

Trucking Sector

Employee and Family Assistance Program

Harness the power of full-scale employee and workplace support solutions through our exclusive EFAP arrangement.

Did you know?

Mental and nervous disorders have replaced musculoskeletal conditions as the top conditions causing long-term disability.

Source: [Canadian Council on Integrated Healthcare](#)

The mounting costs of maintaining unhealthy employees, coupled with the expense and disruption associated with staff turnover, is leading many employers to implement a health promotion strategy. Thanks to a growing body of evidence, today's workplace health programs are no longer viewed as just a good idea, but rather a crucial investment in an organization's long-term success.

Source: [The Case for Comprehensive Workplace Health Promotion, Centre for Health Promotion, University of Toronto](#)



Employee and Family Assistance Programs (EFAPs) are paid benefits that support both the employees and the workplace. These services are designed to enable employees to resolve personal and work issues so that optimal productivity is maintained. They include health, wellness and other strategic solutions for smaller employers.

In partnership with the NSTSA and THRSC Atlantic, Homewood Health offers trucking sector organizations and employees a comprehensive EFAP at **a low rate of \$2.50 per employee per month plus a yearly \$5 admin fee.**

<p style="font-size: 48px; color: orange; text-align: center;">1</p>	<p>Ease of Use</p> <p>All of our services are simple and intuitive to use, so all can benefit (e.g. online solutions allow easy and secure access anywhere and anytime, clinical response is fast and available 24/7 in both official languages, counselling is short-term and solution-focused, and we have counselling offices across the country).</p>
<p style="font-size: 48px; color: orange; text-align: center;">2</p>	<p>Prevention Focused</p> <p>Homewood Health takes a comprehensive and prevention-focused approach to all well-being and productivity.</p>



Employee Support Services

Our unique solution-focused Cognitive Behavioural Therapy approach focuses on teaching individuals, couples, and families the skills necessary to solve their life problems within a short-term counselling model. Confidential counselling is offered in the local community. Our counselling is delivered through various modalities (face-to-face, telephonic and web-based). Their focus is on specific goal attainment, behaviour change, accurate diagnosis of complex problems, and the best possible outcomes. Counselling is provided for a full range of personal or work-related issues including, but not limited to:

- addictions;
- adolescent issues;
- aging and care giving;
- anger management;
- anxiety;
- child development;
- communication problems;
- domestic violence;
- depression;
- family issues;
- grief and bereavement;
- marital issues;
- parenting;
- personal adjustment problems;
- relationship difficulties;
- sexuality;
- stress;
- separation / divorce / custody;
- special needs of children; and
- trauma.

Life Smart Coaching



Childcare and Parenting Services: Our childcare and parenting specialists work directly with your employees to ensure their unique family needs are taken into consideration when determining appropriate resources and solutions for their childcare concerns. The specialist will complete a comprehensive needs assessment to ensure all of the issues are addressed.

New Parent Support Services: Our childcare specialists will speak with the employee pre and post-birth if possible, in order to discuss any concerns the new parent might have. After the first call, our specialist will assemble a full package of information tailored to meet their specific needs.

Elder and Family Care Services: Homewood's caregiving specialists work one-on-one with your employees balancing the (often overwhelming) responsibility of providing elder and family care while managing a career. Our caregiving specialists work directly with clients, completing a needs assessment, to ensure their unique family needs are taken into consideration when determining appropriate resources and solutions. Where necessary, the specialist can provide information on how to obtain an in-home assessment for those in need of home care support.

Legal Advisory Service: Our EFAP includes a national legal advice and counselling service that is provided by qualified lawyers who reside in the province governing the location of the client's concern. Clients speak directly with a lawyer and receive advice and consultation on the legal matter of concern to them.

Financial Advisory Service: The focus of the financial advice and planning service is assessment, budgeting and short-term financial coaching. Financial advice can be provided through individual telephone and/or email consultation and may include planning sessions, as well as budgeting exercises and homework.





Relationship Solutions: Relationship Solutions provides a fresh approach for couples needing to address relationship issues. The service helps couples take a proactive and fun approach to enhancing their relationships, and includes up-front coaching, and a Relationship Solutions Resource Kit.

Grief and Loss Coaching: This service helps employees understand the grieving process by providing them with coaching support and resources to help them manage the range of emotions and difficulties one experiences when faced with a significant loss. This service is helpful to those who have lost a loved one or are experiencing other forms of loss in their life, including job loss, divorce, or ending of a relationship.

Stress Solutions: in this self-directed program, employees will learn about stress management techniques and exercises, including: how to reduce tension, how to stay connected to be healthy, happy and energized, managing thoughts and feelings to influence mood and behavior and how to manage time to stay organized and participate in activities that bring value to one's life.

Career Coaching. Working with a career specialist can help employees identify and articulate their skills, aptitudes, values, personality traits, and interests as they relate to career choice and goals. Employees can also receive coaching for concerns around starting a new job, struggling to manage time effectively and dealing with career-related problems or conflicts.



Shift Worker Support. Homewood specialists can help individuals who are struggling to make working shifts a part of a healthy and rewarding family and social life. Our specialist starts by completing a full assessment to ensure all concerns are addressed, then puts together a package of information, customized for the client's needs and provide our shiftwork package as needed.

Pre-Retirement Planning. Homewood's Pre-Retirement Planning Service provides employees with a package of customized information and coaching with a career or financial counsellor as appropriate. The specialist will complete an assessment of the employee's psychological and emotional needs as he or she approaches retirement.

Nutritional Coaching. Our nutrition services include telephonic coaching and a robust, online platform, which includes tools and resources covering a full range of topics that deal with a range of questions or problems. Clients can translate the latest nutritional science information into practical strategies, healthy eating advice and tools they can use.



Smoking Cessation Program. Homewood provides one-on-one telephonic consultation for clients wishing to quit smoking. Our Smoking Cessation Program addresses all facets of smoking, including both the physical and psychological dependence, and is built on evidence-based, behaviour-change methods.

Jumpstart Your Wellness. 'Jumpstart Your Wellness' provides healthy solutions for ongoing lifestyle, productivity, work life, wellness and weight loss challenges. The program delivers valuable tools and coaching, creating positive and lasting behaviour change.

Online Resources and Services

E-Learning Courses: Homewood Health offers self-paced, confidential, and interactive online courses. Each confidential e-Learning course is self-directed, and presents printable information, quizzes, and exercises. Some have interactive, printable action planning guides that can be customized to allow clients to input their own scenarios and goals. Topics include:



- Embracing workplace change
- Respect in the workplace
- Values-based leadership
- Supporting respect in the workplace
- Managing sensitive employee issues
- Leading the human side of change
- Preparing for your retirement
- Foundations of effective parenting
- Fundamentals of effective supervision
- Resilience
- Resolving conflict in relationships
- Responsible optimism
- Taking control of alcohol use
- Taking control of job loss
- Taking control of stress
- Taking control of your smoking
- Taking control of your anger
- Taking control of your career
- Taking control of your money
- Taking control of your mood

Online CBT: i-Volve is a bilingual, web-based and coaching solution to treat clients struggling with mild depression and/or anxiety. There are three programs within i-Volve, Depression; Anxiety, and Mental Health, allowing clients to identify, challenge and overcome their dysfunctional thoughts, behaviors and emotions. Unlike traditional Cognitive Behaviour Therapy programs, i-Volve is available 24-hours a day, seven days a week, on both desktop and mobile devices.

Child and Eldercare Locator: Your employees can conduct customized searches by keying in specific requirements. They can search for daycares, homecare, respite care, child services and child care, schools, day camps, overnight camps and residential facilities for kids with special needs. The eldercare function provides access to national resources for older Canadians. This includes: homecare assessments, long-term facilities, assistive care facilities, day care facilities and facilities geared towards the elderly.

Health and Wellness Library: An updated collection of articles and other resources written by qualified experts in their subject field. It includes information designed to improve health and wellness, and assists individuals in improving their personal and work-life balance. Users are provided a wealth of exclusively Canadian content including information on drugs, disease, natural products, tests, procedures, and general health.

Organizational Services

Key Person Advice Line: Designed for key personnel and supervisors, the advice line allows key persons to contact a Homewood Health counsellor at any time for consultation should a situation arise at the workplace which requires a professional opinion. These consultations are available on an immediate, as-needed basis.

Promotion: As part of our highly effective promotional plan, we will assist your organization in promoting the EFAP through brochures, articles, posters, pre-launch promotions as well as orientation sessions for employees and managers.

EFAP Solutions—supporting employee well-being, capability and effectiveness.

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