



Dear Member

This letter and brochure are being sent to all members and their eligible family members to introduce you to a new benefit. In an effort to provide the greatest number of available resources for dealing with the problems which face us all, Central Illinois Carpenters Health and Welfare Trust Fund has contracted with **Chestnut Global Partners** to provide an Employee Assistance Program (EAP) effective September 1, 2009.

This program offers confidential assessment, referral, and up to six (6) sessions of counseling or consultation **at no charge** annually to assist you or dependent family members in resolving personal challenges. Each of us, regardless of our position, can face a variety of challenges in our day to day lives. Often, we are able to work these problems out ourselves, but on occasion, a problem becomes too complex or overwhelming that, without help, our health, personal satisfaction, and even job performance can be negatively impacted. When this occurs, it is important to seek out professional assistance.

An employee assistance counselor at Chestnut Global Partners will be available to help you with a variety of personal concerns including emotional, marital, family, or drug/alcohol abuse. Additional services are also available including telephonic legal consultation, financial/credit counseling assistance, in home nursing assessment for elderly parents, and a unique identity theft restoration service. The function of the EAP counselor is to identify the issues that concern you and help you to either resolve your problem or direct you to the most appropriate resource that can help you resolve your problem. There is no charge for the services provided by Chestnut Global Partners. If you need additional assistance, it may be covered by your insurance or based upon what you can afford.

EAP services are completely confidential. This means that when you contact the EAP, no one else will know without your written permission. Please read and save the enclosed brochure as it provides you with more information about the services that are available.

If you or a dependent family member have any questions about the services provided, or would like to schedule an appointment with one of the EAP counselors, you can call 1-800-433-7916 any time of day. When asked to identify your employer, please identify yourself as a member of the Central Illinois Carpenters Health and Welfare Trust Fund

Sincerely,

Todd R Donalson  
Account Executive

In an effort to broaden your benefit, the following services are also available to you:

- **Eldercare:** When caring for an aging parent(s), the “adult child” member needs an objective way to assess the parent’s independent living capability. A licensed nurse will conduct a home visit to evaluate areas such as nutrition, mobility, health, & safety, and then prepare a written report listing community resources available to address any needs.
- **Identity Theft:** If you suspect you are a victim of identity theft, a case manager will be assigned to notify the appropriate authorities on your behalf, and will work to restore your credit rating.
- **Online wellness education:** Thousands of up to date articles are available online when you click on the employee assistance service section at:  
[www.chestnutglobalpartners.org](http://www.chestnutglobalpartners.org)  
**User name: cic**
- **Legal Telephonic:** Consultation to help answer your legal questions, and discounts up to 25% on attorney hourly fees.
- **Financial/Credit counseling:** Assistance in managing existing credit card debt including budget counseling and lowered interest rates.

# STEPS

for Participation in the EAP

1. Call the EAP at (800) 433.7916 and identify yourself as a member of the Central Illinois Carpenters Fund.
2. An appointment will be scheduled for you at a convenient time.
3. You will meet with an EAP counselor to discuss your problem in strict confidence.
4. Your personal problem may be resolved within six (6) sessions or you may be referred to a professional resource who has expertise within your problem area.



**1.800.433.7916**  
 24 hour/day, 7 days/week



**E**MPLOYEE



**A**SSISTANCE



**P**ROGRAM



A counseling and referral service designed to help members and their family with a wide range of personal problems.



**1.800.433.7916**

# WHAT IS AN EMPLOYEE ASSISTANCE PROGRAM?

The program provides FREE, confidential, professional consultation to help members and their dependents (spouse and dependent children) resolve personal problems which may affect their health, personal well-being, or job performance.

## WHAT TYPES OF PROBLEMS CAN THE PROGRAM HANDLE?

No one is immune to personal problems. Life's troubles can affect anyone, at any time, in any job classification. Your EAP is committed to working with members in resolving a wide range of personal problems. Areas covered include:

- Anxiety
- Depression
- Parenting concerns
- Marital conflict
- Anger management
- Credit or budget problems
- Legal questions
- Domestic violence
- Mood swings
- Alcohol or drug abuse
- Grief & loss
- Family concerns
- Communication problems



If something else is bothering you call your EAP!

## WHY WOULD THE FUND BE CONCERNED ABOUT MY PERSONAL PROBLEMS?

Central Illinois Carpenters Health and Welfare Trust Fund realizes that, on occasion, members may face personal problems in their lives. Often, they are able to work those problems out themselves. Yet, there are times when personal problems become so complex and overwhelming that, without help, they affect personal satisfaction, health, family harmony, and job performance. These problems can be resolved through professional help. Central Illinois Carpenters Health and Welfare Trust Fund knows that healthy, productive members are its greatest asset, and providing members assistance in resolving personal concerns is good business practice.

## WILL ANYONE KNOW THAT I USED THE PROGRAM?

No - not unless you tell them or authorize the counselor to talk to them. The program is voluntary and completely confidential. Job security and promotional opportunities will not be jeopardized or enhanced solely because of participation in the program. Periodic reports will be given to Central Illinois Carpenters Health and Welfare Trust Fund on the number of members using the program. However, no names or other identifying information will be included in this report.

## WHAT DOES THE SERVICE COST?

Services provided to you and your family members by the EAP are absolutely free. Eligible participants may receive up to six (6) sessions of problem assessment, consultation, and counseling at no cost to them. If any additional help is recommended, your health insurance and other benefits may apply. In any case, the counselor will strive to arrange help in the most cost-effective and professional manner to meet your needs.

## ARE THE EAP COUNSELORS QUALIFIED?

All counselors are experienced professionals qualified at the master's and doctorate level in the fields of counseling, clinical psychology, marriage and family therapy, and clinical social work. Many counselors have areas of specialization, such as treating children or adolescents, couples therapy, addictive disorders, and anxiety or depression. A credit counselor is also available to assist in the counseling/referral process.

## HOW WILL THE COUNSELOR WORK WITH ME?

The counselor will listen to what you have to say, help you to clearly define the problem, discuss alternative solutions, and assist you to decide on the best approach to resolving your problem. If your problem cannot be adequately resolved within six (6) sessions, the counselor will offer you an appropriate referral.

## WHAT IF I NEED MORE COUNSELING OR SERVICES THAN THE BENEFIT CAN OFFER?

If you need a referral to another professional or community resource, the counselor will explain how that referral works. If that referral involves any cost to you, that will be explained. If the referral involves use of your healthcare benefits, that will also be explained to you before you leave the office.

## WHERE ARE THE OFFICES LOCATED?

You and your family members will have convenient access to our affiliate counseling offices in or near your community. You may access these affiliate counselors by simply calling (800) 433-7916.