

Perspectives Inc.

Employee and Family Assistance Program

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**E mail: perspect@efni.com
Website: perspectivesinc.net**

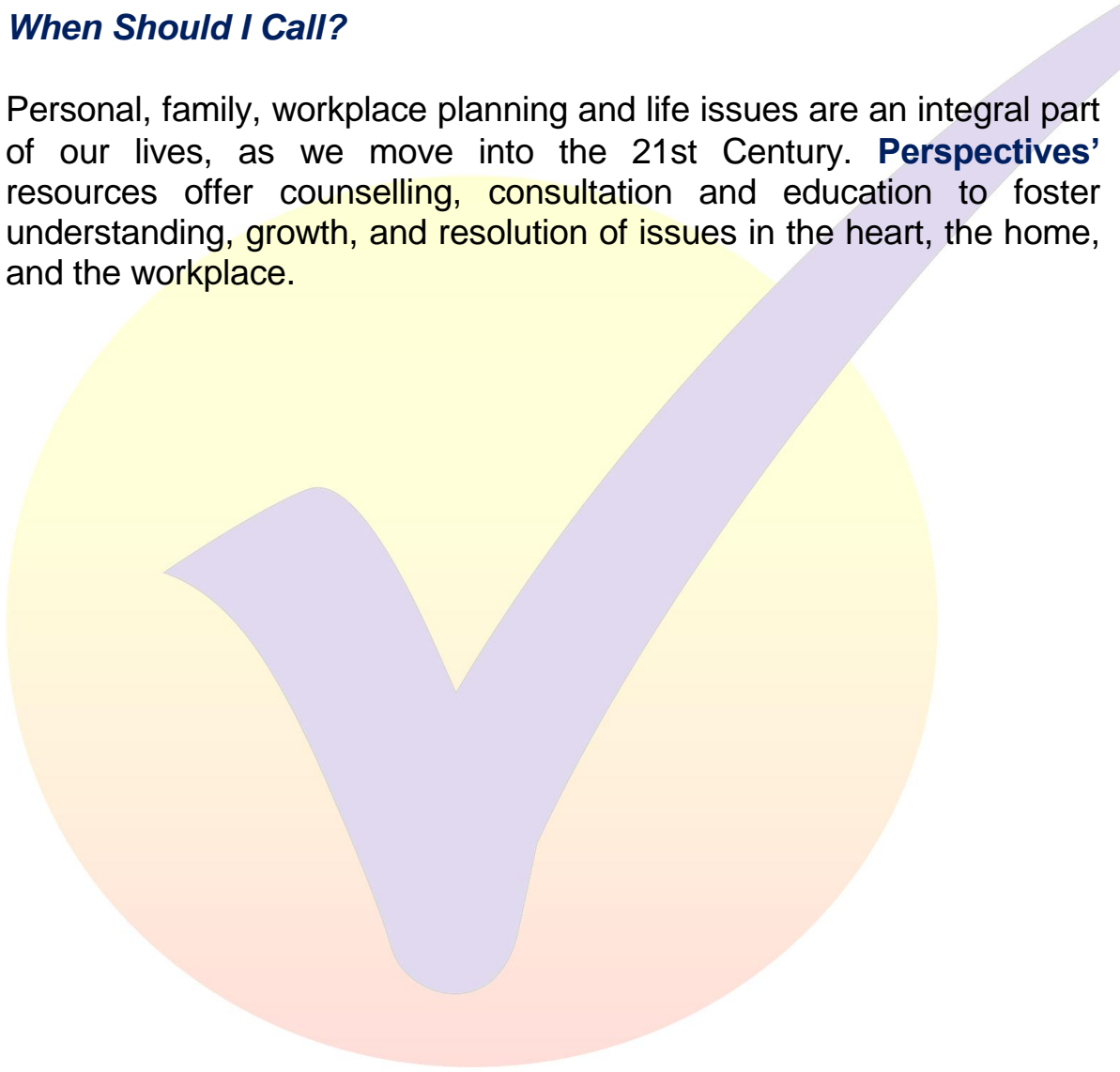
Perspectives Inc.

Perspectives is an incorporated, community based, service that provides professional counselling, assessment, consultation, trauma response, and educational services.

When Should I Call?

Personal, family, workplace planning and life issues are an integral part of our lives, as we move into the 21st Century. **Perspectives'** resources offer counselling, consultation and education to foster understanding, growth, and resolution of issues in the heart, the home, and the workplace.

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Resources

- Clinical Psychologist
- Psychotherapists
- Psychometrists
- Child and Youth Therapists
- Individual, Couple Therapists
- Marriage Therapists
- Addiction Counsellors
- Health Consultants
- Workplace Consultants
- Clinical Assessors

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PROFESSIONAL RESOURCES

ALL PROFESSIONAL RESOURCE PERSONS HAVE POST GRADUATE DEGREES AND/OR SPECIALIZED TRAINING IN THEIR FIELD OF EXPERTISE. PLEASE FEEL FREE TO INQUIRE ABOUT THE EDUCATION, EXPERTISE AND EXPERIENCE OF THE PROFESSIONALS.

Perspectives
Addresses a Broad Spectrum of Human Needs and Issues

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individual, couple and family counselling

- child and youth counselling
- aging family members
- grief and bereavement
- coping with divorce and separation
- anger management
- sexual assault trauma
- trauma/critical incident response
- family violence

psychological and vocational assessments

- psychological diagnostics
- learning assessments and facilitation
- career counselling and development
- work-related issues

custody & access assessments

- parenting plans
- parent coaching

alcohol/drug/gambling

- assessments and counselling
- addiction related trauma
- relapse prevention
- youth and addictions

health

- lifestyle counselling
- nutritional consultation
- stress and anxiety management

parenting

- blended family issues and concerns
- child development counselling

mediation

- conflict resolution in the workplace

All services are bilingual

What to Expect When Contacting Perspectives

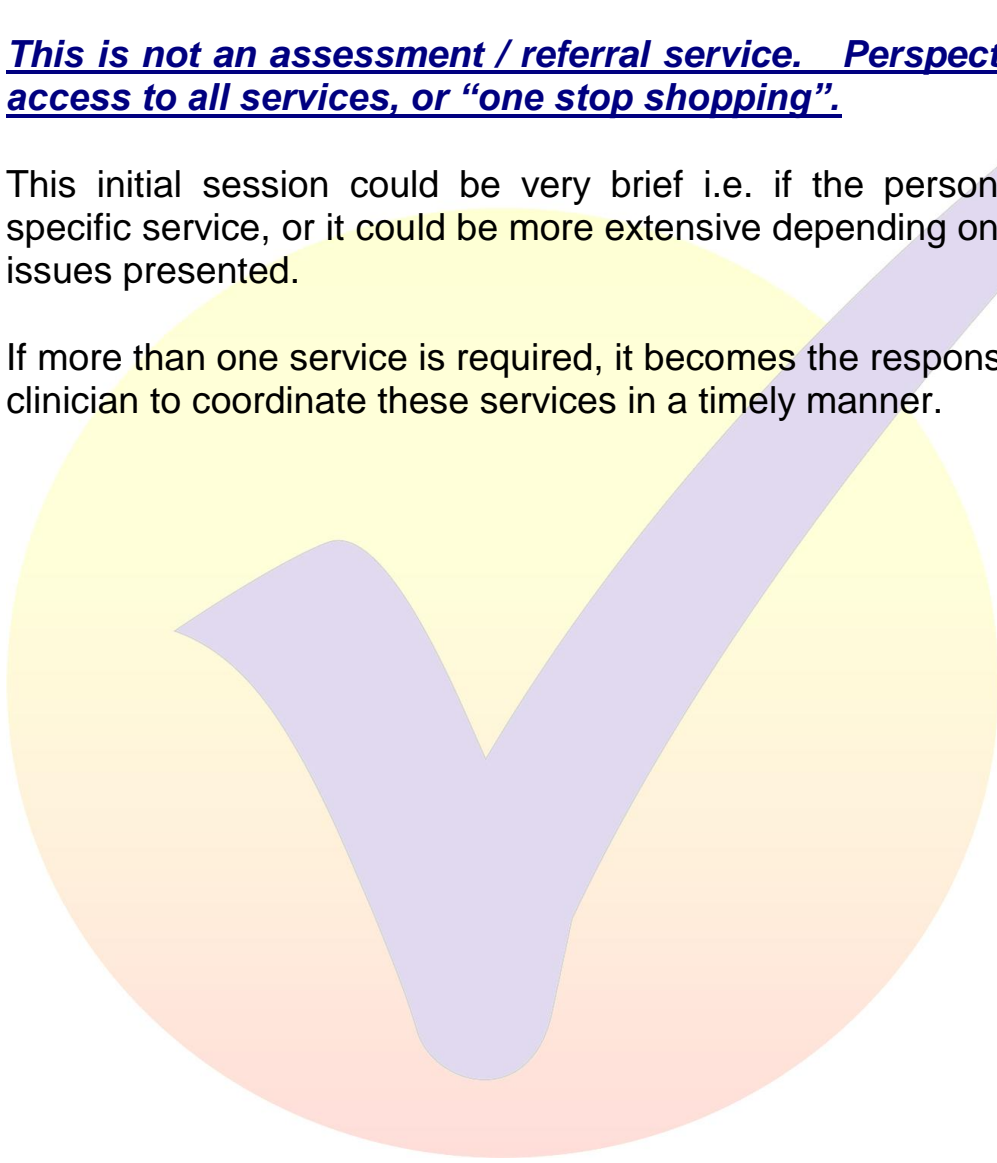
Upon contact with **Perspectives**, an appointment is made immediately for an initial session. During this session specific information is shared and based on this information, a treatment plan is mutually developed.

This is not an assessment / referral service. Perspectives provides access to all services, or “one stop shopping”.

This initial session could be very brief i.e. if the person is requesting specific service, or it could be more extensive depending on the number of issues presented.

If more than one service is required, it becomes the responsibility of the clinician to coordinate these services in a timely manner.

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**Perspectives
Office Hours**

Monday to Friday, 9:00 a.m. – 8:00 p.m.

Appointments are available on a flexible schedule including Saturday and Sunday as arranged between you and your counsellor.



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Number of Sessions With Perspectives

The number of sessions each employee and family member is allowed to access free of charge depends on the plan chosen. If a spouse or child of an employee requires the services of **Perspectives**, they will be allowed the same amount of sessions.

An Employee Family Assistance Program is designed to provide holistic services to their clients. A relatively small percentage of the client population will require long term psychotherapy. However, if a referral is made to a resource outside of **Perspectives**, the person will be supported by **Perspectives** until they have been accepted into the outside resource and are receiving active treatment.

An example where **Perspectives** would use outside resource is when a person may require treatment for alcohol / drug abuse. The local treatment center or another specialized treatment centre will be accessed. The person will be actively supported until such time that they are admitted for active treatment.

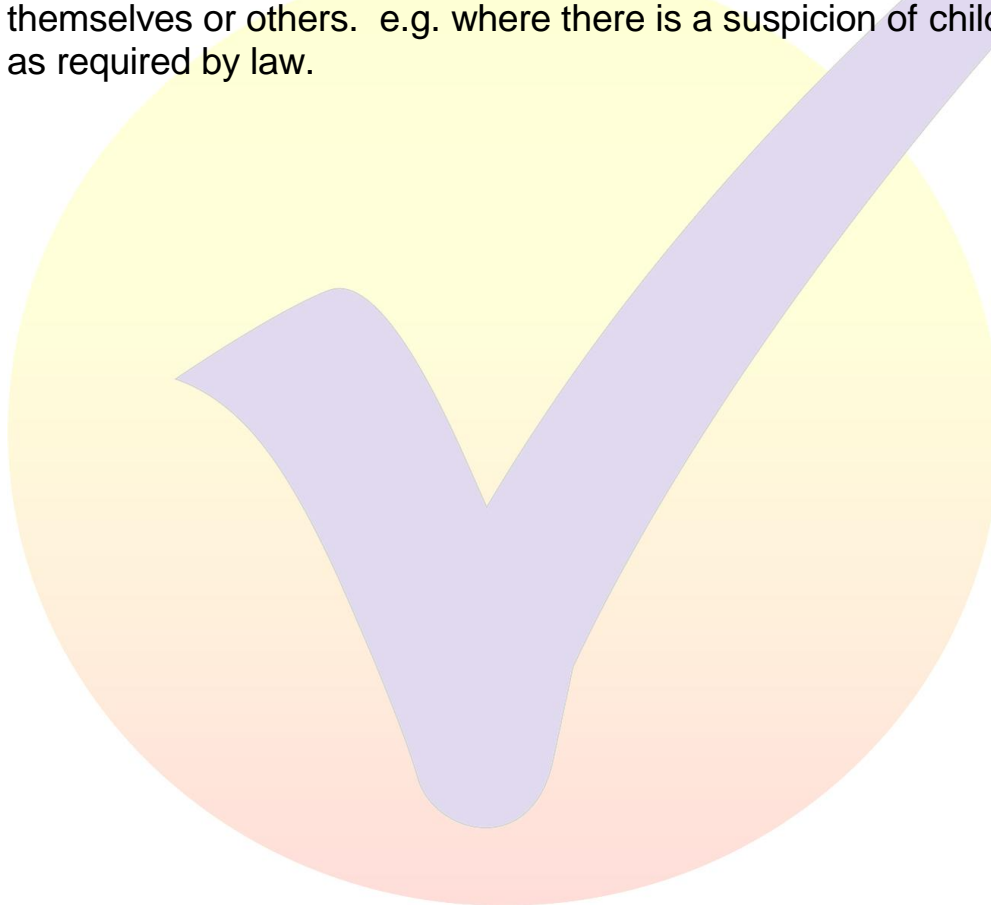
During and after treatment, **Perspectives** will follow up with the employee to support them through the process, and assist them to attain their treatment goals.

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Perspectives Confidentiality Policy

Perspectives understands and is sensitive to the employees right to privacy and confidentiality. To ensure the employee's right to confidential services, information cannot be given to or shared with anyone without the employees informed, voluntary, and written consent. Please feel free to discuss our confidentiality process and procedures.

Perspectives has a legal and professional obligation to report to the appropriate authorities only in cases where individuals are at risk to themselves or others. e.g. where there is a suspicion of child abuse, or as required by law.



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Evaluation of Perspectives

Perspectives views that all employers utilizing our EFAP programs are in partnership with **Perspectives** in the determination of types and contents of services and workshops / seminars.

Regular evaluation of the services that **Perspectives** offers from an employee's perspective will be shared with designated persons on a regular and consistent basis. These meetings will help determine what seminars / workshops should be planned for the maintenance of healthy employees.

The information shared **will not contain any identifying information, to maintain confidentiality of persons using our service.** Presenting problems and rate usage will keep the employer informed, so that future planning with **Perspectives** may occur.

Your experience of our service and suggestions you may have for further constructive development of our services is important to us. All services are evaluated regularly to ensure the highest quality of professional services.

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Perspectives

Provides the Following Workshops and Seminars

- Addressing Stress in the Workplace
- Coping in a Changing Workplace
- Team Building
- Principle-based Leadership
- Counselling Skill Development
- Youth and Addictions: Drugs and Alcohol
- Addictions in the Workplace
- Relapse Prevention
- Assessment and Referral
- Survivors of incest, sexual abuse
- Learning Disabilities: Assessment and Intervention
- Learning and Environmental Influences
- Attention Deficit Disorder
- The Impact of Nutrition on Behaviour and Psychological Functioning
- Coping with Separation and Divorce: Adults, Children and Youth
- Single Parenting: Children, Teens
- Custody and Access Assessments
- Ages and Stages: Child Development
- Positive Discipline
- Development of Attachment: Parent/Child
- Conflict Resolution,
- Anger Management
- Effective Communication
- Trauma Response
- Topics in Mental Health: Suicide, Manic Depression, Schizophrenia
- Complementary Therapies: Homeopathy, Specialized Kinesiology, Herbology
- Spiritual Development
- Grief Management

***Perspectives
would be happy to tailor a workshop to your
personal/corporate needs with the expertise of
our professional resources.***

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