

The Klamath Falls City Schools offers to all employees an employee's assistant program called SOLUTIONS. This service is free for employees. The following is information regarding services that SOLUTIONS EAP Counseling Center provides.

WHY AN EAP?

Alcoholism, drug abuse, stress, divorce, mental illness, bankruptcy, grief, suicide ... serious problems familiar to all of us. The chances that any individual can navigate from birth to death without facing a serious personal problem are virtually zero. Consider for a moment the following.

- In excess of 40% of marriages end in divorce.
- 3-5% of adult Americans suffer from chronic psychologically crippling forms of mental illness.
- 1 in 6 Americans will face the psychological consequence of being the victim of violent crime.
- In excess of 15% of the adult population will exhibit some potentially serious symptom of stress (e.g. high blood pressure).
- A minimum of 6% of those who drink are, or will become alcoholic.
- The U.S. has one of the highest suicide rates in the world.
- A large percentage of Americans live beyond their financial means.
- The rate of personal bankruptcy and/or default is escalating.

Numbers, percentages ... each of which represents people, usually someone's dependent. It is practically impossible for students to separate their personal problems from their school life, or for educators to ensure that individual productivity was unaffected by personal situations. The simple fact is that problems affect people, and people affect productivity.

WHO USES EAP?

Klamath Community College students **must have a current student I.D. card to qualify for** services and can use the EAP for personal resolution. If further assistance is needed beyond the EAP visits, referrals can be arranged.

EAP is not psychiatric care. Nor is it long term mental health counseling. In the event that these services are needed, the EAP can refer the student.

SERVICES

- Crisis stabilization counseling
- 24 hour toll free emergency access
- Alcohol and Drug assessment and referral
- Stress Management
- "Living Skills" workshops and classes
- Budget Planning
- Family communication
- Anger management / Conflict resolution
- Living skills and library services
- Totally confidential
- Marital / relationship concerns
- and more!

WHERE AND WHEN?

Most services are provided at the SOLUTIONS EAP Counseling Center. This is located in the rear of the Center for Occupational Health building in Klamath Falls.

EAP services are available Monday – Friday. Day and evening appointments are available. You will receive an appointment within 72 hours of your call to the EAP. Phones are answered 24 hours a day and a counselor is reached if necessary.