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# Behavioral Health Center

(920) 563-9542

1-800-903-1173

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10/07

Caring for Life

Fort HealthCare Behavioral Health Center is here for you and your family when needed. Our convenient locations provide a comprehensive outpatient program of assessment, counseling, treatment and medication management that is available to help you and those you care about work through mental illness and substance abuse.

Developed for both adults and youth, Fort HealthCare Behavioral Health Center intervenes on the destructiveness of addiction and mental illness. Depending on your situation and needs, Fort HealthCare Behavioral Health Center can provide individual, family or group therapy to help you or your loved ones overcome both physical and emotional problems.

### Our services include

- Social skills and behavior management
- Depression
- Eating disorders
- Sleep disorders
- Learning disorders
- Anxiety and stress disorders
- Family and relationship problems
- Sexual identity
- Alcohol and drug abuse
- Emotional, physical and sexual abuse
- Career-related difficulties
- Grief Counseling

### Behavioral Health Services

Many mental health issues may call for therapy in addition to medication. If you or someone you care about show any of the following symptoms, seek help from the Fort HealthCare Behavioral Health Center.

#### Symptoms:

- Feelings of sadness, hopelessness, anger, worthlessness, guilt or fear that don't pass with time
- Unexplained fears
- Excessive worrying, including about physical appearance
- Inability to focus or relax
- Excessive alcohol or drug use

### Chemical Dependency

If you have a problem with drugs or alcohol, Fort HealthCare Behavioral Health Center's qualified chemical dependency counselors can help you through a step-by-step process of overcoming dependency.

Chemical dependency counselors assess individual problems, provide education and treatment, and monitor results. (Referrals to other levels of care may also be indicated.)

#### Substance Abuse Professionals (SAP):

If you have a commercial driver's license and tested positive for drugs or alcohol, substance abuse professionals at the Behavioral Health Center can help you adhere to the Department of Transportation requirements and help you complete the process so you can return to work.

### Support Groups

*Individual assessments are required to participate in support groups.*

- Adolescent Female Group is for teens age 13 to 17 who are coping with depression, anxiety, stress, self-esteem, identity and body image issues.
- Codependency Group is for affected family and friends of the chemically dependent person.
- Anger Management Group is a 12-week group.
- Depression Management Group is open-ended and meets once per week.
- Intensive Outpatient Therapy is designed for alcohol- and drug-addicted individuals.
- Recovery Support Group is an aftercare group program for alcohol or drug addiction patients who have finished with primary care or have experienced a relapse and wish to receive counseling on relapse issues.

### Here to Help

The staff at the Fort HealthCare Behavioral Health Center is trained to help you and your loved ones deal with mental health and substance abuse related problems. Our comprehensive program and qualified staff offer all types of counseling and behavioral health services.

#### Our staff includes:

- Psychiatrists
- Psychologists
- Chemical dependency counselors
- Licensed clinical social workers
- Registered nurse
- Licensed professional counselors

Look up our individual staff members online at [FortHealthCare.com/physicians](http://FortHealthCare.com/physicians).

### Help and Treatment

*Assessment:* A trained behavioral health psychiatrist, psychologist, counselor or clinical social worker conducts an assessment to identify the individual's needs and determine the nature of the issue, symptoms and accompanying life problems.

*Intervention:* Denial plays a large role in mental health and addiction-related problems. Many times, an affected person is unaware of the way his or her problem affects the lives of others. With the assistance of qualified staff specially trained in the intervention process, patients find the best methods to cope with their problems.

*Treatment:* Along with education about the problem, many treatment options are available for Behavioral Health Center patients, including medication, individualized counseling, couple and family counseling, intensive outpatient counseling and support groups. Our trained mental health staff provide therapy for children, adolescents, adults, family and friends.

*Education:* It is essential that patients gain an understanding of the nature and effects of mental health disorders and addiction problems. Staff who are knowledgeable in a variety of topics are available to help educate patients and their families.