

OREGON EDUCATORS
OEBB
BENEFIT BOARD

 **RBH**
the road to better health

OEBB
Reliant
Behavioral
Health

1-866-750-1327

www.MyRBH.com

Access Code:
OEBB



OEBB Employee Assistance Program (EAP)

RBH EAP

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- Reliant Behavioral Health (RBH) offers an Employee Assistance Program (EAP) to educational entities throughout the state of Oregon
- Not all educational entities have chosen to offer this benefit. If you are unsure whether you have an EAP benefit available to you, please check with your educational entity or OEGB

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Reliant Behavioral Health (RBH) has partnered with OEGB to offer an Employee Assistance Program to educational entities throughout the state of Oregon.

Not all educational entities have chosen to offer this benefit. If you are unsure whether you have an EAP benefit available to you, please check with your educational entity or OEGB.

What is an EAP?

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- An Employee Assistance Program (EAP) provides services to help resolve problems that interfere with work, family, and other important areas of life
- EAP services are employer paid and **TOTALLY CONFIDENTIAL**
- EAP Services include counseling, work-life balance and wellness resources
- EAPs allow access to free counseling (no charge for use)
- The EAP covers “OEBC-eligible” dependents, living at home or away and all household members related or not

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WHAT IS AN EAP?

An Employee Assistance Program (EAP) provides services to help you resolve problems that may interfere with work, family, and other important areas of life. EAP services are paid for by your educational entity and are **TOTALLY CONFIDENTIAL**. Services include counseling, work-life balance and wellness resources. As an EAP member, you have easy access to counseling, free of charge. And, the EAP covers “OEBC-eligible” dependents, living at home or away and all household members related or not.

Counseling

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We offer several ways to access confidential counseling services

□ **Face to face**

Access to face to face counseling for each issue per household member (*number of sessions depends on which EAP model your entity selected*)

□ **24-hour Crisis Help**

Call toll free 24 hours a day to speak with a counselor

□ **RBH eAccess**

Convenient access to on-line consultations with a licensed counselor when appropriate

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We offer several ways to access confidential counseling services. **You have access to face-to-face sessions with a licensed counselor** for each issue per household or family member. The number of sessions depends on which EAP model your educational entity selected. For example, let's say you are experiencing work stress and your entity selected 1-5 sessions per issue, you have up to 5 visits with a counselor to work on this issue. Then later in the year, let's say you are dealing with a grief issue and want to see a counselor. You have up to 1-5 sessions to work on that issue. **If you have an immediate need you also have access to 24-hour Crisis Assistance.** You can call the toll free number 24 hours a day, 7 days a week to speak with a counselor immediately. **Sometimes you may just have a question or you may not have time to come in to see a counselor. In that case you have RBH eAccess – A** Convenient way to access on-line consultations with a licensed counselor when appropriate.

Work-Life Balance

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- **Childcare Services**

Phone access to childcare professionals for information and support on parenting challenges, daycare, summer camps, etc.

- **Adult and Eldercare Services**

Specialists to assist in finding information and services for in-home care, housing, transportation, meals, activities, etc.

- **Convenience Resources**

Telephonic requests for resources on vacation planning, social events, household services, etc.

- **Personal Advantage Website**

A Life balance website, accessible at MyRBH.com, that includes articles on health topics, interactive health assessments, videos and more than 50 online trainings for personal and professional improvement.

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The EAP offers several ways to help deal with the challenges of daily life.

With **Childcare Services**, you have phone access to childcare professionals for information and support on parenting challenges, daycare, school issues, summer camps, etc.

The Adult and Eldercare Services, give you access to Adult and Eldercare specialists who can assist you in finding information and services for in-home care, housing, prescription drug information, transportation, meals, activities, etc.

Convenience Resources are also available. With a simple phone call you can access resources for vacation planning, social events, household services, clothing care, etc.

The EAP also offers a Personal Advantage Website. This website is accessible at MyRBH.com and includes articles on health topics, interactive health assessments, videos and more than 50 online trainings for personal and professional improvement.

Work-Life Balance

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□ **Legal & Mediation Services**

Free, half-hour consultation with an attorney or mediator for any non-employer related legal issues such as criminal, family, real estate, neighbor dispute or divorce. 25% discount if attorney or mediator is retained.

□ **Will Preparation**

Free, simple will kit that upon completion and submission is reviewed and returned by a legal professional.

□ **Financial Services**

Free telephonic consultations for debt counseling, budgeting, college or retirement planning. 25% discount if CPA is retained.

□ **Home Buyer's Program**

Financial professionals help home buyers make good choices when shopping for a home and making financial decisions.

□ **Identity Theft Services**

Support in planning the recovery process for restoring credit and identity after an incident.

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In addition you have access to **Legal & Mediation Services** that include a free, half-hour consultation with an attorney or mediator for any non-employer related legal issues such as criminal, family, real estate, neighbor dispute or divorce. Then you can receive a 25% discount if you retain the attorney or mediator.

Need help preparing a will? Call the EAP for a free, simple will kit that upon completion and submission is reviewed and returned by a legal professional.

Financial Services are also available. You have access to free phone consultations for debt counseling, budgeting, college or retirement planning and you can receive a 25% discount if you retain the CPA for additional services.

The Home Buyer's Program gives you access to financial professionals who help members make good choices when shopping for a home and making financial decisions.

And, Identity Theft Services support you in planning the recovery process for restoring credit and identity after an incident.

Wellness

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□ Interactive Website

- At MyRBH.com take 6 easy surveys to gauge key areas of your life including physical & emotional wellness, work satisfaction, health risks and more.
- Receive instant survey results with suggested goals to help work on areas needing improvement.
- Access to resources to privately communicate with others dealing with similar life issues, private journaling and the opportunity to challenge co-workers or family members to reach wellness goals.
- Receive reminders about available services such as counseling or health coaching.
- Direct links to Personal Advantage to access educational information and tools that relate to your personal needs.

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With EAP services, you have access to an interactive Wellness Website and Professional Health Coaches.

At MyRBH.com you can take 6 easy surveys to help gauge key areas of your life including physical & emotional wellness, work satisfaction, health risks and more. You will receive instant survey results with suggested goals to help work on areas needing improvement. You have access to privately communicate with others dealing with similar life issues, private journaling and the opportunity to challenge co-workers or family members to reach wellness goals. You can receive reminders about available services such as counseling or health coaching. And, you have direct links to Personal Advantage to access educational information and tools that relate to your personal needs.

Wellness

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□ Health Coaching

- Access to health coaches by phone or email to help set and achieve personal goals.
- Coaching supports all types of life improvements including, losing weight, quitting smoking, exercising and positive living.
- Call the EAP to get connected with a Health Coach so you can start making healthy changes in your life. (Starting October 1, 2010)

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You have access to health coaches by phone or email to help you set and achieve personal goals. Coaching supports all types of life improvements including, losing weight, quitting smoking, exercising and positive living. Starting October 1st, you can call the EAP to get connected with a Health Coach so you can start making healthy changes in your life.

Questions?

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- Access all EAP services toll free at 1-866-750-1327
- All EAP services are available starting

October 1, 2010

- www.MyRBH.com

Access Code: OEBB



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As a reminder all EAP services, including Website Access, will be available starting October 1, 2010 (if your educational entity has selected it as a benefit for the 2010-11 plan year). With a simple call to the toll-free number, you can access all services.

More EAP benefit information is available at MyRBH.com. You can access this website after October 1, 2010 using the access code on your screen. If you have any questions check with your educational entity, OEBB or RBH.