Workshop Topics Include

- Multi-Generation Workforce
- Coping with Conflict
- Effective Communication
- Time Management/ Managing Multiple Demands
- Grief & Loss
- Managing Change
- Stress & Burnout
- Dealing with Depression
- Laughter is Good Medicine
- Learning & Working Styles
- Leading Teams Through Change
- Identifying a Troubled Team Member
- And many more…

For more information or to request these services call 800-477-2258.

If you have a concern related to the assistance you received from the EAP, please contact us at 800-477-2258.

P.O. Box 163149 • Sacramento, CA 95816-3149
sutterhealth.org/eap
Since 1982, Sutter Employee Assistance Program (EAP) has been serving organizations and their employees addressing issues with system-wide implications and providing assistance to enhance personal, professional and emotional well-being.

Sutter EAP is here to help you improve and maintain the productivity and healthy functioning of your workplace, to address your particular business needs, and to provide specialized expertise about human behavior and mental health.

All employees have access to the individual EAP benefit, but there are specific resources available to you as a leader.

Your Guide to Sutter EAP Management Resources

- **Teambuilding** - Interactive sessions with focus on building morale, cohesiveness, effective work processes and shared goals. These sessions are customized to address your specific team needs.

- **Workshops** - 30-90 minute sessions on topics ranging from work/life balance to managing change. For more ideas, refer to the back panel.

- **Employee Orientations** - Our staff will provide your team with an onsite or virtual 15 minute introduction to the EAP benefit.

- **Management Consultations** - EAP Clinicians will consult with managers and supervisors to address a variety of workplace issues including:
  - Troubled Employees
  - Work Group Dynamics
  - Substance Abuse
  - Distressed or Suicidal Employees

- **Crisis Response** - Clinicians will provide onsite support for critical events such as natural disasters, injury or death of a co-worker, adverse outcome with a patient, or workplace violence.

- **Immediate Phone Support** - For employees in distress.

- **Onsite EAP** - Regularly scheduled support for your employees.

- **Supervisory Referrals** - As a manager or supervisor, you can refer an employee to the EAP for services. Managers and supervisors should coordinate their actions with Human Resources.