FORT CARSON
EMPLOYEE ASSISTANCE PROGRAM

Directorate
Human Resources

Army Substance Abuse Program
PURPOSE

• The Employee Assistance Program
• Who Can Use The EAP
• Identify Factors That May Affect Job Performance
• Identify Services Provided by EAP
• What About Confidentiality
• Identify Where to Contact EAPs
Employee Assistance Program:

**DEFINITION:**
EAPs offer assessment, referral, short term problem resolution, and work/life training to enrich the quality of life at work and home.

**GOAL:**
To restore Department of the Army civilian employees to full productivity and improve the mental health and well-being of the people and communities we serve.
What is the EAP

A job-based program designed to restore DA civilian employees to full productivity.

Helps employees and their family members whenever feasible, with problems that may affect their well-being and their ability to do their jobs.

Assists other eligible civilians with adult living problems.
Intended Participants

- DA Civilian Employees
- Military and Civilian Employee Family Members
- Military Retirees and their Family Members.
DA civilian employees must refrain from:

- Alcohol abuse
- Using drugs illegally
- Prescription Medication Misuse

On or off duty
Adverse Changes to Job Performance

Job effectiveness can be adversely affected by:

- Substance abuse
- Mental or emotional problems
- Family responsibilities
- Financial or legal difficulties
- Dependent (child/elder) needs
- And more …
How Can An EAP Help Employees?

• Helps employees and their families with any problems or concerns that affect their job performance.

• Creates a healthier workplace for the employee and employer.

• Assists employees with personal issues, decision-making, and resources.
Employee Assistance Program Coordinators (EAPC) Services

Provide:
- Screening
- Short-term problem resolution
- Referral services
- Follow-up services

Consultation:
- Installation CPAC
- MRO
- DOT SAP (separate regulations)
- Supervisors and Managers
- Senior Leadership
Employee Assistance Program Coordinators (EAPC) Services

- POC for Impaired Health Care Personnel Program (IHCPP).
  - Exception to brief intervention

- Present prevention education training on:
  - Alcohol and other drugs
  - How to use EAP services
  - Prevention Education

Mandated minimum of 2 hours annually for all civilian employees
EAPC Duties

Advise/update supervisors on employees’ progress (as permissible by law and this regulation)

Publicize ASAP services

Maintain listings of available community counseling and treatment resources

Collect information required for reports.
Screening and Referral

Job performance, conduct, or attendance record indicating a problem.

Supervisors will refer any civilian employee who is found to abuse alcohol or prescription medications, or use illegal drugs.

Military or civilian medical officer may conduct a medical evaluation.
No direct charge for:

- Out patient civilian services provided by the ASAP counseling center or the Employee Assistance Program.
- Initial evaluation requested by the ASAP Counseling Center for treatment purposes performed by U.S. Army Hospitals.
Limits

• DA Civilians, Retirees, and Family Members may participate in all aspects of the Employee Assistance Program.

• *Contractors are not eligible to receive EAP services.*
Confidentiality

The confidentiality and disclosure of records is controlled by 42 USC 290dd-2; and 42 CFR Part 2. This is limited to the following:

- Identity
- Diagnosis
- Prognosis
- Treatment
Confidentiality Begins...

Confidentiality starts prior to enrollment for the client (employee)

During the initial screening, the confidentiality statement will be reviewed with the client.
Quiz
Review Question 1

Who is eligible to receive EAP services?

a) Civilian Employees
b) Civilian Employee Family Members
c) Retirees and Eligible Family Members
d) All of the above
True or False

DA civilian employees must refrain from:
Alcohol abuse and the use of illegal drugs “on or off duty.”
Review Question 3

When does confidentiality begin?

a) Never, there is no confidentiality.
b) Once the client signs the confidentiality statement.
c) Before the client is enrolled.
Review Question 4

The Employee Assistance Program provides the following services:

a) Screening
b) Short-term counseling
c) Referral services
d) Follow-up services
e) All of the above
Review Question 5

The confidentiality and disclosure of records includes

a) Diagnosis
b) Prognosis
c) Treatment
d) Identity
e) All of the above
Review Question 6

True or False

The Employee Assistance Program (EAP) offers Short term counseling and work/life training only to ensure that employees are productive.
Review Question 7

An EAPC’s duties include:

a) Advise/update supervisors on employees’ progress (as permissible by law and this regulation.)

b) Long term counseling services.

c) Insuring the safety of the workplace.

d) All of the above.
Review Question 8

True or False

The purpose of the EAP program is to restore Department of the Army civilian employees to full productivity and improve the mental health and well-being of the people and communities we serve.

____
Review Question 9

Job effectiveness can be adversely affected by:

a) Substance abuse
b) Mental or emotional problems
c) Family responsibilities
d) Financial or legal difficulties
e) All of the above
True or False

Army Civilian employees are required to have two hours of prevention education every year.
How to Reach your EAP

EAPs are available Monday through Friday during regular office hours.

Calvin Lidmark

ASAP (Main Office)  
Bldg. 6236, RM 210  
Mondays 0800 – 1200

ASAP (Main Office)  
Bldg. 6236, RM 210  
Wednesdays 1200 – 1600

ASAP (Main Office)  
Bldg. 6236, RM 210  
During office hours: 526 – 2196

Evans Hospital  
Bldg. 7500, HR  
Mondays 1200 – 1600

Evans Hospital  
Bldg. 7500, HR  
Wednesdays 0800 – 1200

Evans Hospital  
Bldg. 7500, HR  
During office hours: 526 – 7051

Garrison Head Quarters  
DHR Training Facility Annex  
Thursdays 0800 – 1600

Garrison Head Quarters  
DHR Training Facility Annex  
RM 121

Garrison Head Quarters  
DHR Training Facility Annex  
During office hours: 526 – 3656

1638 Elwell Street, BLDG 6236, Room 210
FT. Carson, Colorado 80913

Modified COVID Schedule

Telephone
(719) 526-2196