

List of Faculty Staff Assistance Program (FSAP) Services During COVID-19

The Emory Faculty Staff Assistance Program (FSAP) is the Employee Assistance Program (EAP) for Emory University and Emory Healthcare.* FSAP is transitioning to tele-mental health services at this time.

Behavioral Mental Health Services: Telephonic and Video-conferencing Sessions

- Comprehensive assessments for personal and/or work-related presenting problems/issues (which will include the determination of the most appropriate treatment plan for the employee given the nature of the presenting problem) - **1 Hour**
- Short-term counseling (up to six sessions per problem/issue) – **45 minutes to 1 Hour**
- Coaching for individuals focused on stress management, anger management, conflict resolution, effective communication, etc. – **30 minutes to 1 Hour**
- Psychiatric Consultations (up to three sessions) – **Initial session 1 Hour; follow-up sessions 30 minutes**
- Leadership consultations regarding threats of violence and the manifestation of pronounced behavioral health challenges in the workplace – **15 to 30 minutes**
- Critical Incident Response (CIR) Individual Debriefings (following critical and traumatic events) – **30 minutes to 1 hour**
- Community referrals to external treatment providers
- Case management to assist clients with finding appropriate resources for acute circumstances, such as homelessness, utilities assistance, food scarcity, intimate partner violence situations, etc.
- Crisis intervention and crisis management 24/7
- Suicide prevention support and threat assessment services
- After-hours on-call services 24 hours/day, holidays and weekends included

Education & Outreach Services: Educational Webinars and Group Support Sessions (Telephonic and Video-conferencing Sessions via ZOOM)*

- [Stress Management Strategies for Navigating the COVID 19 Pandemic](#) – **15 minutes to 1 hour**
- [Processing/Debriefing Group Sessions –Coping with COVID-19 Pandemic](#) – **30 minutes to 1 hour**
- [Support & Skills Group Sessions –Coping with COVID-19 Pandemic](#) – **30 minutes to 1 hour**
- Stress Management & Resilience (general, not solely COVID-related)– **15 minutes to 1 hour**
- Mindfulness Meditation – **15 minutes to 1 hour**
- Tips for Healthy Remote Working – **15 minutes to 1 hour**
- FSAP Overviews – **15 minutes to 1 hour**
- Critical Incident Response (CIR) Team Debriefings – **30 minutes to 1 hour**

***Some educational topics can be shortened to 10 minutes when needed for healthcare providers.**

Leadership/Team Services: Telephonic, Video-conferencing & Web-based Sessions

- Leader Consultation & Coaching – **30 minutes to 1 hour**
- Conflict Management Coaching – **30 minutes to 1 hour**

Contact FSAP @ 404-727-WELL (9355), efsap@emory.edu, or visit website: www.fsap.emory.edu.

***Emory Decatur, Emory Hillandale & Emory LTAC employees have access to their EAP services through ComPsych EAP (guidanceresources.com; 844.449.6541)**

