



A healthy home and family life helps to nurture academic excellence.

Who we are ...

We are a team of professionals who provide help for students and families.

What we do ...

We provide free and confidential assistance to all families in the district for:

- Worry/anxiety and depression
- Family and other relationship issues
- Alcohol and drug use/abuse
- Financial and legal concerns
- Childcare and eldercare needs

Student & Family Assistance Program

Aurora.org/EAP

How to access ... *

Students and families can contact us toll free at 800-236-3231 for more information about the program.

** Legally, services must be scheduled by an adult member of the family. Any child served through the program must be seen with a parent or legal guardian.*



Making a difference in the lives of families

Aurora EAP's Student and Family Assistance Program counselors have more than 25 years of experience helping families throughout Wisconsin. Our team of professionals can assist students and families who struggle with numerous challenges, including:

- Use of alcohol and other drugs
- Bullying and harassment
- Mental health concerns, such as depression, anxiety or stress
- Peer and other relationship struggles
- Grief
- Family crises
- Personal, family or environmental factors that impact academic performance and personal well being

The counselor was very kind and provided a caring attitude when I needed to talk with someone regarding my son. She gave me personal experiences which I found to be helpful.

— A grateful parent

Aurora EAP's Student and Family Assistance Program

The Aurora Employee Assistance Program (EAP) has been serving the employees of Wisconsin-based businesses and their families since 1983. The program was founded on the guiding principle of prevention and early intervention as the path to total health. Reaching people early with education, information and other services that maximize their own strengths and coping skills can reduce the incidence of more serious mental and physical problems requiring intensive, long-term treatment.

Sponsored by the Aurora EAP, the Student and Family Assistance Program consists of a team of professionals who provide confidential counseling, consultation, intervention and referral services to students and families in need.

Aurora Health Care is a community-owned, not-for-profit health care system dedicated to promoting health, preventing illness and providing state-of-the-art diagnosis and treatment, whenever and wherever we can best meet individual and family needs.

The Aurora EAP Student and Family Assistance Program has locations throughout Wisconsin.

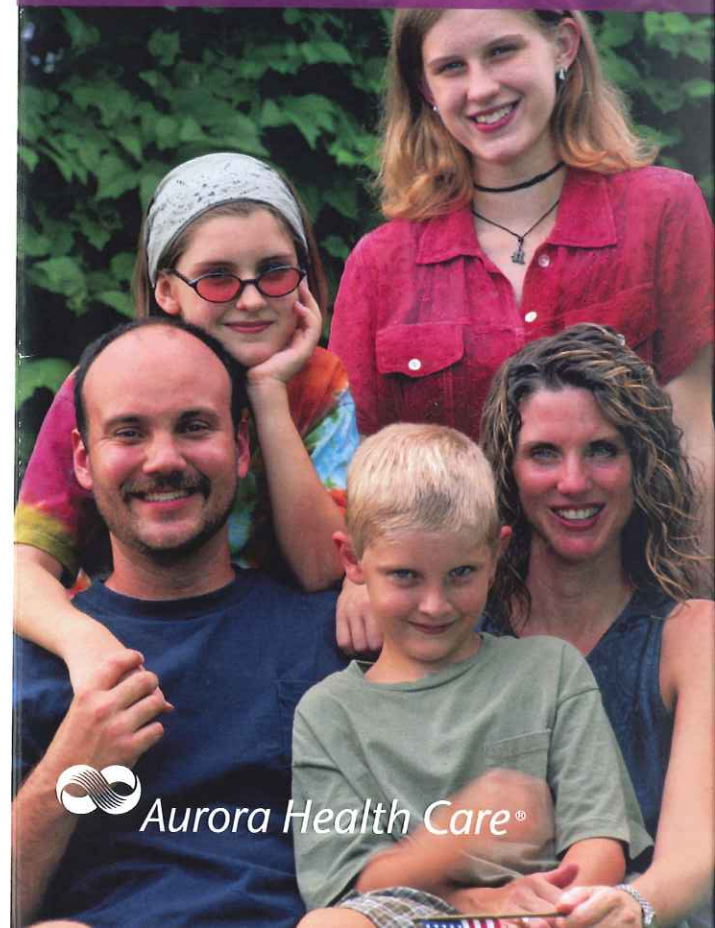
To learn more about the Aurora EAP Student and Family Assistance Program, please visit our website at Aurora.org/EAP, or call 800-511-4804.

AuroraHealthCare.org



Student and Family Assistance Program

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Student and Family Assistance Program

The reality

Approximately **1 in 5 adults** suffers from a **diagnosable mental health disorder** in a given year.

Children from families with substance abuse problems are **more at risk** than their peers for alcohol and drug use, delinquency and depression, as well as **poor school performance**.

Youth with **depression/anxiety** are more likely to engage in risk behaviors, including **alcohol and drug use, sexual activity, fighting and theft**.

Over a third (35%) of youth with depression or anxiety will **not earn a high school diploma**.

As with adults, there are **numerous factors** that may contribute to youth and adolescent anxiety and depression, including:

- **Separation/divorce of parents**
- **Death of a loved one**
- **Relocation to a new town or city**
- **Academic, athletic and social pressure**
- **Household conflict**
- **Parental stress and anxiety**

Program service models

To address some of these challenging issues, the Aurora Employee Assistance Program (EAP) is pleased to offer preventative care resources to the students and families of Wisconsin school districts through the development of the **Student and Family Assistance Program**. The following program models are available:

Assessment and referral (A&R)

Up to three telephonic or in-person consultations to assist families in resolving problems that may impair health and productivity.

Short-term problem resolution (STPR)

Up to eight goal-focused sessions are provided to help clients work through problems without accessing their insurance.



District collaboration

To ensure seamless communication between the Student and Family Assistance Program and the school district, the program's staff will meet on a regular basis with key district personnel, including:

- **District social workers**
- **Student services personnel**
- **Guidance counselors**
- **School psychologists**
- **Key faculty and district leadership**

Clear communication between program counselors and district staff is crucial to ensure that both organizations have a clear understanding of how sensitive student and family issues should be addressed.

It is the goal of the Student and Family Assistance Program to act as a resource that will help district staff assist students and families beyond the scope of the school setting.



Additional services

Seeking a healthy balance

Additional services are available to provide the assistance people need to quickly and conveniently meet challenging personal demands, without taking valuable time and energy away from the family.

- **Child care consultation, information and referral**
- **Elder care consultation, information and referral**
- **Financial consultation**
- **Legal consultation**
- **Adoption information services**
- **Educational resources: K-12 and higher education**
- **Mediation services**

School budgets are under severe pressure these days, yet the needs of students only continue to grow. The Student and Family Assistance Program allows us to provide professional level counseling to our students and families at a reasonable cost. Individual therapy services to students and families are above and beyond what most school districts can provide, yet in this economy, many families do not have insurance coverage for these services. This program can help stabilize families and meet the individual needs of students so they can come to school ready to learn. The program is a logical extension and supplement to our student services.

– Greendale School District