

## Your Employee Assistance Program (EAP) Provided by Sapphire Resource Connection (SRC)

To schedule your confidential appointment, simply call one of these licensed, independent counselors directly. If you need a counselor in another area, please log onto the Web site noted below for a complete listing.

Polson, MT	Polson, MT
Amy Odegaard, LCSW	Darci Jones, LCSW
Adults, Adolescents, Depression/Anxiety, Adjustment Disorders,	Anxiety/Depression, Adjustment Disorders, Interpersonal Conflict,
Grief/Loss, PTSD, EMDR, Trauma Recovery	Grief/Trauma, Individuals, Couples, Stress Management
(406) 370-5728	(406) 212-7023
Ronan, MT	Ronan, MT
Marie May, PhD	Stacy Kiser, LCPC
711 4 <sup>th</sup> Avenue SE	63506 Highway 93 South
Anxiety/Depression, Adjustment Disorders, Interpersonal Conflict,	Couples/Families-Adolescents/Children 5 and Up-Anxiety/Depression-
Grief/Trauma, Individuals, Couples, Stress Management	Trauma (EMDR Trained)-Home-based Family Services
(406) 830-5360	(406) 676-8006
Polson	Bigfork, MT
Gina Dalrymple, LCSW	Tana Leander, LCSW
1201 Main Street, Ste. A	443 Osborn Ave., Ste. 110A
Depression/Anxiety, Post-Traumatic Stress Disorder (PTSD), Trauma	Couples/Adolescents/Parenting/Adjustment
(Cognitive Behavioral Therapist), Adjustment Disorders, Couples,	Disorders/Anxiety/Depression/OCD/Relationship Issues/Child-Parent Issues
Family, Children (18 mos. +) Play Therapist	(406) 837-3970
(406) 883-1718	
Polson, MT	Polson, MT
Sam Ore, LCSW	Lea Ore, LCSW
220 Main Street	220 Main Street
Adults, Adolescents, Depression/Anxiety, Adjustment Disorders,	Adolescents, Adults, Perinatal mental health, Women's Issues, Adjustment
Traumatic Stress, Relational Stress, Structural Family Therapy, Solution-	Disorders, Depression/Anxiety, Traumatic Stress, Relational Stress,
Focused Brief Therapy, EMDR	Solution-Focused Brief Therapy, Mindfulness
(406) 241-1693	(406) 570-1762

## LCPC = Licensed Clinical Professional Counselor / LCSW = Licensed Clinical Social Worker

## Important facts to remember regarding your EAP:

- Up to four (4) counseling sessions are available per separate & distinct issue for employees, spouses, household members and dependent children (those claimed as dependents for tax purposes)
- Important: Appointment cancellations (including 'No Shows') with less than four (4) hours' notice to counselor prior to schedule time will count as a session.
- Counseling sessions are not restricted to job-related issues; counseling assistance may be sought for many reasons.
- Counselors are independent, private therapists contracted through SRC. The independent status of the EAP counselors assures a high degree of objectivity in the counseling process.
- Confidentiality-No information regarding any client, not even confirmation of attendance at sessions, is provided to your employer or to individuals within the company without a signed, designated release of information.
- Generic utilization reports to your employer maintain confidentiality and do not contain personal identifying information.
- <u>www.sr-connection.com</u> has, available to you, an EAP counselor locator; ask a counselor a question, *Healthy Exchange (online newsletter)* and *Helpguide*, an online mental health and healthy lifestyle resource. **To access** the SRC Counselor List, simply go to the website, then Member Services, select SRC Counselor List and enter

the name of the city where you want to be seen. Just call the EAP counselor you choose from the list to set up your 1<sup>st</sup> EAP appointment. No password needed!

- Legal/Financial Consultation services available by calling toll-free: (800) 541-9701
- For after-hours or weekend EAP needs, you may call the toll-free crisis line at (866) 767-9511 or (406) 523-7707

We hope you will take advantage of this program offered to you as an employee of Polson School District #25 through Sapphire Resource Connection

P.O. Box 7487 / Kalispell, Montana 59904 / Ph: 406-523-7707 / Fax 406-314-4392