

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



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University of Maryland Baltimore **Employee Assistance Program (EAP)**

667-214-1555
www.umb-eap.org



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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	Career planning
Depression	Financial concerns
Anxiety	Parenting issues
Grief	Drug or alcohol dependence
Marital and family counseling	Job loss or job change

Seminars by the EAP

Stress Management	Coping with Difficult People
Time Management	Team Building
Managing Conflict	Striking a Balance
Depression	Impairment in the Workplace
All About Anxiety	Supervisor Training

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.