EAP Staff

Robert White, LCPC
EAP Director

Louis Cohen, MD (not shown)
Medical Director

Wanda Binns, LCSW-C
EAP Manager

Peggy Burns, LCADC, CCDC
Senior EAP Counselor

Jan Buxton, LCPC, CEAP
Senior EAP Counselor

Cheryl Confer, LCPC, CEAP
Senior EAP Counselor

Maureen McCarren, LCSW-C
Senior EAP Counselor

Sue Walker, MSW, LGSW
EAP Counselor

University of Maryland
Baltimore
Employee Assistance Program (EAP)

667-214-1555
www.umb-eap.org
What is the Employee Assistance Program (EAP)?

The Employee Assistance Program is a free, confidential counseling and referral service. It is provided by the University collaboratively through Human Resource Services and the Department of Psychiatry, School of Medicine, to make access to counseling services as easy as possible. The EAP is staffed by trained behavioral health professionals and is designed to assist employees and family members experiencing personal, professional or family problems. The EAP staff provides short-term counseling and makes referrals to other appropriate resources as needed.

Who is eligible?

Employees defined as all regular faculty, exempt, and non-exempt are eligible for the benefit. Contingent category II employees who are 50% or more are also eligible. Family members include spouse, child and/or an individual who is under the legal guardianship of employee.

How does it work?

When someone calls the EAP, he or she will be scheduled for an appointment with a counselor. This counselor will meet with the employee in a confidential setting and help the employee assess the problem, provide short-term counseling as needed and help in the selection of other appropriate resources within the community, if needed.

Is the program confidential?

All services provided by the EAP are completely confidential. The EAP does not release information regarding someone’s care unless that person specifically authorizes it. The only exception to this is when a supervisor requests that an employee seek counseling due to poor job performance and even then, only limited information is released.

How much does the EAP cost?

All EAP services are provided free of charge and are separate from the regular health plans provided by the University. When the EAP refers someone to an outside provider for services, every effort is made to identify providers covered by the employee or the employee’s health plan.

Types of problems

Some of the most common problems the EAP deals with include:

- Stress
- Depression
- Anxiety
- Grief
- Marital and family counseling

Seminars by the EAP

- Stress Management
- Time Management
- Managing Conflict
- Depression
- All About Anxiety
- Career planning
- Financial concerns
- Parenting issues
- Drug or alcohol dependence
- Job loss or job change

EAP Access

Address: 419 West Redwood Street
Suite 560
Baltimore, MD 21201

Phone: 667-214-1555
410-241-1488 after hours
410-328-1132 fax

Hours: Monday - Friday
9 am to 5 pm

Website: www.umb-eap.org

Other times are available by appointment. In case of an emergency, follow the instructions on the voice mail to reach a counselor 24 hours a day, 7 days a week.

Other Campus Resources

Benefits
410-706-2616

Employee/Labor Relations
410-706-7302

Human Resource Services
620 West Lexington Street,
3rd Floor
Baltimore, MD 21201

Student and Employee Health
Department of Family and Community Medicine
410-328-8792

School of Medicine
29 South Paca Street
Baltimore, MD 21201

Employee Behavioral Health
If you enroll in a State medical plan, you and your enrolled dependents will automatically receive behavioral health coverage through your plan. All medical plans offered by the state use their own behavioral health network.

Insurance Plans

CareFirst BCBS PPO and EPO
Kaiser Permanente IHM
United Healthcare PPO and EPO

Only in-network services are covered under the plans. The following types of services are covered:

- Inpatient Hospital Care
- Partial Hospitalization Services
- Outpatient Services (including Intensive Outpatient Services)
- Residential Crisis Services

Refer to your medical plan for detailed information regarding this benefit.