

# EMPLOYEE ASSISTANCE PROGRAM

call: 800.433.2320 text: 850-7721 email: info@cascadecenters.com



1

## Employee Assistance Program

A **FREE** and **CONFIDENTIAL** service for employees and their family members to get help for a wide range of personal problems.

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



2

## Who's eligible?

- All Employees
- Family members/ dependents eligible for benefits
- Domestic Partners
- Dependents up to 26 years old
- Family members can contact EAP on their own
  - Provide employee's name, job title, and birth date

call: 800-433-2320 text: 503-850-7721 email: [info@cascaDECENTERS.COM](mailto:info@cascaDECENTERS.COM)



3

## Flexible points of access

- Text support
- Online scheduling
- Live chat
- Video support
- Phone counseling
- A.I. Well-being support
- Phone app

All of Cascade's points of access to the EAP are secure and confidential.

call: 800-433-2320 text: 503-850-7721 email: [info@cascaDECENTERS.COM](mailto:info@cascaDECENTERS.COM)



4

# How it works

- Contact Cascade EAP
- A master's level counselor answers the phone
- Identify yourself as an employee (or family member) of City of Salem
- Get connected with the resources needed
- Get immediate assistance
- Schedule an appointment

call: 800-433-2320 text: 503-850-7721 email: [info@cascaDECENTERS.com](mailto:info@cascaDECENTERS.com)



5

# EAP service summary

## Free and confidential

## Personal consultation with an EAP professional

Up to **six (6)** counseling sessions per incident, per year

## Crisis counseling 24/7/365

## Work / Family / Life

Childcare, eldercare, resource retrieval, identity theft services

## Financial coaching

## Home ownership program and housing support

## Legal

Consultations/mediation, will kit, online legal tools

## Tax preparation

## EAP tools

Life coaching  
Gym membership discounts  
Pet insurance discounts

## LifeBalance discount wellness network

## EAP Member Site:

Register with Company Name:  
**City of Salem**

call: 800-433-2320 text: 503-850-7721 email: [info@cascaDECENTERS.com](mailto:info@cascaDECENTERS.com)



6

# Confidential assistance

- Marital conflict
- Relationship problems
- Conflict at work
- Depression/anxiety
- Career changes
- Stress management
- Grieving a loss
- COVID related concerns
- Alcohol/drug use
- Referrals to community resources



call: 800-433-2320 text: 503-850-7721 email: info@cascaDECENTERS.com



7

# Telehealth – anytime, anywhere

- Private Online Counseling
- Text, Phone & Video
- Online Scheduling
- HIPAA Compliant



call: 800-433-2320 text: 503-850-7721 email: info@cascaDECENTERS.com



8

# Work/family/life services

- **Childcare and Eldercare:**  
Resources found based on family's specifications
- **Resource Retrieval:**  
Cascade will do the research and report the resources

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



9

# Tax preparation services

- No fee to have a consultation and ask tax-related questions
- Staff available to prepare a personal income tax return at a discounted rate
- “Do It Yourself” Tax Preparation with 15% federal filing discount on online tax filing services.
  - **Access at:**  
[mysecureadvantage.com/tax-prep](https://mysecureadvantage.com/tax-prep)

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



10

# Identity theft services

- Consultation and guidance for victims of ID theft
- Preventative tips
- Information about how to restore your identity

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



11

# Legal Help

- Confidential 30 minute with an attorney, 25% discount thereafter.
  - Family law
  - Real estate
  - Civil matters
  - Other
- Will Questionnaire
  - Complete the questionnaire and return it to Cascade Centers
  - You will be connected to an attorney for review and, if you qualify, preparation of a simple will

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



12

# Financial coaching

We can help you with:

Building savings

Reducing debt

Improving credit

Mortgage

Budgeting

College planning

Taxes

Joint incomes

Buying a home

Retirement

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



13

# Home ownership program and housing support

- Assistance and discounts for selling, buying, and refinancing a home
- On average, this service has been able to save employees \$2,000-\$6,000 of their out-of-pocket expenses
- Housing resource retrieval; to find resources for housing assistance, options in your area, temporary or emergency needs.

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



14



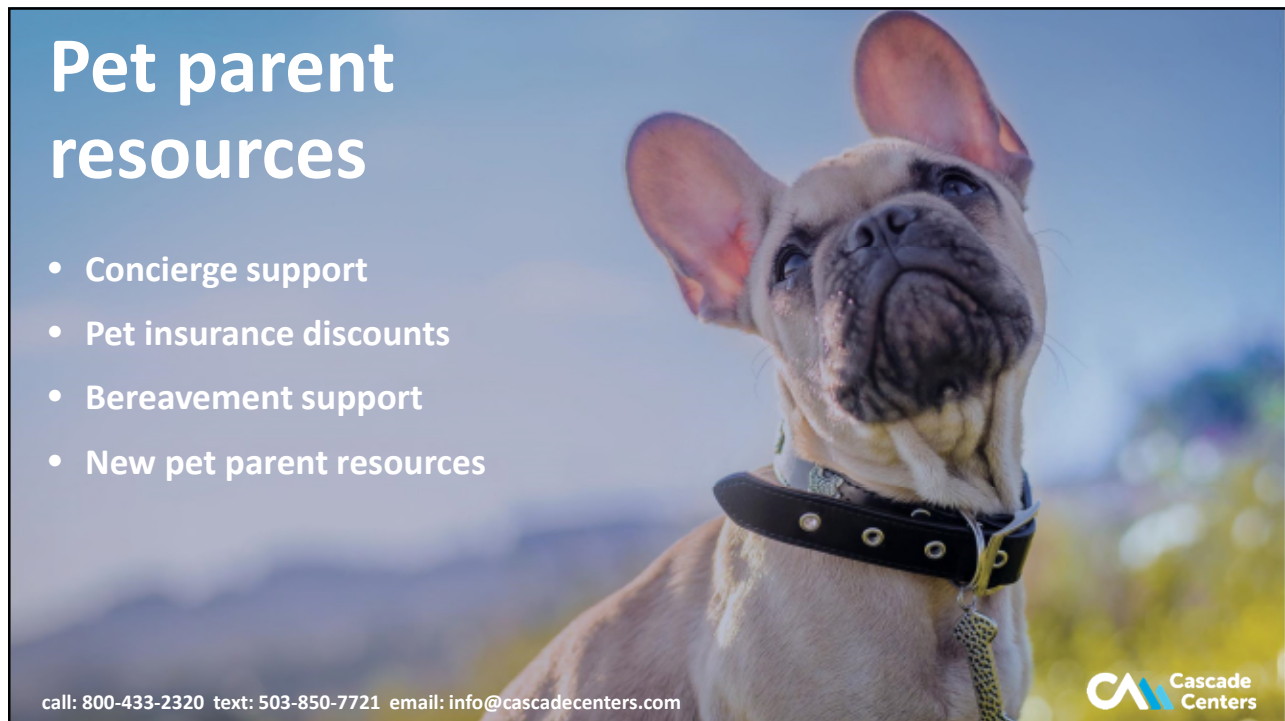
# Life coaching

- Life transition
- Communication style
- New parent support
- Work / life balance

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com




15



# Pet parent resources

- Concierge support
- Pet insurance discounts
- Bereavement support
- New pet parent resources

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



16



# Gym membership discounts

- Exclusive membership discounts to gyms, fitness centers, and studios
- Additional discounts on weight loss and healthy eating programs for the whole family

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



17

# EAP member site

- Self-Assessments
- Videos
- Quizzes
- Courses
- Webinars
- Legal and Tax Forms
- Resources to manage stress, work, family life, and more.

[www.cascadecenters.com](http://www.cascadecenters.com)

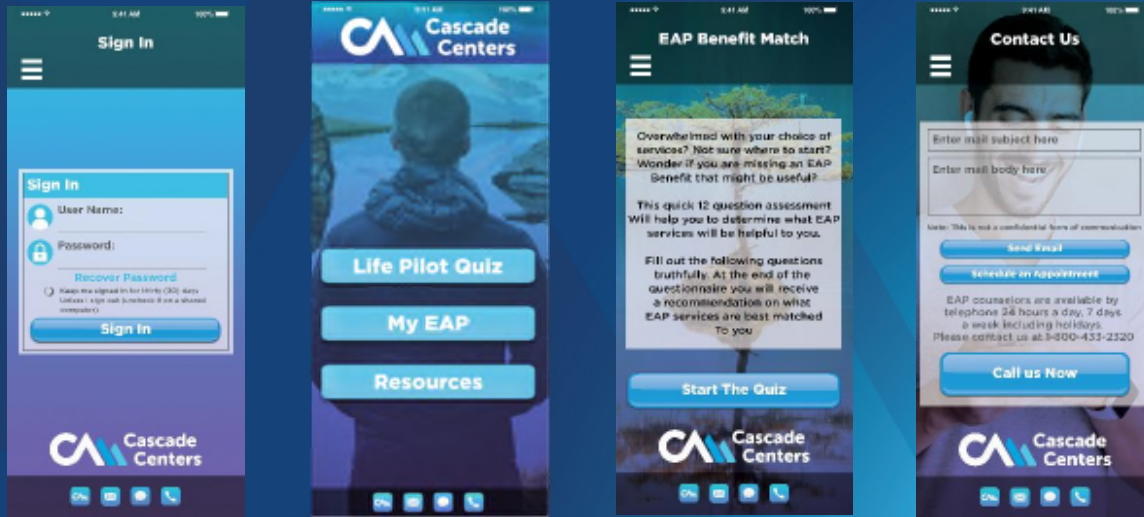
Register with company name:  
*City of Salem*

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



18

# Mobile app



call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



19



## Discount Wellness Network

LifeBalance and Cascade Centers have partnered to help foster health and peace of mind while in quarantine.

We understand that we are currently living in uncertain and troubling times. Discounts that will help you save on staying healthy and occupied while practicing social distancing:

- Meditation and Mindfulness
- Exercise and Eat Healthy
- Educational Programs for Kids
- Home Security
- Outdoor Gear

Login to your EAP member site at [cascadecenters.com](http://cascadecenters.com)

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com



20

# Have any questions?

If you have any questions or if you would like additional information, please contact Cascade EAP.

Call: 800-433-2320

Text: 503-850-7721

[www.cascadecenters.com](http://www.cascadecenters.com)

call: 800-433-2320 text: 503-850-7721 email: [info@cascadecenters.com](mailto:info@cascadecenters.com)



21



# Thank You

call: 800-433-2320 text: 503-850-7721 email: [info@cascadecenters.com](mailto:info@cascadecenters.com)



22