

Employee Assistance Program

Dickinson County Healthcare System



Life gives us our share of stress, family arguments, co-worker disagreements, financial problems, relationship challenges and health issues. Usually, with the help of family, co-workers, friends or clergy, we can cope with or resolve them. But what happens when a problem persists and begins to affect our daily work and home life. Where do we turn when a situation becomes unmanageable within our own support system and we can no longer cope?

In an effort to support the overall wellness of our employees and their families, Dickinson County Healthcare System provides an Employee Assistance Program (EAP). The EAP is designed to allow employees, and their dependants, initial access to confidential, professional counseling services. While it is not meant to be a long term support system, it can provide problem assessment, resolve minor issues and offer an opportunity to begin more extended counseling.

Here is how the program works...

Employees and their dependants interested in EAP services can access up to three (3) free (or discounted depending on provider) appointments, with designated local counselors or counseling agencies (see back of flyer for list), for any issue (services can be utilized multiple times through the course of employment for different issues). Issues can be work related or personal and can include; marital, family or child issues, dependency, alcoholism, drug abuse, gambling, financial or legal concerns, work issues, depression, anxiety, grief or other emotional or mental issues.

To access the program, employees or their dependants can directly contact one of the designated counselors or counseling agencies listed in this flyer. Benefits/WC/EAP Coordinator Lori Johnson (x5376) can also help employees and their dependants access care. When scheduling an appointment, be sure to make the counselor or counseling agency aware that as an employee, or dependant of an employee, of DCHS you are eligible for our EAP services.

All fees associated with the three free sessions will be billed to DCHS directly by the counselor or agency – you will not receive a bill for any of these initial visits. For confirmation of eligibility, your name or your dependants name will be released to DCHS by the counselor or agency, but NO confidential counseling information will be released. Any counseling fees beyond the three visits will be the responsibility of the employee or their dependant and may be covered by a health plan.

Questions?

Feel free to email or call EAP Coordinator Lori Johnson
in Human Resources at x5376.



Designated DCHS EAP Counselors and Counseling Agencies

The local counselors and counseling agencies on the back have agreed to provide EAP services for DCHS employees and their dependants. **To schedule an appointment, you can contact them directly.** Be sure to state that you are a DCHS employee or dependant who is eligible for EAP services. If you have any problems or questions, please contact Lori Johnson at 776-5376 or lori.johnson@dchs.org.

Rhonda M. Brey NCC LPC CAADC, P.C.**906-396-2085**

Rhonda provides professional mental health and counseling services for individuals, couples and families who struggle with stress, anxiety, depression, relationship issues, family difficulties, general life adjustments, sleep issues, weight/eating issues, substance abuse and other addictive behaviors. Rhonda is located in the Downtown Plaza (next to Spiro's) on Stephenson Ave., Iron Mountain. She is on the second floor, Ste. 220. RhondaBrey@gmail.com

Catherine Calo, MAC, LLPC**906-221-9470**

Catherine's specialties include crisis intervention/suicide risk assessment, self-harming behaviors, parenting skills, LGBT populations, PTSD, anxiety, depression, grief and loss, trauma and relationship concerns. Evening appointments available. Offices located in Suite 8 at 426 S. Stephenson Ave, Iron Mountain. www.catherinecalo.com

Catholic Charities of the U.P.**906-774-3323**

Offering both Christian based or traditional counseling, counselors provide family, couple or individual therapy with children, teens or adults – special interests in treatment for anxiety, depression, marital problems, family conflicts and parenting. Offices are located in Suite 215, 2nd floor of the downtown plaza, 427 S. Stephenson Ave, Iron Mountain.

Cherith Counseling Center PC**Sandra Festian, ACSW, LMSW****906-779-0478**

Sandra specializes in the treatment of panic and anxiety disorders, has additional training in the treatment of psychological and sexual trauma, offers treatment for complicated bereavement and does extensive marital counseling teaching emotional and sexual compatibility and repairing trust after infidelity. Sandra's office is on the 2nd floor of the downtown plaza, 427 S. Stephenson Ave, Iron Mountain.

Elyse D'Amico, LMSW**720-840-7598**

Elyse offers treatment for depression, anxiety, stress and other challenges, and provides both cognitive and dialectal behavioral therapy. Her office is located on the 2nd floor of the downtown plaza, 427 S. Stephenson Avenue, Iron Mountain. elysedamico@gmail.com

Great Lakes Recovery Centers, Inc**906-228-9696**

GLRC specializes in the prevention and treatment of substance abuse and addiction for people of all ages. In addition, providers offer a wide array of services, including; couples therapy, children & family therapy, individual therapy, post traumatic stress services, psychological assessment, pre-surgical assessment, sex offender assessment and testing, educational assessment and testing and other services upon request. Offices are in the Northern Michigan Bank Building at 500 S. Stephenson Ave, Suite 401, Iron Mountain. www.glrc.biz

Iron Mountain Counseling Center, Inc.**906-239-9918****Jennifer L. Gordon, MA, NCC, LPC, and Kelly P. Doughman, MA, NCC, LLPC**

Jen and Rhonda provide professional mental health and counseling services for individuals, couples and families who struggle with stress, anxiety, depression, relationship issues, family difficulties, general life adjustments, sleep issues, weight/eating issues, substance abuse and other addictive behaviors. IMCC is located in the Old Sandstone Building in downtown Iron Mountain, 216 E. Ludington Street. www.imcounselingcenter.com

Mary Pelton-Cooper, Psy. D.**906-360-3544**

Dr. Pelton-Cooper is a clinical psychologist who specializes in interpersonal psychotherapy for couples, adult life transitions, depression, anxiety, psychological trauma, work issues, and other mental health issues. Her office is in the Union Block Building, 112 W. Washington Street, Suite C in downtown Marquette.

Mark R. Young, Inc.**Mark Young, LMSW, LCSW****906-776-4357**

Mark provides licensed, experienced psychotherapy/behavioral health counseling for depression, anxiety, mood and behavior problems for individuals of all ages. He also treats patients with OCD, phobias, stress, grief, work issues and social difficulties. His offices are located in the downtown plaza, 2nd floor, 427 S. Stephenson Ave, Iron Mountain. www.resolvingconcerns.com

Hallfrisch Counseling and EAP Services, PLLC**Mark Hallfrisch, MSW, LMSW, CEAP****906-786-7838**

Mark has extensive experience with employee assistance programs and the services they provide, including general counseling for all mental health issues. His offices are in Escanaba, 1100 Ludington Street, Suite 103.