

EAP Summary of Services

A Benefit for you and your family members provided by University of Portland

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you and your eligible family members with any personal problems, large or small, such as:

- Marital conflict
- Conflict at work
- Depression or Anxiety
- Stress management
- Family relationships
- Financial/legal/consumer concerns
- Alcohol or drug abuse
- Grieving a loss
- Career development services

Personal Consultation with an EAP Professional

Access up to three (3) counseling sessions face to face, over the phone, or online. Cascade EAP professionals will help identify problems, establish goals, make recommendations, and develop action plans.

E-Support

A live online virtual session (video or chat) with an EAP professional. For additional information, or to set up a session, please visit www.cascadecenters.com or email esupport@cascadecenters.com

Crisis Counseling

Available on a 24 hour 7 days a week basis.

Work / Family / Life

Cascade will do the research for you. We will help locate resources and information related to Eldercare, Childcare, Identity Theft, or anything else you may need.

Legal Consultations / Mediation

Call Cascade for a thirty-minute office or telephone consultation at no cost with a network attorney/mediator. If you decide to retain the attorney/mediator after the initial consultation, a 25% discount from the attorney's/mediator's normal hourly rate is available.

Financial Coaching

Coaches will provide 30 consecutive days of unlimited financial coaching, developing a needs analysis and an online written action plan to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

Home Ownership Program

If you are looking to buy, sell, refinance, or invest in a home, this program offers a network of prescreened service providers that offer free consultations. Also available are pre-negotiated discounts for select services. To access or for more information, call 866-505-3244.

Legal Tools

Free online legal forms for areas such as creating a will, financial power of attorney, living will or final arrangements. Complete instructions on the proper signing and specific witnesses requirements are provided. To Access:

- 1) Go to www.cascadecenters.com
- 2) Click on the Employee Assistance tab
- 3) Click Legal / Financial Resources Library
- 4) Go to Links on Left and "Click Here"
- 5) Click on Legal Tools

Cascade Personal Wellness

Unlimited access to wellness coaches for assistance in making life style changes for areas such as: weight management, fitness, smoking cessation, and chronic conditions. To Access:

- 1) Go to www.my-cpw.com
- 2) Select "Register"
- 3) Enter your company password: **university of portland**

Cascade Personal Advantage

Innovative educational tools allowing you to manage your stress and improve quality of life. Take self-assessments, download videos, access personal growth courses, download documents, and more. To Access:

- 1) Go to www.cascadecenters.com
- 2) Click "Cascade Personal Advantage"
- 3) Register as a new user
- 4) Use company name as password: **university of portland**

