

Your Assistance Program

RESOURCES FOR YOU AND YOUR FAMILY

Whether it is simple “how to....?” advice or counselling, fact sheets or self-directed resources and lifestyle services, this program can help you take steps to achieve optimal health and well-being.

The Assistance Program for Postdoctoral Fellows has been designed to:

- Provide immediate assistance in times of crisis.
- Help you deal with depression, anxiety, fear, addictions, or other personal health issues.
- Support you through life stage transitions (e.g. marriage, birth of a child, career change, blended family challenges, or bereavement).
- Help you tackle everyday life issues and achieve better life balance.
- Prevent problems from becoming overwhelming.
- Provide support and advice for achieving your health goals, attaining new heights of well-being.

No matter where you may be working or travelling,

Homewood Health services are available 24

hours a day, seven days a week. You can make arrangements to see a counsellor at a time and office location convenient to you, or work with a counsellor online or by telephone if you prefer. Multilingual and translator services can be arranged.

If you require specialized services, Homewood Health will assist you in finding a resource that meets your needs, provide appropriate follow-up, and monitor your progress and satisfaction.



NO MATTER HOW DIFFICULT OR COMPLICATED LIFE FEELS, THE FIRST STEP TOWARDS GREATER WELL-BEING AND PEACE OF MIND IS TO GIVE US A CALL.

Counselling and Advice

RESOURCES FOR CHALLENGING SITUATIONS

Your Assistance Program provides confidential, professional counselling for a broad range of personal and family problems, including managing anxiety and depression, controlling substance use, resolving family conflict, addressing life balance, and more. Homewood Health health professionals are registered psychologists, registered social workers, or Masters-level registered counsellors, chosen for their extensive experience dealing with a variety of psychological and health issues.

Homewood Health makes every effort to match clients with clinicians based on various client needs within a vast clinical network. If at any time you feel your clinician is not a suitable fit, you are encouraged to call back and request an alternate clinician.

FAMILY MEDIATION. Resolving disputes in our personal relationships sometimes requires an impartial facilitator to guide the discussion and ensure a safe and respectful environment. Our mediation services can provide assistance with separation and divorce, parenting or eldercare issues, and sibling relationships.

CULTURE-SENSITIVE COUNSELLING & ABORIGINAL SERVICES. Where possible, clients will be matched with clinicians who have an appreciation of cultural sensitivities. We also have a network of approved Elders, Spiritual Healers, and Aboriginal Treatment Facilities to support those for whom these services are desired. Clients may consider selecting and requesting Elders from a community they are comfortable with.



**CALL IN CONFIDENCE. ANYTIME.
YOUR PDAP SERVICES ARE COMPLETELY CONFIDENTIAL.**



healthy people • healthy workplace



How To Access

Homewood Health

780.428.7587

1.800.663.1142 (English)

1.866.398.9505 (En Français)

1.888.384.9505 TTY (Hard of hearing)

604.689.1717 International (Call collect)

www.homewoodhealth.com

PDAP PROGRAM ADMINISTRATOR, HEALTH PROMOTION AND WORKLIFE SERVICES (HPAWS):

780.492.2249

sarah.flower@hrs.ualberta.ca

www.hrs.ualberta.ca/efap/pdf

Postdoctoral Fellows Assistance Program (PDAP)

Imagine...

...being filled with optimism

...being free of financial worries

...having rewarding relationships

...possessing positive self-regard

...feeling passionate about work

...having great parenting skills

...balancing multiple roles

...using time efficiently and effectively

...getting a good night's rest

...making healthier decisions



Resources To Help With Work Issues

CONFLICT RESOLUTION. If you are dealing with a difficult or stressful situation involving a colleague, you can receive professional advice and coaching, allowing you to take specific actions with a high degree of confidence.

TRAUMA ASSISTANCE SERVICES. In the event of a trauma or victimization incident, Homewood Health trained professionals are available to provide onsite support and follow-up to ensure everything possible is being done given the circumstances.

CULTURAL TRANSITION SUPPORT. This service provides support to Postdoctoral Fellows and their families throughout the relocation process if they are coming to the University or going overseas on a temporary international assignment. Homewood Health can also help identify any potential issues that may impact a potential candidate's success.



TO ACCESS THE TRAUMA ASSISTANCE OR CULTURAL TRANSITION SUPPORT SERVICES, CONTACT THE UNIVERSITY'S PROGRAM ADMINISTRATOR AT 780.492.2249.

Plan Smart—Lifestyle and Specialty Counselling Services

LIFE BALANCE SOLUTIONS

CHILDCARE AND PARENTING SERVICES. Our childcare and parenting specialists will work directly with you to ensure your unique family needs are taken into consideration. As a component of our childcare and parenting services we also offer the New Parent Outreach Service. This service provides those who have recently become or are about to become a new parent, with a unique outreach support process designed to empower them with knowledge and skills.

LIFE DEVELOPMENT PROGRAM. Learn the tools to help you move through the lifestyle change process, enhance personal health, increase productivity, improve clarity and direction, and develop a greater understanding of the importance of values.

ELDER AND FAMILY CARE SERVICES. We have elder care specialists on staff to work one on one with you, providing an immediate needs assessment and follow-up with customized information. Our specialists will also speak directly with the elderly person if required, or they may arrange for an independent provider to undertake an in-home assessment.

LEGAL ADVISORY SERVICES. If you are faced with a legal situation and don't know where to turn, this service provides advice (but not legal representation) on a variety of issues including adoption/guardianship, bankruptcy, child custody, consumer complaints, divorce, wills and trusts, and much more.

FINANCIAL ADVISORY SERVICE. The focus of financial counselling is assessment, short-term consultation and referral when required. Financial counselling can be provided through individual counselling or group presentations. It can also be accessed through telephone and/or e-mail consultation.



CAREER SMART COUNSELLING SERVICES

CAREER DEVELOPMENT. These services assist you with identifying and articulating your skills, aptitudes, values, personality traits, and interests related to your career. Depending on individual need, you can also receive coaching on: conflict resolution, change management, time management, stress management, work-life balance, and building cooperation with coworkers.

SHIFT WORKER SUPPORT SERVICES. Working shifts can put a strain on your health, well-being, family and social life. Homewood Health specialists can help you if you are struggling to make working shifts a part of a healthy and rewarding personal and work life.

HEALTH SMART COACHING SERVICES

NUTRITIONAL COUNSELLING. Our nutritional services cover a full range of topics that can help you change nutrition-related behaviour, answer questions, and manage nutritional challenges. You can translate the latest nutritional science information into practical strategies, healthy eating advice and tools you can use.

SMOKING CESSATION PROGRAM. Homewood Health offers one of the most intensive tobacco dependence intervention programs available. The program, built on proven behavioral based methods, is designed to address all facets of smoking including the physical dependence (i.e. nicotine) as well as the psychological dependence (i.e. smoking habits and the desire to smoke).

12 WEEKS TO WELLNESS. This is a self-directed program that offers a comprehensive approach to weight loss and behaviour change. You receive nutrition coaching, a step-by-step guide to behaviour change, an accompanying CD, and a fitness and weight loss consultation.

PERSONAL FITNESS TRAINING. Want to set up a personalized fitness program to suit your health needs and lifestyle? The Assistance Program offers up to two hours of consultation with a certified personal trainer.



Online Resources and Services

E-LEARNING COURSES. Homewood Health offers 20 self-paced, confidential, and interactive online courses. Each confidential e-Learning course is self-directed, and presents printable information, quizzes, and exercises. Some have interactive, printable action planning guides that can be customized to allow you to input your own scenarios and goals.

HEALTH AND WELLNESS COMPANION. The Health and Wellness Companion provides a comprehensive self-development program designed to provide you with a personal wellness plan. The program is personal, confidential and has several unique features including: Health Risk Assessments, a personal record-keeping system and hot links to other resources that contain up-to-date medical and pharmaceutical libraries.

BUSY FAMILY CHILDCARE AND ELDERCARE RESOURCE LOCATORS. This tool enables you to conduct your own customized searches by keying in your own specific requirements. You can search for daycare, home care, respite care, child services and child care, schools, day camps, overnight camps and residential facilities for kids with special needs. nutritional assessments, action plans, menu planning and encouragement

SPEND YOUR TIME APPLYING SOLUTIONS, NOT LOOKING FOR THEM.