



## Employee Care Management Resource List

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- Employee Assistance Program (EAP): <http://www.cascadecenter.com>  
1 800 433-2320  
Free confidential benefits to assist you with those problems that interfere with your day to day life. This service provides telephone contact and/or in-person sessions. Assistance includes:
  - Marital conflict
  - Conflict at work
  - Legal concerns
  - Depression or Anxiety
  - Child or Elder care
- Employee Staff Services (ESS):  
Name of contact for facility/trained peer support individuals responding to critical incidents in the institution and in the lives of facility employees.
- Public Employee Retirement System (PERS): <http://www.oregon.gov/pers>; 888-320-7377:  
Retirement and Life Benefits: We serve the people of Oregon by administering public employee benefit trusts to pay the right person the right benefit at the right time.
- Oregon Savings Growth Plan: <http://www.oregon.gov/pers/OSGP>  
Benefits provided to employees who participate in this savings plan.
- Correction Peace Officer Foundation (CPOF) [www.cpof.org](http://www.cpof.org) ; 1-800-800-CPOF; 1-800-800-2763:  
Institution Representative Assisting correctional staff and their immediate family in times of catastrophic need, such as:
  - Loss of life
  - House fires
  - Natural disasters
  - Significant injury
  - Including financial support
- Veterans Affairs: [www.va.gov](http://www.va.gov):  
First place to connect regarding all the resources available to Veterans, including:

- Death and Burial services,
- Advocacy,
- Disability,
- Counseling, etc.
- Labor Unions
- List the contact(s) specific to your institution. Union can help you with issues of advocacy.
- Social Security: [www.ssa.gov](http://www.ssa.gov)
- Employee would connect with Social Security in the event of extended disability and Medicare eligibility.
- Employee Wellness Program (EWP):  
[http://www.oregon.gov/DOC/HR/pages/staff\\_wellness.aspx](http://www.oregon.gov/DOC/HR/pages/staff_wellness.aspx)
- List the contact person for your institution. The purpose of wellness promotion is to improve the health and well-being of Oregon Department of Corrections (DOC) employees' lives through health education and workplace health promotion activities that will support positive lifestyle changes. "Wellness" can cover many things. DOC is focusing on: Physical Fitness, Nutrition, Mental Health & Stress Reduction, Suicide Prevention, Chronic Disease Management, Financial Security, Disease & Injury Prevention, Generational Workforce Issues, Family Health, and Care Giver & Elderly Concerns.
- Illness Advocacy Groups:
  - Salem Cancer Institute  
503-562-4321  
<http://www.salemhealth.org/cancer/home.php>
  - American Cancer Society  
800-227-2345  
<http://www.cancer.org/>
  - American Diabetes Association  
1-800-diabetes  
<http://www.diabetes.org/>
- Federal Emergency Management Agency (FEMA):  
[www.fema.gov](http://www.fema.gov); 800 621-FEMA; 800-621-3362; TTY 800-462-7585
  - Natural Disasters:
    - Learn what to do: Before, during, and after winter storms and extreme cold hit.
    - Be Informed, Make a Plan, and Build a kit. Evacuations are more common than many people realize. Fires and floods cause evacuations most frequently.

- Community & Other Plans:
  - Disaster plans, shelter, evacuation, preparedness,
  - Pandemic, Home fires, Shelter, Evacuation
  - Ready Campaign
  - FEMA/DHS  
500 C St, SW Suite 714  
Washington, DC 20472  
ready@fema.gov
- Community Specific Resources:  
List local groups and resources in your community.
- Marion County:  
Community & Provider Services (CAPS)  
2421 Lancaster Dr. NE, Salem, OR 97305  
(503) 585-4977 fax (503) 361-2782
- Red Cross:  
[www.redcross.org](http://www.redcross.org); 800-733-2676
  - Disaster or emergency
  - Military family services
- Domestic Violence:  
Insert local resource web and phone number