

Eligibility requirements for enrollment include:

- MANP member organization (assistance available to join)
- Located in Maine
- Fewer than 10 staff members
- No current EAP



Employee Assistance Program Overview

Nicole Sawitz
Account Manager, KGA

Megan Peavey
Business Development, KGA

Services provided

- Emotional/Mental Health
- Family, Home & Work
- Wellbeing Services
- Support for Managers & Supervisors

Basics

- Employee & adult household members
- Confidentiality
- Available 24/7
- Live and digital access
- Speed & alignment of support
- No cost to you

Regional employers and national delivery:

- Founded 1982
- Sell into New England – delivery nationally
- Over 375 clients
- Independent provider





Blended Emotional & Mental Health Solutions

Counseling

In the moment support (24/7)

3 sessions per issue

We assess need – next steps

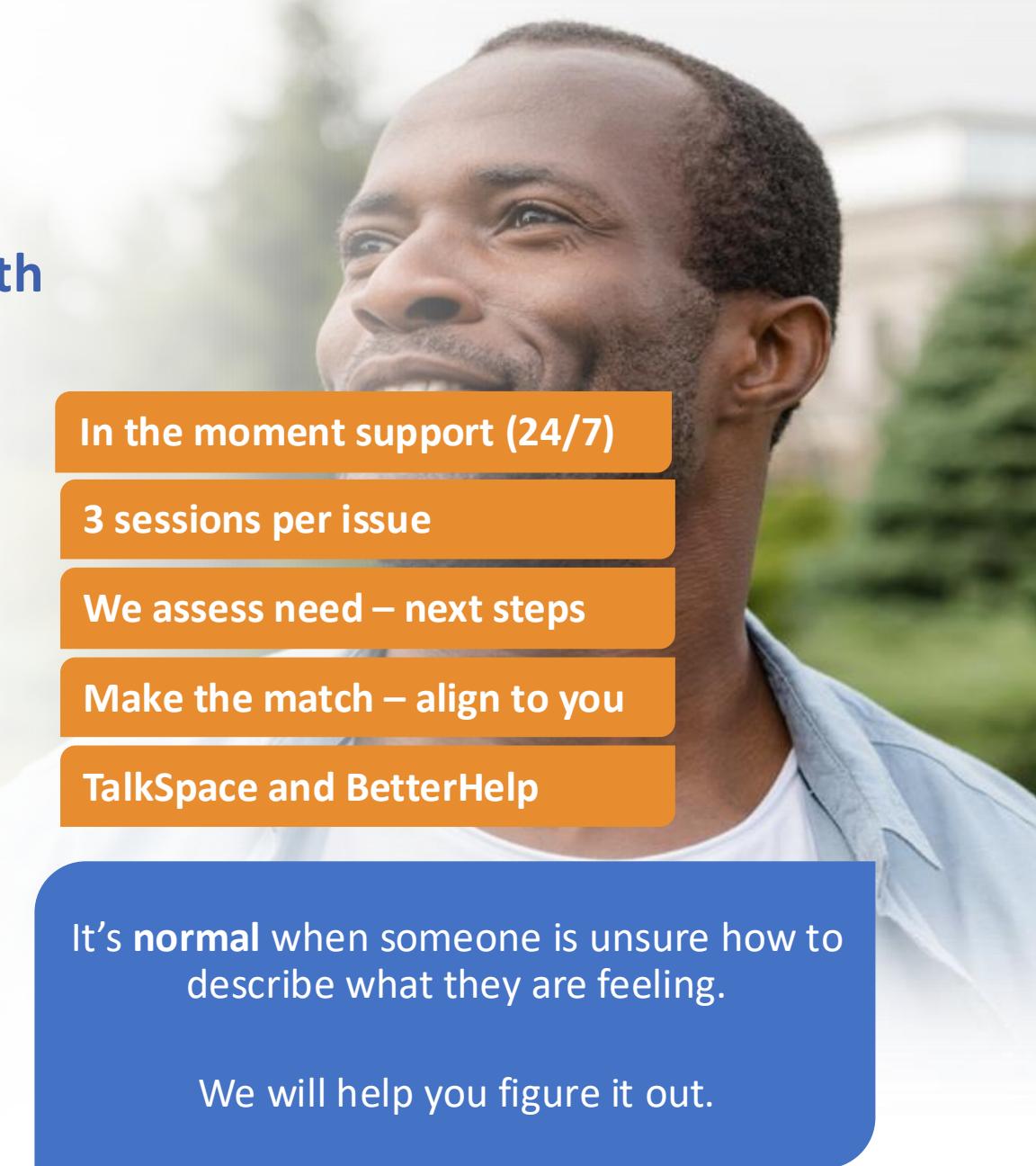
Make the match – align to you

TalkSpace and BetterHelp

No searching
for availability.

It's **normal** when someone is unsure how to
describe what they are feeling.

We will help you figure it out.

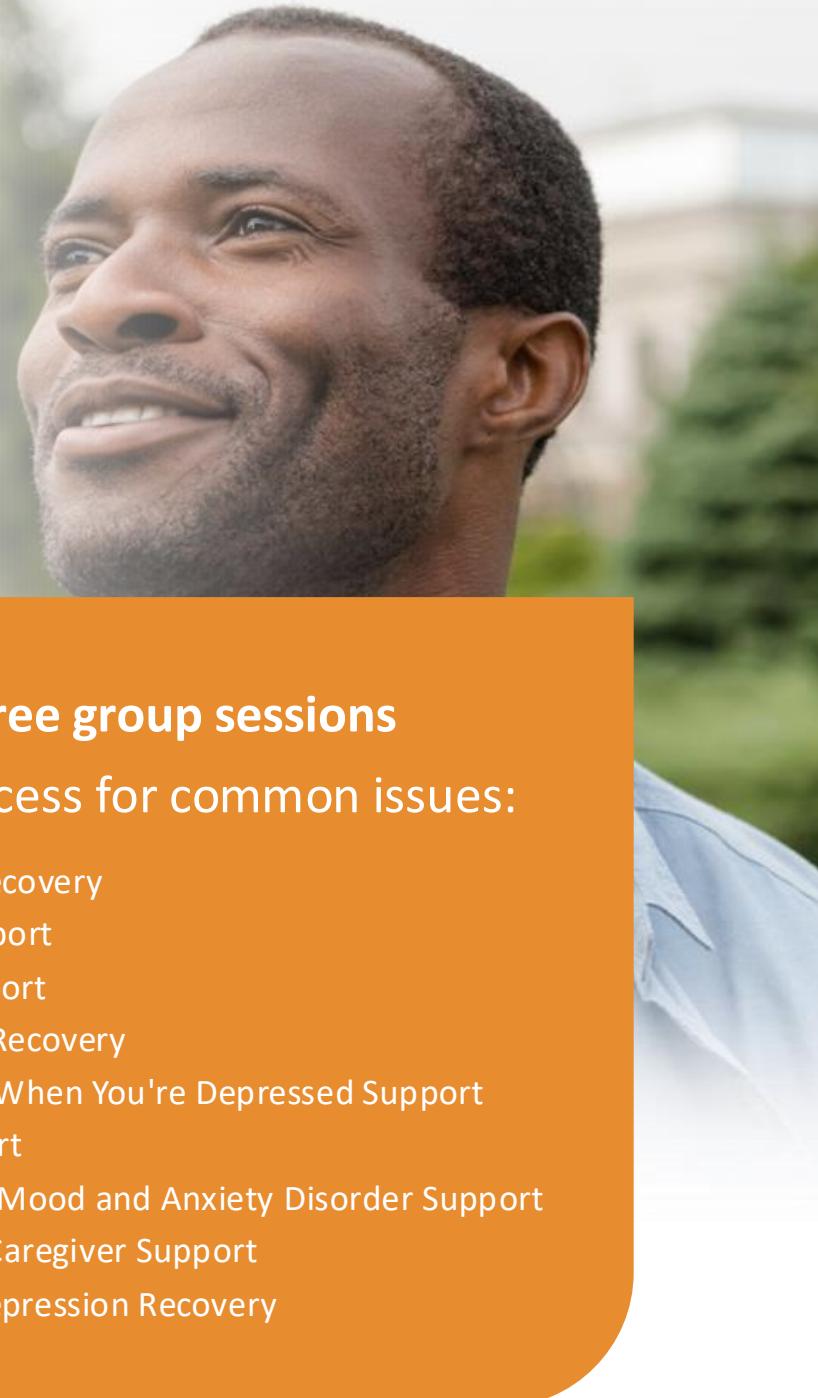




Blended Emotional & Mental Health Solutions

Counseling

Peer Support



10 free group sessions

Virtual access for common issues:

1. Addiction Recovery
2. Anxiety Support
3. Bipolar Support
4. Depression Recovery
5. Get It Done When You're Depressed Support
6. Grief Support
7. Postpartum Mood and Anxiety Disorder Support
8. Parent and Caregiver Support
9. Women's Depression Recovery



Blended Emotional & Mental Health Solutions

Counseling

Peer Support

Digital Self Directed

KGA LifeServices platform

- Self Assessments (10 m/h)
- MindTide – app for anxiety & worry ←
- MyMindfulness Challenge
- Events – live m/h wellness webinars
- Learning:
 - Books – staff recommended
 - M/H library (videos, podcasts, articles, etc.)
 - Life Milestones & Challenges

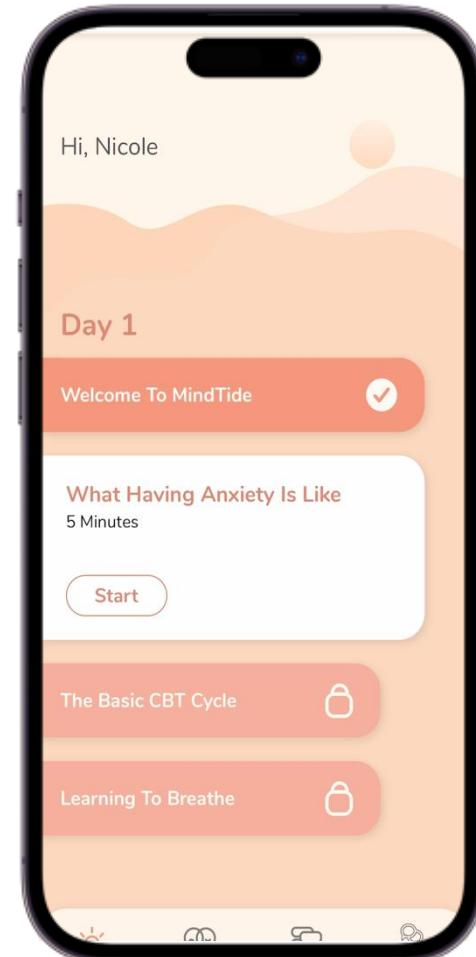
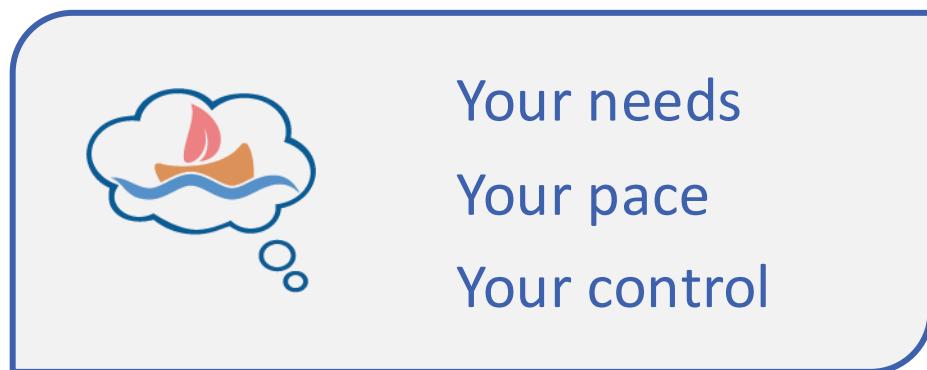




Anytime, anywhere mental health support.

Easy-to-use **exercises, courses, and audio tools**:

- ✓ Handle stress, worries, & anxiety
- ✓ Fight negative thinking
- ✓ Find calm



Assistance with:

- Parenting & childcare
- Eldercare
- Legal issues
- Financial issues
- Daily convenience
- Health & nutrition



- Subject matter experts
- 30-minute consultations (per issue)
- Customized research for you
- Referrals (vetted)

Caregiver Support



Parenting

Support for parenting challenges & childcare needs

Examples

- Childcare Solutions
- Summer Camps
- After School Care
- Teen Years
- Special Needs
- Adoption
- Parent Coaching

Experts

- Early Childhood Development Consultant
- Fertility Coach
- Parent Coach
- Special Education Consultant

Eldercare

Assistance with elder caregiving issues

Examples

- In-home Assistance
- Assisted Living Facilities
- Skilled Nursing Homes

Experts

- Eldercare Specialists



Legal

Consultants with an attorney for most legal issues

Financial

Expert guidance on financial matters.

Examples

- Divorce & Child Custody/Support
- Estate Planning
- Landlord/Tenant Disputes
- Wills & Trusts

Experts

- In-state attorneys
- National Network of Attorneys

Examples

- Budgeting
- Debt Management
- Homebuying Information
- Retirement Planning
- Tax Planning

Experts

- Certified Financial Planner
- Certified Public Accountant
- Financial Counselor



Work

Assistance with work related stress, work/family integration, and career advancement.

Examples

- Interviewing Skills
- Job Performance Concerns
- Resume Review
- Work-Life Integration
- **Work Stress**

Experts

- Counselor/Coach
- Career Coach



Convenience Services

Assistance in finding services for family and home needs.

Examples

- Apartment & Housing Resources
- Medical Providers
- Home Improvement & Maintenance
- Pet Care

Experts

- Work-Life Consultants



Health & Nutrition

Support with wellness and nutrition issues

Examples

- Healthy Eating
- Weight management
- High Blood Pressure
- Lactation concerns
- Sleep issues

Experts

- Registered Dietitian
- Certified Lactation Consultant
- Certified Sleep Coaches

A case... is not just a case

Maria's situation:

Maria called with concerns about care for her mother with progressing dementia. Her mother lives far away in Ohio.

Support provided

- 1 **Eldercare Consultant**
 - 3 in-home care referrals in Cincinnati
- 2 **Counselor**
 - Grief and stress
- 3 **Attorney in Ohio**
 - Discuss a healthcare proxy



Support for Managers & Supervisors



- Consultations
- Managed/Mandated referrals
- Manager learning

- Concern for someone's wellbeing
- Behavioral issues
- Return to work support
- Navigating conflict
- **Making a referral to KGA**

Crisis Response



Support for:

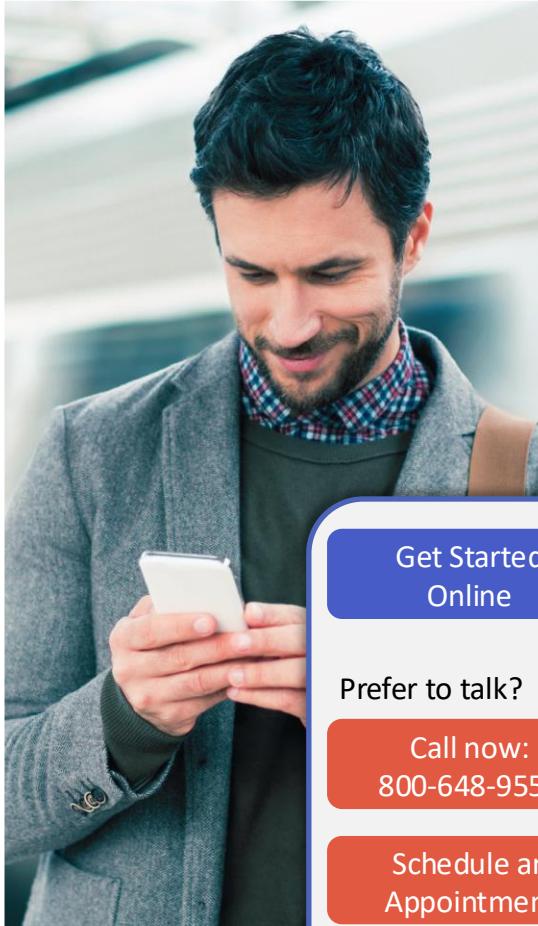
- Individuals
- Organizations / teams
- Major events

Consultation and Response:

- Risk Assessment
- Leadership decisions & messaging
- On-site response
- Follow-up activities

Access Support:

- Immediate support - 800.648.9557
- 24/7 availability
- Team-based response



Get Started
Online

Prefer to talk?

Call now:
800-648-9557

Schedule an
Appointment

Have us call you

KGA LifeServices Platform

(my.kgalifeservices.com)



KGA Mobile (app)

Download on the
App Store

GET IT ON
Google Play





Call us now at 800-648-9557

[Sign in](#)

[Sign up](#)

Welcome to KGA, your employee assistance program

The help you need when you need it

Get **24/7 access to a network of experts** for:

- Mental & emotional health
- Family, home and work support

Plus, get access to **online training, tools and resources** to help you thrive. All available to you and your adult household members, at **no cost** to you.

[Get started](#)

[Watch our overview video \(3 mins.\)](#)

In crisis or need immediate support? Call 800-648-9557

100% confidential





How to enroll:

- Visit www.NonprofitMaine.org/EAP for details and “Sign Up” link
- Sign up form opens after this call
- Space is limited in the pilot phase
- First-come, first-served (after eligibility verified)
- Hope to expand in the future