

## Alcohol & Drug Issues

Alcohol and Drug counselling services provided by Wilson Banwell meet all of the requirements of the Canadian Model for Providing a Safe Workplace- Alcohol and Drug Guidelines and Work Rule. Counselling and return to work assessments are conducted by professionals with specialized training in dealing with alcohol and/or drug use issues.

A unique feature of CEFAP is the provision of up to \$550 per eligible employee and each eligible family member to assist with fees charged by approved alcohol and/or drug treatment facilities. This provision is administered by Wilson Banwell in a confidential manner.

## Workplace Critical Incidents

Should a critical or traumatic incident occur in the workplace, Wilson Banwell has specially trained professionals who can deliver defusing and/or debriefing services to the affected employees. These services are designed to help people normalize their lives and work circumstances in a reasonably quick manner.

## Health & Wellness Companion

With the Health and Wellness Companion, Wilson Banwell provides you with a personal wellness plan of action to improve and maintain your health. The program is personal, confidential, with many unique features. You will have access to:

- A personal health risk questionnaire
- A wellness action plan
- A comprehensive health library

Registration for this service is through the Wilson Banwell website.

## E-Learning Courses

Wilson Banwell provides access to the latest in leading edge learning with self-paced, confidential, and interactive online courses.

All online visits are treated just like counselling sessions, ensuring privacy and confidentiality. Self-paced courses include:

1. Embracing Change
2. Leading Change
3. Job Loss
4. Low Mood
5. Optimism
6. Stress Management
7. Resilience
8. Values and Ethic
9. Controlling Your Drinking
10. Effective Supervision
11. Resolving Conflicts in Intimate Relationships
12. Foundations of Effective Parenting

Upon starting an E-Learning course you have a 3-month time period to complete the course.

## For Immediate Response

### North America Wide:

English .....1-800-663-1142

French .....1-866-398-9505

Hearing Impaired .....1-888-384-1152

### International Access:

(Call collect) ..... 604-689-1717

### Internet Services Available At:

[www.wilsonbanwell.com](http://www.wilsonbanwell.com)

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Confidential personal assistance and self-development services for employees and their dependents provided through **Wilson Banwell Human Solutions™**.

### A plan co-endorsd by the:

- Alberta & Saskatchewan Building Trades Council
- Alberta Coordinating Committee of Registered Employers Organizations
- CLR Saskatchewan

## **Your Construction Employee & Family Assistance Plan**

From time to time we all face difficult or stressful events in our lives. Most of the time we handle these personal challenges fairly well. Other times, our personal issues can become significant enough that they begin to interfere with our effectiveness, happiness or safety, both at work and at home.

CEFAP is a plan designed to provide confidential counselling, educational and self-development services to people employed in the unionized construction and plant maintenance industries to help manage these issues. While CEFAP can be used for crisis intervention, the ideal time to use the plan is before problems get out of hand.

### **Who Funds CEFAP?**

Funding for the Program in Alberta is provided by unionized employers, and various Local Union Health & Welfare Plans. Funding for the program in Saskatchewan is provided by the Contract Administration & Industry Development Fees.

### **Who Is Eligible For Services?**

CEFAP services are provided to employees and their eligible family members according to the participation of sponsoring organizations and employers as well as plan eligibility rules.

To confirm your eligibility for CEFAP services, contact Wilson Banwell.

### **What Does CEFAP Offer?**

CEFAP covers counselling, education and self-development services in addition to assessment and referral when required, for a full spectrum of personal issues including, but not limited to:

- separation/divorce/custody
- financial and legal difficulties
- alcohol and drug dependency
- gambling and other addictions
- smoking cessation
- eating disorders
- difficulties with children
- anger management
- sexual harassment and abuse
- bereavement
- child/elder care resources
- retirement planning
- dietician services
- physical fitness assessment
- single parenting
- sleep difficulties

### **Who Provides My Counselling?**

All Wilson Banwell health professionals are registered psychologists or registered counsellors chosen specifically for their extensive experience in dealing with a variety of psychological and health issues.

They provide a non-judgmental and unbiased source of expertise and support, ready to listen to your concerns to help guide you towards positive outcomes.

### **How Are Services Accessed?**

CEFAP through Wilson Banwell Human Solutions™ offers you and your eligible dependents counselling in person, by phone, or through the internet.

Contact Wilson Banwell and you will be assisted in setting up an appointment at a time and office location convenient to you. Education and self-development services can be accessed through the Wilson Banwell website.

### **Is the CEFAP Confidential?**

Yes, CEFAP is a confidential service. Wilson Banwell counsellors are required by law to maintain the strictest confidentiality. No one who inquires about or receives services under this plan will be identified to anyone without your written approval. The only exception to this is where the law would require disclosure.

### **How Much Will These Services Cost ?**

There is no cost to eligible employees or any eligible family member.

### **Language & Aboriginal Options**

Wilson Banwell provides multi-language options in all offices. For aboriginal workers, Wilson Banwell also provides the option of receiving assistance from approved Healers, Elders and aboriginal treatment facilities.