



UCI

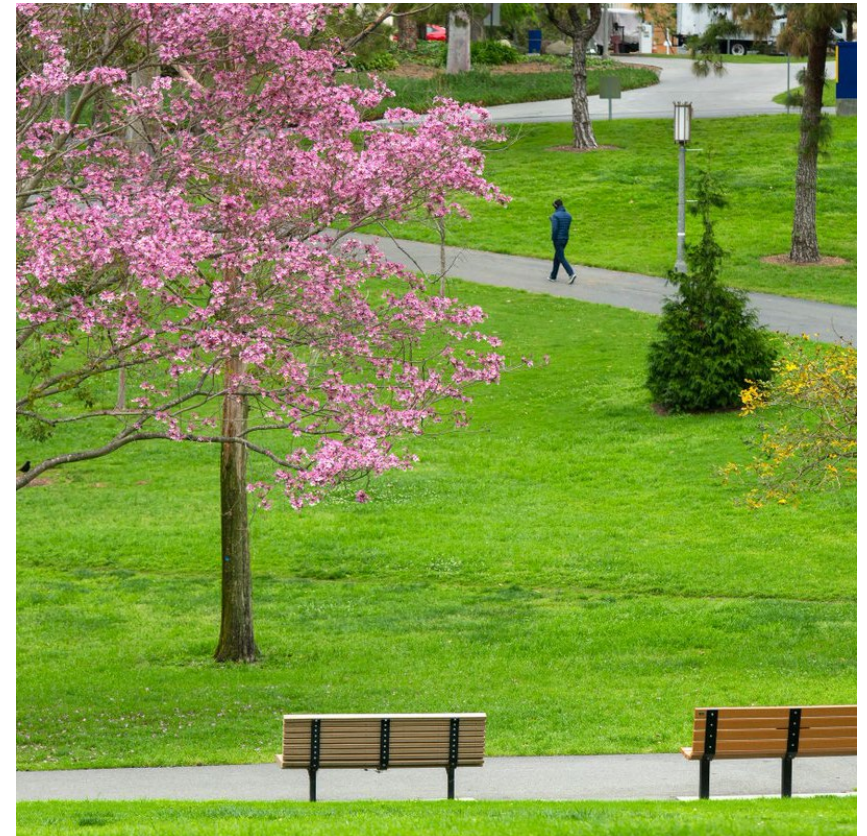
**Bright Past.
Brilliant Future.**

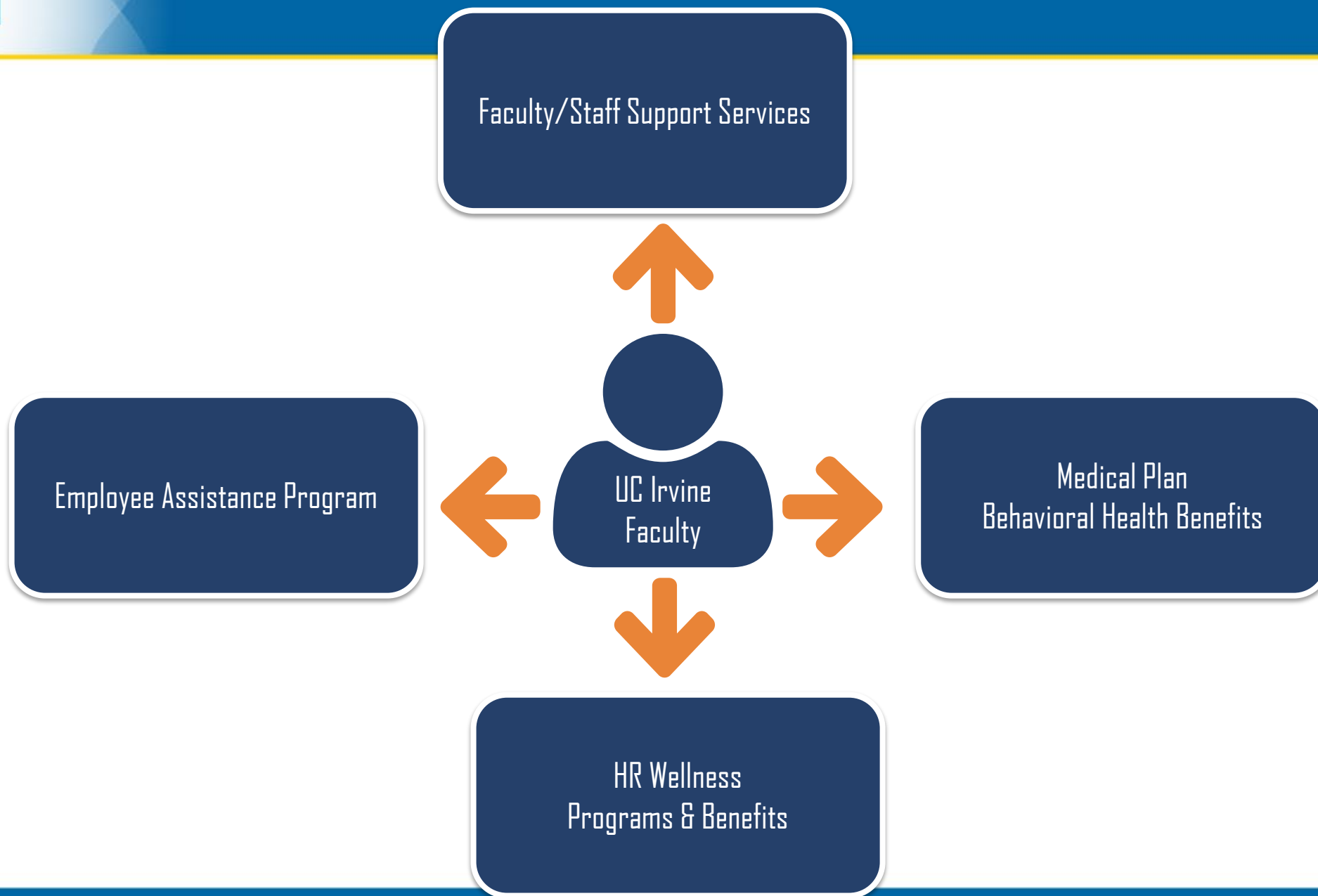
Behavioral Health Resources for Faculty

Negar Shekarabi, Psy.D. – Faculty/Staff Support Services

In This Webinar:

- Introduction and overview of behavioral health resources for UCI & UCI Health Faculty & Staff
- Explore common questions and where to start
- Overview of “Mental Health Portfolio”





Medical Plan Behavioral Health Benefits



bit.ly/UCbehavioral

- Mental health and physical health go hand in hand, so UC's medical coverage includes behavioral health benefits for mental health services and substance abuse treatment.
- Behavioral health and substance abuse coverage are provided by **Managed Health Network (MHN — a Health Net company)** for employees and retirees enrolled in **UC Blue & Gold HMO**.
- Behavioral health and substance abuse coverage are provided by **Optum and Kaiser** for employees and retirees enrolled in Kaiser.
- Behavioral health and substance abuse coverage are provided by **Anthem Blue Cross** for employees and retirees enrolled in:
 - **CORE**
 - **UC Care**
 - **UC Health Savings Plan (HSP)**

COMPENSATION & BENEFITS
UC Fair Wage/Fair Work Plan
Compensation
Health Plans
Medical Plans
Behavioral Health Benefits
Dental Plans
Vision Plan
Supplemental Health Plans
Enrolling in a plan
Retirement Benefits
Disability, Life & Accident Insurance
Other Benefits
Using Your Benefits
Eligibility
Emergency Resources from UC's Benefit Plans

Behavioral Health Benefits

Mental health and physical health go hand in hand, so UC's medical coverage includes behavioral health benefits for mental health services and substance abuse treatment. Members can use their behavioral health benefits for sessions with counselors, psychologists or psychiatrists to address issues such as:

- Depression and anxiety
- Alcohol or drug abuse
- Eating disorders
- Medication management
- Autism and pervasive developmental disorders

Behavioral health and substance abuse coverage are provided by Managed Health Network (MHN — a Health Net company) for employees and retirees enrolled in UC Blue & Gold HMO.

Behavioral health and substance abuse coverage are provided by Optum and Kaiser for employees and retirees enrolled in Kaiser.

Behavioral health and substance abuse coverage are provided by Anthem Blue Cross for employees and retirees enrolled in:

- CORE
- UC Care
- UC Health Savings Plan (HSP)

How behavioral health benefits work in HMO plans

- UC Blue & Gold HMO members may access care from MHN in-network providers.
- Kaiser members may access care from Kaiser behavioral health providers **or** from Optum in-network providers. However, Kaiser and Optum do not coordinate care or costs of behavioral health services and each plan has specific requirements. Therefore, it is important to select behavioral health services carefully and follow all of the plan guidelines and authorization requirements for the behavioral health services plan you select.

PLAN DOCUMENTS

- Optum Behavioral Health Summary of Benefits and Coverage [\[PDF\]](#)
- Optum evidence of coverage (Draft) [\[PDF\]](#)

MORE INFORMATION

- Optum member website
Access code: 11280
- Optum virtual visits
- Managed Health Network (MHN)
- Kaiser mental health and wellness benefits
- Kaiser mental health and wellness services brochure (Northern California) [\[PDF\]](#)
- Kaiser mental health and wellness services brochure (Southern California) [\[PDF\]](#)
- Anthem behavioral health provider search



Employee Assistance Program

- The Employee Assistance Program (EAP) is a free, confidential benefit that can help address personal or work-related issues faced by UCI faculty, staff, retirees and dependents at both the UCI Campus and UC Irvine Health. This service, staffed by experienced clinicians, is available 24 hours a day, seven days a week. A Guidance Resource Professional will help with problem identification, assessment and referral to treatment providers and community resources.
- **CONTACT GUIDANCE RESOURCES EAP**
 - Guidance Resources is available 24 hours a day, 365 days a year for both crisis and non-crisis circumstances.
 - By Phone: Call Guidance Resources at 844-824-3273
 - You will speak to a master's or doctoral level EAP professional, who will guide you to the appropriate services you require.
 - Online: Access Guidance Resources Online at www.guidanceresources.com
 - First time users, Click "Register" and use organization web ID: UCIEAP3



wellness.uci.edu/facultystaff/eap/introduction

CONTACT EAP

(844) 824-3273

Guidance Resources Online
www.guidanceresources.com
 Web ID: UCIEAP3

[EAP Summary of Services Flyer](#)

[EAP Summary of Services - Spanish](#)

[EAP Webinars](#)

[EAP Resources](#)

[COVID-19 Resources](#)

[Civil Unrest Resource Guide](#)

[Back to School Resource Guide - NEW](#)

EAP TOOLKITS

[Back to School COVID-19 Toolkit - NEW](#)

[Coronavirus Toolkit for Essential Workers](#)

[Coronavirus Toolkit](#)

[Managers Toolkit](#)

[Mindfulness & Relaxation Toolkit](#)

[World Mental Health Toolkit](#)

[Mental Health Awareness Toolkit](#)

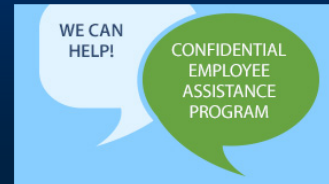
[Financial Wellness Toolkit](#)

[Burnout Toolkit](#)

[ComPsych ResourceCenter](#)

[2020 UCI Faculty and Staff Mental Health Resources Overview](#)

UCI EMPLOYEE ASSISTANCE PROGRAM (EAP)



Civil Unrest Resources

CIVIL UNREST RESOURCES

On-Demand Webinar: Difficult Conversations During A Time Of Unrest Across America Webinar
 Webinar recorded on June 3, 2020. Millions of people across the country have read about and watched footage from tragic events over the past several days. It's normal for events like this to generate strong feelings, which often carry over to conversations at home and at the workplace. Discussions about polarizing issues that surface can be tense or even downright destructive. Avoiding such conversations is not always a good solution. For children, events like this can help shape their belief systems. It's important for adults to pay attention to the way they respond to children during these times. In this webinar, ComPsych discusses ways to have healthy discussions about polarizing topics without damaging your important relationships. They will also discuss productive ways to talk about the events with children.

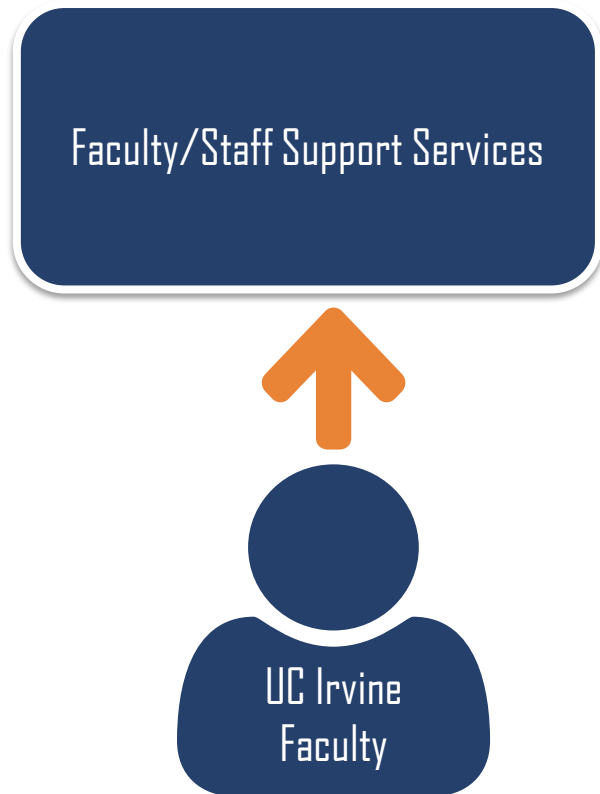
On-Demand Webinar: Talking to Kids About Violent Events with Widespread Media Coverage Webinar
 Webinar recorded on May 29, 2020. This webinar provides guidance for parents to use during current times of unrest. View the recording anytime to help better understand how to help kids choose how they understand the world, know how to help kids build resilience, and be able to share ways your kids can discuss polarizing topics.

Civil Unrest Resource Guide: This resource guide to support you and your family during times of civil unrest. The guide includes information on staying safe, resiliency, dealing with the effects, coping, addressing anxiety, talking with children, and calming techniques. Additional Help Sheet resources below:

- [Understanding The Trauma Of Racism](#)
- [Mental Health First Aid: Helping Someone Who Is Suffering](#)
- [Workplace Diversity: Standing Together](#)
- [How Managers Can Help Employees Deal With Traumatic Events](#)



Faculty & Staff Support Services



Consultative services **and support to resolve behavioral health issues**, serves as a primary crisis intervention resource to facilitate and coordinate appropriate resources, provides time-limited case management for individual employees, and develops and implements instructional training and materials to assist in the **promotion of mental well-being for all UCI and UCI Health faculty and staff**.

Services For Individuals

- Support is offered for a wide range of issues, including work-related stress, relationship or couples issues, family problems, depression, anxiety and other emotional problems, grief and loss, and alcohol/drug and other addictions. The Coordinator can facilitate:
 - Problem assessment
 - Referrals
 - Crisis Intervention Assistance

Services For Managers & Departments

- Consultation by phone or in person.
- Critical incident response following crisis events to facilitate and coordinate appropriate resources.
- On-site small work group facilitation, customized workshops and trainings, and educational materials.

whcs.uci.edu/faculty-staff-support-services



Faculty/Staff Support Services



[Mental Health Care](#)



[Overview](#)



[Resources](#)



[Complainant Support](#)



[Overview](#)



[Process Information](#)

Mental Health Care Overview

[Mental Health Care Overview](#)

[Mental Health Care Resources](#)

[Complainant Support Overview](#)

[Complainant Support Process Information](#)

[Complainant Support Resources](#)

[Coordinator](#)

[Contact Us](#)

The Coordinator of Faculty/Staff Support Services provides consultative services and support to resolve behavioral health issues, serves as a primary crisis intervention resource to facilitate and coordinate appropriate resources, provides time-limited case management for individual employees, and develops and implements instructional training and materials to assist in the promotion of mental well-being for all UCI and UCI Health faculty and staff.

Services For Individuals

Support is offered for a wide range of issues, including work-related stress, relationship or couples issues, family problems, depression, anxiety and other emotional problems, grief and loss, and alcohol/drug and other addictions. The Coordinator can facilitate:

- Problem assessment in safe, confidential sessions, in which individuals can discuss problems, set priorities, and determine appropriate campus and community resources.
- Referrals to mental health resources within faculty and staff health plans, as well as community resources.
- Crisis intervention assistance to individuals experiencing critical incidents or problems.

Services For Managers & Departments

Consultation by phone or in person.

Critical incident response following crisis events to facilitate and coordinate appropriate resources.

On-site small work group facilitation, customized workshops and trainings, and educational materials.

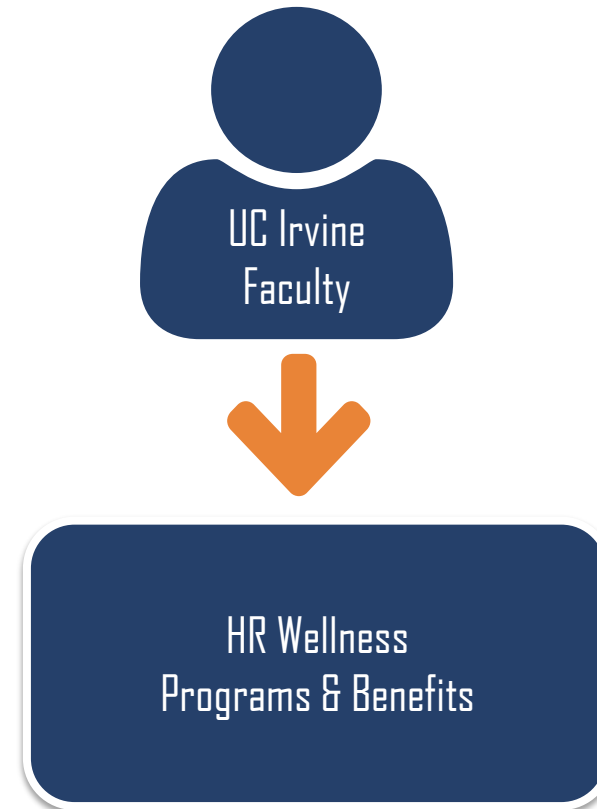
Confidentiality Notice

Information shared with the Coordinator of Faculty/Staff Support Services is completely confidential. Information about you or your visits is not shared with anyone outside of the Coordinator's office without your consent, or as required by law. The Coordinator will share legal limits of confidentiality with you before you choose to disclose any information. Please note that confidentiality of electronic mail is not guaranteed.

UCI HR Wellness

- UCI HR Wellness at the Campus and UCI Health supports employees and retirees in achieving a more balanced and healthy lifestyle both at work and at home.
- **Programs & Services**
 - Workshops and webinars
 - Health Screenings
 - Weight Management Programs
 - Parenting/Caregiving Support
 - Smoking Cessation
- **Tools & Resources**
 - Health Assessments
 - Perks & discounts
 - Quizzes and calculators
 - Audio/Video Library
 - Wellness & Safety Toolkit

hr.uci.edu/wellness/



Wellness



QUESTIONS?
CLICK HERE

STAFF QUESTIONS RELATING TO
COVID-19

UCI Anti-Cancer
Challenge
RUN. WALK. BIKE.
Virtual August 8 - October 3, 2020
[LEARN MORE](#)

VIRTUAL
SELF-CARE
WELLNESS
RESOURCES



WE CAN
HELP!

CONFIDENTIAL
EMPLOYEE
ASSISTANCE
PROGRAM

WELLNESS
VIDEOS ON-DEMAND



VIRTUAL
FIDELITY
FINANCIAL
EDUCATION
CLASSES



BECOME A 2020
UCI Wellness
Ambassador
SIGN UP NOW



PERKS &
DISCOUNTS

ATTRACTIVE
CAR RENTAL
SHOPPING



UC WELLNESS BENEFIT RESOURCES



LEAD A HEALTHY, THRIVING LIFE

UNIVERSITY
OF
CALIFORNIA

Systemwide
WellBeing

NATIONALLY
RECOGNIZED
HEALTHY
UCI CULTURE



SEE MORE!
VISIT WELLNESS

Common Questions

- **Where do I start to get support for my own mental health?**
 - Call Faculty/Staff Support Services for a free and confidential consultation at 949.824.5208 or nshekara@uci.edu
 - Call the Employee Assistance Program (EAP) at 844.824.3273
 - Contact your medical plan for available resources.
- **Where do I go to inquire about a specific mental health treatment?**
 - Call Faculty/Staff Support Services for a free and confidential consultation at 949.824.5208 or nshekara@uci.edu
 - Call the Employee Assistance Program (EAP) at 844.824.3273
 - Contact your medical plan for available resources.

Common Questions

- **How can I help a fellow colleague?**
 - Call Faculty/Staff Support Services for a free and confidential consultation at 949.824.5208 or nshekara@uci.edu
 - For immediate safety concerns call Campus Police 949.824.5223 or 911
- **What can I do to help after an incident that impacts people in my department?**
 - Call Faculty/Staff Support Services for a free and confidential consultation at 949.824.5208 or nshekara@uci.edu
 - Call the Employee Assistance Program (EAP) at 844.824.3273

Common Questions

- **What can I do to help myself or someone else who has been impacted by sexual assault, relationship abuse, family violence, and/or stalking?**
 - Contact the UCI CARE office for free and confidential support services at 949.824.7273
 - For those designated as a Responsible Employee, you are required to promptly notify the Title IX officer if you know about sexual violence, sexual harassment or other prohibited behavior www.oeod.uci.edu
- **How can I get help with off-campus resources?**
 - Contact your medical plan for available resources.
 - Visit the Campus Assist list for off-campus resources. www.help.uci.edu

Common Questions

- **What resources are available to help understand my UC plan coverage or to resolve an issue with my provider and medical plan?**
 - Contact the Health Care Facilitator for confidential assistance with resolving health plan issues related to coverage, patient rights and coordination of benefits at 949.824.9065
- **How do I manage taking time off of work to address mental health concerns?**
 - Consult with Disability Management Services in Human Resources at 949.824.5210
 - www.accessibility/uci.edu/accomodations

Questions?

- Please Contact
 - Dr. Negar Shekarabi
 - Coordinator, Faculty & Staff Support Services:
 - Phone: 949.824.5208
 - Email: nshekara@uci.edu

