

# Eligibility for MANP EAP

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## 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

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# KG A Overview



## Services provided

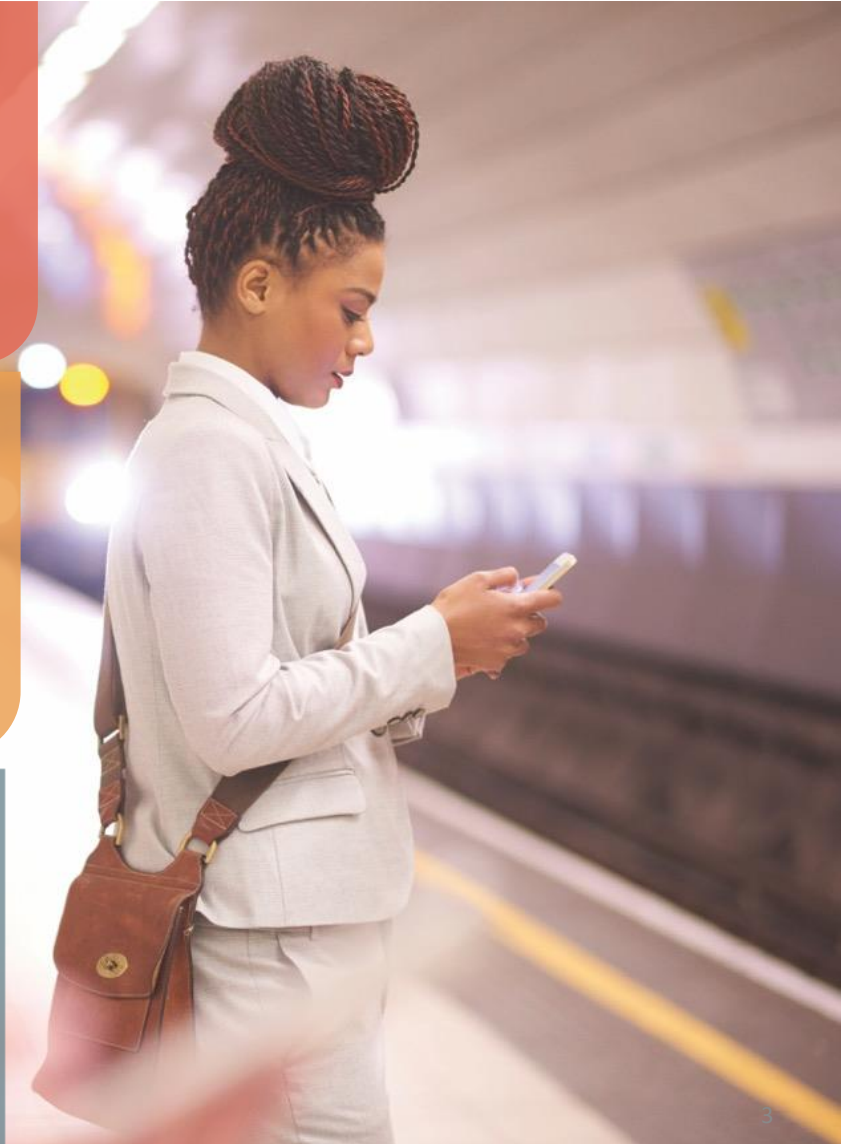
- Emotional/Mental Health
- Family, Home & Work
- Wellbeing Services
- Support for Managers & Supervisors

## 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

**No searching  
for availability.**

**In the moment support (24/7)**

**3 sessions per issue**

**We assess need – next steps**

**Make the match – align to you**

**TalkSpace and BetterHelp**

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



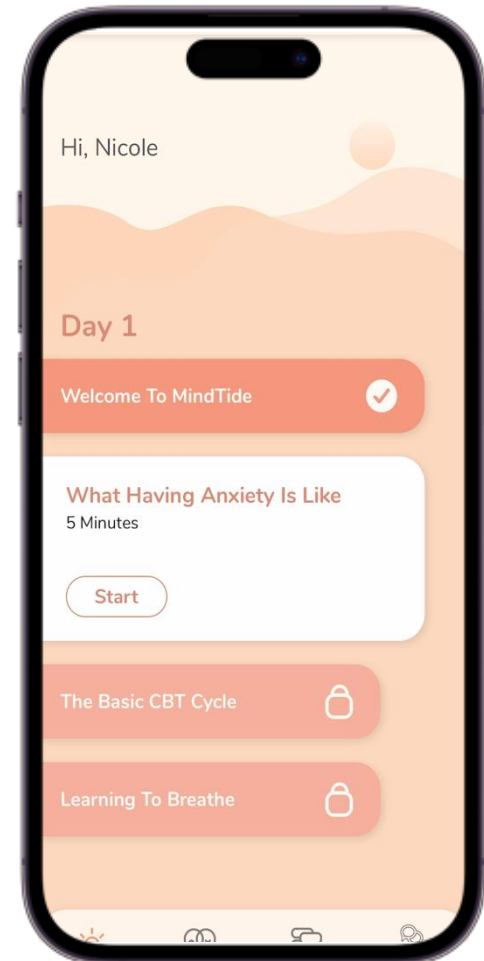
Anytime, anywhere mental health support.

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

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



Your needs  
Your pace  
Your control



# Family, Home & Work Solutions



## 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

### Examples

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

### Experts

- In-state attorneys
- National Network of Attorneys

## Financial

Expert guidance on financial matters.

### 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

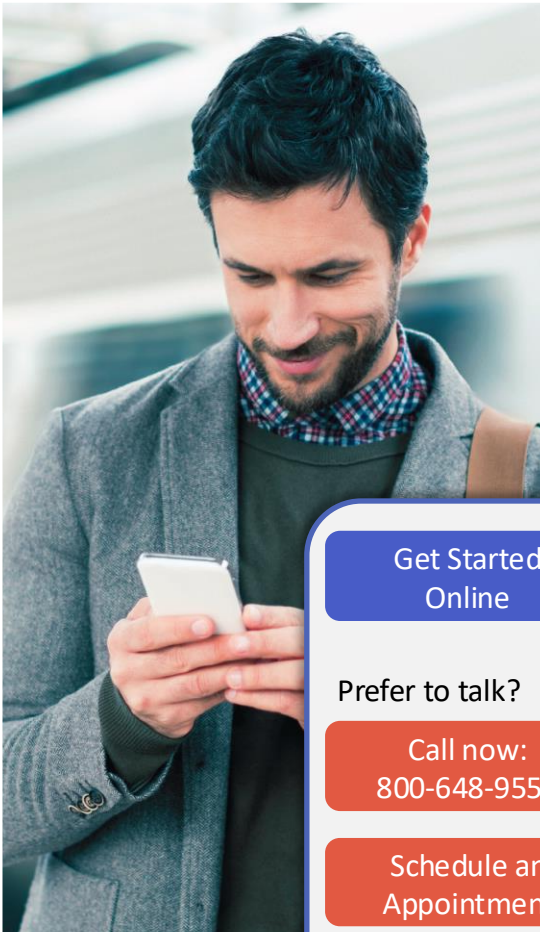
## Consultation and Response:

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

## Access Support:

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

# Access Made Easy



Get Started  
Online

Prefer to talk?

Call now:  
800-648-9557

Schedule an  
Appointment

Have us call you

## KGA LifeServices Platform

([my.kgalifesevices.com](https://my.kgalifesevices.com))



## KGA Mobile (app)





Call us now at [800-648-9557](tel: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



A photograph of a group of people in a meeting. A man with a beard and a woman with dark hair are looking at each other. The woman is smiling. They are sitting at a table with papers and a cup. An orange speech bubble is overlaid on the image.

Questions?  
Thank you!

# Next Steps for MANP EAP

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## How to enroll:

- Visit [www.NonprofitMaine.org/EAP](http://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