# Better Together

*EAP Partner Bulletin**

2026 | Q4

## Mark Your Calendars!

| | | | |
|---|---|---|---|
| **Thursday, 11/5** | Managing Holiday Stress | 12:30 PM EST | Register |
| **Thursday, 11/12** | Taking Care of Yourself | 12:00 PM EST | Register |
| **Wednesday, 11/18** | Forgiveness: An Unexpected Self-Care Tool | 12:00 PM EST | Register |
| **Monday, 12/7** | Mindful Monday Meditation | 12:30 PM EST | Register |
| **Monday, 12/14** | Mindful Monday Meditation | 12:30 PM EST | Register |
| **Monday, 12/21** | Mindful Monday Meditation | 12:30 PM EST | Register |

**Reminder:** Please let your staff/employees know to register for these sessions – even if they are unable to attend – to receive the recordings. Feel free to view the recordings and share the links below:

- Exploring Emotions and Physical Health
- Understanding Depression

## Manager Matters

### Year-End Tips for Managers: Supporting Employees Through Holiday Stress

The holiday season can increase stress for employees balancing work and personal responsibilities. Support your team by setting realistic expectations, encouraging time off, checking in regularly, recognizing accomplishments, and reminding employees about confidential EAP resources. Small acts of support and flexibility can help employees feel valued, reduce burnout, and finish the year strong.

## Monthly Observances – EAP Resources (October - December)

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|---|---|
| **October** | Breast Cancer Awareness |
| **November** | **National Family Caregivers:** Stress Relief for Caregivers Webinar |
| **December** | Seasonal Affective Disorder<br>**From Comprehensive Training Library:**<br>Seasonal Affective Disorder (SAD): SVL_1020295 |

## Our Commitment to Your Employees' Success

- **We care.** Our priority is ensuring a positive experience, and we take every concern seriously.
- **We're responsive.** When issues arise, we act quickly and keep communication open.
- **We have staff ready to help.** Our team is prepared and available to address any questions, concerns, or unexpected situations.

**This quarter's EAP Success Story:**

***Highlighting our exceptional counseling services by sharing a member's inspiring EAP success story:***

### Empowering & Supporting our Members Seeking Self-Improvement

*"Through the EAP, I was connected with a counselor who provided a safe, confidential, and nonjudgmental space where I could talk openly about the challenges I was facing. My counselor helped me process difficult emotions, manage overwhelming stress, and develop healthier ways of coping with life's demands.*

*As we worked together, I learned how to challenge negative thought patterns, improve my self-worth, and recognize the importance of setting healthy boundaries. I developed stronger communication skills and gained practical tools to help manage anxiety and navigate stressful situations more effectively. Over time, I noticed significant improvements in both my personal well-being and my ability to function successfully at work.*

*I was extremely impressed with the support I received through EAP. From my first interaction onward, I felt heard, respected, and genuinely cared for. Every staff member I encountered was compassionate, thoughtful, and committed to helping me move forward."*

Download Talkspace Go for iPhone or Android

Explore More of Your Employee Benefits

Public Safety EAP — A division of ESI

1-888-327-1060
www.PublicSafetyEAP.com

EAP Highlight

# Calculating Your EAP Utilization

The YTD EAP utilization rate is calculated based on the number of total members served divided by the total number of employees (provided on the submitted employee census). This utilization includes the following EAP benefits and services:

- Counseling & Coaching
- Self-help Member Resources (website)
- Personal, Professional & Compliance Training
- Trauma Response
- Supervisor Consult
- Onsite Training
- Information Calls

To protect participant confidentiality, organizations with fewer than 25 employees receive utilization reporting in a format that minimizes the possibility of identifying individual users. For these organizations, utilization data can be provided as an overall percentage upon request. Organizations with 25 or more employees are eligible for detailed utilization reporting, including activity and engagement metrics. To see an example of the information available, please click this link: **Sample EAP Report**

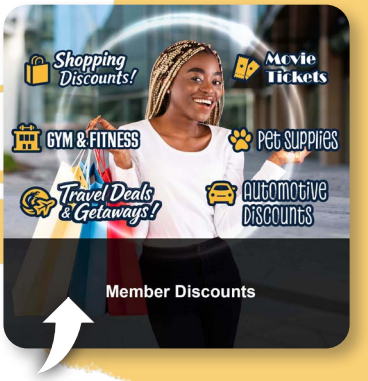
Contact your dedicated EAP Account Executive to schedule a time to review and discuss your current EAP utilization.

# EAP Member Discounts

## New Flyer and Website Benefit Tile!

Looking for the perfect gift for the hard to buy person on your list? Why not purchase discounted gift cards from your EAP through your Member Discounts benefit?

**Feeling lucky?** Each month you can enter to win different prizes such as movie passes, gift cards to Macy's, Sephora and more. The prizes change every month and you can enter once a day to increase your chances of winning! It's easy to access these discounts and savings by logging into the EAP website and clicking on the **'Member Discounts'** Benefit tile. **Click here** to view the flyer.




# EAP Collaboration Corner

*A special Corner Spotlighting One of Our Valued Partners*

FEATURED THIS QUARTER!

Public Safety EAP — A division of ESI

**Featured Partner!**

**Dreyfuss Williams & Associates/MedInform, Inc.**

Dreyfuss Williams — Attorneys & Counselors at Law

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### *We're excited to spotlight one of our clients in the Collaboration Corner!*

**Alan Waldinger, Firm Administrator/HR Director at Dreyfuss Williams & Associates/Med-Inform, Inc.,** has utilized the EAP in a unique way to increase utilization. They utilize the EAP as a training resource by selecting training, both business and wellness, that is given to the staff on a quarterly basis. They receive confirmation of the completed training through monthly spreadsheets from the EAP and if completed, staff are awarded 1 hour PTO per quarter. Through this introduction to training the staff has utilized the EAP for personal information on an increased level not assigned as training. The staff has also taken advantage of the one-on-one counseling. Through this process, they have achieved an exceptional 400% plus annualized EAP utilization rate this year with over half of that due to self-help member resources and counseling.