

HUBB EMPLOYEE ASSISTANCE PROGRAM THROUGH CASCADE CENTERS

SEIU Local 503 has protected this benefit through the collective bargaining process and it has been extended.

Employee Assistance Program (EAP) services are available to Homecare workers and family members enrolled in a HUBB medical plan. The Employee Assistance Program (EAP) is a FREE and CONFIDENTIAL benefit that can assist you and your eligible family members with any personal problem, large or small.

For example, you can receive assistance with concerns such as:

- Marital conflict
- Interpersonal Issues
- Conflict at work
- Depression or Anxiety
- Stress management
- Family relationships
- Financial/legal/consumer concerns
- Referrals to community resources
- Alcohol or drug abuse
- Grieving a loss
- Personal decision making

Telephone or Office Counseling

Up to three (3) sessions per incident, per year for problem identification, assessment, the establishment of outcome goals, recommendations, priorities and actions needed to reach goals.

“The Line”

The anonymous information line is available to employees and dependents seeking information about general mental health and EAP services.

Listening Library

This is a series of recorded informational messages that cover a variety of topics. Access is easy. Simply dial 1-800-257-6291 or 503-620-3749 and enter the extension of the topic of interest to you.

E-Support

A live online virtual session with an EAP Consultant designed to answer questions, assist with problem resolution, and provide advice customized to your situation. For additional information, or to set up a session, please visit www.cascadecenters.com/esupport.

Crisis Counseling

Available on a 24 hour 7 days a week basis by calling 1-800-433-2320 for assistance.

Work / Family / Life

Cascade will help locate resources and information nationwide related to Eldercare, Childcare, and Concierge Services.

Legal

Consultations for a variety of legal and financial matters with licensed professionals. Discounted rates are available for services that exceed limits.

Financial Consultations

Each covered member is eligible for 30 days of unlimited financial coaching at no-cost. Services are available for a variety of financial concerns and are provided by a network financial counselor. Coaches provide a needs analysis and online written action plan to help members achieve financial goals. Services are provided by experienced financial professionals and licensed CPA's. Additional financial coaching is available at a discounted rate.

Identity Theft Services

Employees and family members receive unlimited phone consultation for identity theft recovery, support, and prevention techniques. Services include guidance immediately after discovery of the identity theft, access to financial advisors or attorneys, guidance on how to minimize risk such as what to do today, how to maintain vigilance, and how to protect yourself on the web.

Home Ownership Program

If you are looking to buy, sell, refinance, or invest in a home, take advantage of the Home Ownership Program. This program offers a network of prescreened service providers that offer free, no obligation consultations. Also available are pre-negotiated discounts with all of these providers. Using this program, you can save substantial time and money. For your free consultation or more information about the Home Ownership Program, call 1-866-505-3244.

“Cascade Personal Advantage”

Interactive Website Innovative, online, educational tools: Kick a habit, take self assessments, compare child and elder care services, watch informative video clips, and more.

**For Assistance Call: 1-800-433-2320
www.cascadecenters.com**