

Summary of Service



A Benefit For You And Your Family Members Provided By Washington County

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. For example, you can receive assistance with concerns such as:

- Marital conflict
- Interpersonal
- Conflict at work
- Depression or Anxiety
- Stress management
- Family relationships
- Financial/legal/consumer concerns
- Referrals to community resources
- Alcohol or drug abuse
- Grieving a loss
- Personal decision making

Intake / Assessment

Up to six (6) sessions per incident, per client, per year for problem identification, assessment, the establishment of outcome goals, recommendations, priorities and actions needed to reach goals.

"The Line"

Our anonymous information line is available to employees and dependents seeking information about general mental health and EAP services.

E-Support

A live online virtual session with an EAP Consultant designed to answer questions, assist with problem resolution, and provide advice customized to your situation. For additional information, or to set up a session, please visit www.cascadecenter.com/esupport.

Crisis Counseling

Available on a 24 hour 7 days a week basis.

Work / Family / Life

Cascade will help locate resources and information nationwide related to Eldercare and Childcare Services.

Legal / Financial Consultations

Each covered member is entitled to one (1) initial thirty-minute office or telephone consultation for up to three separate legal and financial matters at no cost with a network attorney or financial counselor. If the member decides to retain the participating attorney after the initial consultation, the member will be provided with a preferred rate reduction of 25% from the normal hourly rate. Rate discounts are also available for financial counselors.

Home Ownership Program

This is a NO COST, NO OBLIGATION program where you can receive FREE consultations in using this service and also take advantage of the substantial savings. You can save up to 50% off your closing costs when you are looking to buy, sell, or refinance your home. **Please call 1-866-505-3244 for Home Ownership services.**

"Cascade Personal Advantage"

Interactive Website Innovative, online, educational tools: Kick a habit, take self assessments, compare child and elder care services, watch informative video clips, and more.

To Access: (1) Go to www.cascadecenter.com. (2) Click Cascade Personal Advantage. (3) Register as a new user.

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.



For Assistance Call
1-800-433-2320
www.cascadecenter.com