

The Life Connection (TLC)

Southern Utah University



BEHAVIORAL HEALTHCARE OPTIONS, INC.SM

The Life Connection (TLC) Program

The TLC Program is designed to help employees and their family members balance the demands of home and work.

The TLC Program is made up of three parts:

- Employee Assistance Program
- Telephonic Consultation and Referrals
- Online Work-Life Resources

The **TLC** Program is provided by SUU, and all **services are free of charge** to employees and any household members.

The Employee Assistance Program (EAP)

What Is an EAP?

A program that assists employees and their household members with personal concerns and behavioral problems which may adversely affect employee job performance and productivity.

- Sometimes personal problems tend to overwhelm us and distract us from our work performance.
- We have resources available to help employees/ household members in time of need.
- It is important to be alert, oriented and focused on the job.
- Manage **personal** problems before they become **personnel** problems.

The Employee Assistance Program (EAP)

Concerns typically **addressed confidentially** by the EAP counselor include:

- Anxiety
 - Depression
 - Grief and Loss
 - Managing Stress and Change
 - Marital and Relationship Counseling
 - Parenting
 - Alcohol and Drug use
 - Gambling and Addictive Behaviors
 - Work Performance Issues
 - Anger Management
- **An EAP counselor may be consulted about any personal or professional issue/problem that is of concern**

The Employee Assistance Program (EAP)

EAP Program Features:

- 5 counseling sessions per case
- Cases opened on a per year basis
- Entire household is eligible
- Masters level counselors
- Face-to-face or telephonic
- Solution focused counseling
- Largest network of providers in Southern Nevada
- Free – no out of pocket expenses
- 24 hour crisis availability
- **Confidential – The employer is not notified of EAP use**

The Employee Assistance Program (EAP)

What Happens When You Call BHO:

- BHO's intake staff will gather some demographic information and reason for calling the EAP
- No call to employer to check eligibility
- Referrals are given to providers in area of choice
- We can match preference for gender, language, faith-based or other special needs
- Telephonic EAP counseling also available
- If further referrals or assistance are needed, don't hesitate to call back

Telephonic Consultations

SUU employees and their household members have access to free telephonic expert consultation from professionals in the following areas:

- Legal Consultation
- Financial Consultation
- Child Care
- Elder Care
- Daily Living

Telephonic Consultations

Legal Consultation: Licensed/certified attorneys are available to answer legal questions, or there may be a need for a referral to carefully-screened local attorneys.

Financial Consultation: Financial advisors are available for areas such as personal financial planning, debt counseling, budgeting, loan repayment.

Daily Living: Our professional concierge consultation and referral service can help make connections for pet sitters, relocation support, wedding planners, plumbers, and much more.

Telephonic Consultations

Child Care: Professionals can assist with referral to licensed child care facilities such as Day Care Centers, Back-Up Care, Sick-Child Care, Nannies, Summer Camps, Adoptions, and more.

Elder Care: Professionals can assist with referrals to licensed elder care facilities, as well as a variety of in-home or agency care for aging family members, including assisted living, nursing homes, day and respite care, hospice, meals on wheels, and more.

The Life Connection (TLC) Program

Call BHO at **800-280-3782**

Monday through Friday, 8:00 a.m. to 5 p.m.

- To open an EAP case and receive referrals to EAP counselors
- To schedule telephonic counseling
- To open a case for a telephonic case for Legal, Financial, Childcare, Eldercare and Daily Living

BHO is available 24 hours per day for after hours urgent and emergent concerns

The Life Connection (TLC) Program

Employee Assistance Program

- Provided by SUU
- **Free** to all SUU employees and their families, household members
- Always **confidential**, SUU is never notified of program use

Online Work-Life Resources

Employees have access to our work-life website offering resources on the topics including Parenting, Aging, Balancing, Working, Childcare, Education. Scroll through our Centers to find:

- Live Connect – Connect to a work-life consultant via instant messaging
- Advanced Search – Search Website using key words of interest
- Veterans Homecoming – News, resources for our veterans, their parents and family
- Skill Builders Center – Self-study training modules on a variety of work-life topics
- Online Seminars – Participate in Live Webinars monthly, or access library of recorded webinars on demand

Online Work-Life Resources

Legal & Financial Center -

Provides easy access to vital legal and financial information, downloadable and customizable legal forms, and online resources to free credit monitoring and personal finance management tools

- Nolo – Free simple will preparation
- Mint.com – Free financial management tools
- Credit Karma – Free credit reports and credit monitoring
- TaxACT – Free online tax preparation software

Online Work-Life Resources

Skill Builder Center -

E-learning courses that can be completed in 15-20 minutes. Each offers a visual presentation, brief online quizzes, and a printable certificate of completion. Courses Include:

- Business Etiquette and Professionalism
- Cultural Diversity in the Workplace
- Drug Free Workplace Compliance
- Bullying in the Workplace
- Recognizing a Troubled Employee
- Sexual Harassment in the Workplace
and more...



helping you meet life's challenges.



ACCESSING YOUR BENEFITS



EDUCATIONAL MATERIALS



WORK-LIFE RESOURCES

Work life resources



BEHAVIORAL HEALTHCARE OPTIONS, INC.™

Helping you meet life's challenges

For assistance please call (800) 280-3782

Please enter your Company Code to access Work Life Services.

Company Code: x

[Submit](#)

Welcome to BHO's log-in page for your Online Work Life Resources - your virtual help desk available 24/7. From self-help to information, from assessment to education, this interactive online service offers unlimited use and is open to you and anyone with your company code. Thank you for the confidence you have placed in BHO. Please enter your company code above.

Forgotten your company code? Contact BHO at (800) 280-3782 for assistance.



For assistance please call (800) 280-3782

WORK/LIFE HOME

PARENTING

AGING

BALANCING

THRIVING

WORKING

LIVING

INTERNATIONAL

LIVECONNECT
ONLINE

Monthly Feature



Effective Parent-Child Communications

Time and again, the media shocks us with tales: people in positions of trust abuse children or children themselves and their community. How is it possible that families remain unaware of problems-often until it is too late?

Learn more about... Effective Parent-Child Communications

1 2 3 4 Previous Next

Centers



Legal & Financial Center

Here are the most helpful financial and legal items from this Web site pulled into one place for your convenience. [Click here to access legal and financial content.](#)



Savings Center

A free program for savings of up to 25% on name-brand, everyday, and luxury items. [Access the Savings Center now.](#)



Locate Resources

Adoption Services

Child Care Services

Education Services

Older Adult Services

Pet Services

News For You

VETERANS' HOMECOMING

SEPTEMBER

Many military veterans returning home face unique challenges. Because of the experiences they may have

Internet Fall Personal Growth

Couples Injury Loss Housing

Divorce Education Work-Life

Balance Courtesy Insurance Discipline

Online Work-Life Resources

The Savings Center -

A discount shopping program that gives SUU Employees access to *Corporate Perks* now called **Perks at Work!** **Perks at Work** offers discounts of up to 25% on name brand, practical and luxury items. Some discounts available:

- Member pricing on movie tickets at Regal, AMC and others
- Savings at retailers such as Lowe's, Macy's, Home Depot, more
- Restaurant savings certificates
- Theme Parks: Six Flags, SeaWorld, LegoLand
- Travel, Entertainment, Flower and Gifts
- Much More

Online Work-Life Resources

Signing up for **Corporate Perks/Perks at Work**:

- Click on **Savings Center** right side of page
- Select *Click here to access Savings Center*
- Select **Register for Free**
- Enter your **work email**
- Enter your **company name** – SUU
(*Company name won't be found, but enter it any way*)
- Select **Create My Account** tab

Check your email, and follow directions to create account and explore the **Perks at Work** website!

Return /

Link(s) may open a new browser window. Close window to return to this page. | Print | Send Feedback

Savings Center

Welcome to the Savings Center!

The Savings Center is a discount shopping program that is provided through the Corporate Perks Web site, now Perks at Work. It offers discounts of up to 25% on name brand, practical, and luxury items.

First-time users will need to register using their e-mail address and company name in order to access the Savings Center. When entering the company name, as you begin to type a drop down menu will appear. Please type out the full name your company goes by before choosing from the options in the drop down. If your company doesn't appear after typing the name out completely, please choose "None of the above" from that menu. If you are already a registered user, you will also access and login to the Savings Center from the link below.

[Click here to access the Savings Center.](#)

Savings Center Tips

- Don't forget—type out the full name your company goes by before choosing from the options in the drop down. If your company doesn't appear after typing the name out completely, please choose "None of the above" from that menu.
- While Perks at Work suggests that you use your work e-mail address, you don't have to. You are less likely to run into technical problems if you use a personal e-mail address instead.
- If you choose to use a work e-mail address, a technical issue may occur where a custom site has been created for your company. If this occurs, please use the "Send Feedback" option at the top of this page for assistance.
- Whichever e-mail address you use, be sure that you can access it immediately. A

Centers



Legal & Financial Center

Here are the most helpful financial and legal items from the Web site pulled into one place for your convenience. [Click here to access legal and financial content.](#)



Savings Center

A free program for savings of up to 25% on name-brand everyday, and luxury items. [Access the Savings Center now.](#)





[Employers Click Here](#)



Welcome to
Perks at Work

Sign In

Email

Password

Sign In

☐ Remember me

[Forgot your Password?](#)

Don't Have an Account?

Register for Free



Perks that Matter

Sign Up

Work Email

tcook@lasvegasnevada.gov

Your Company (change)

city of las vegas

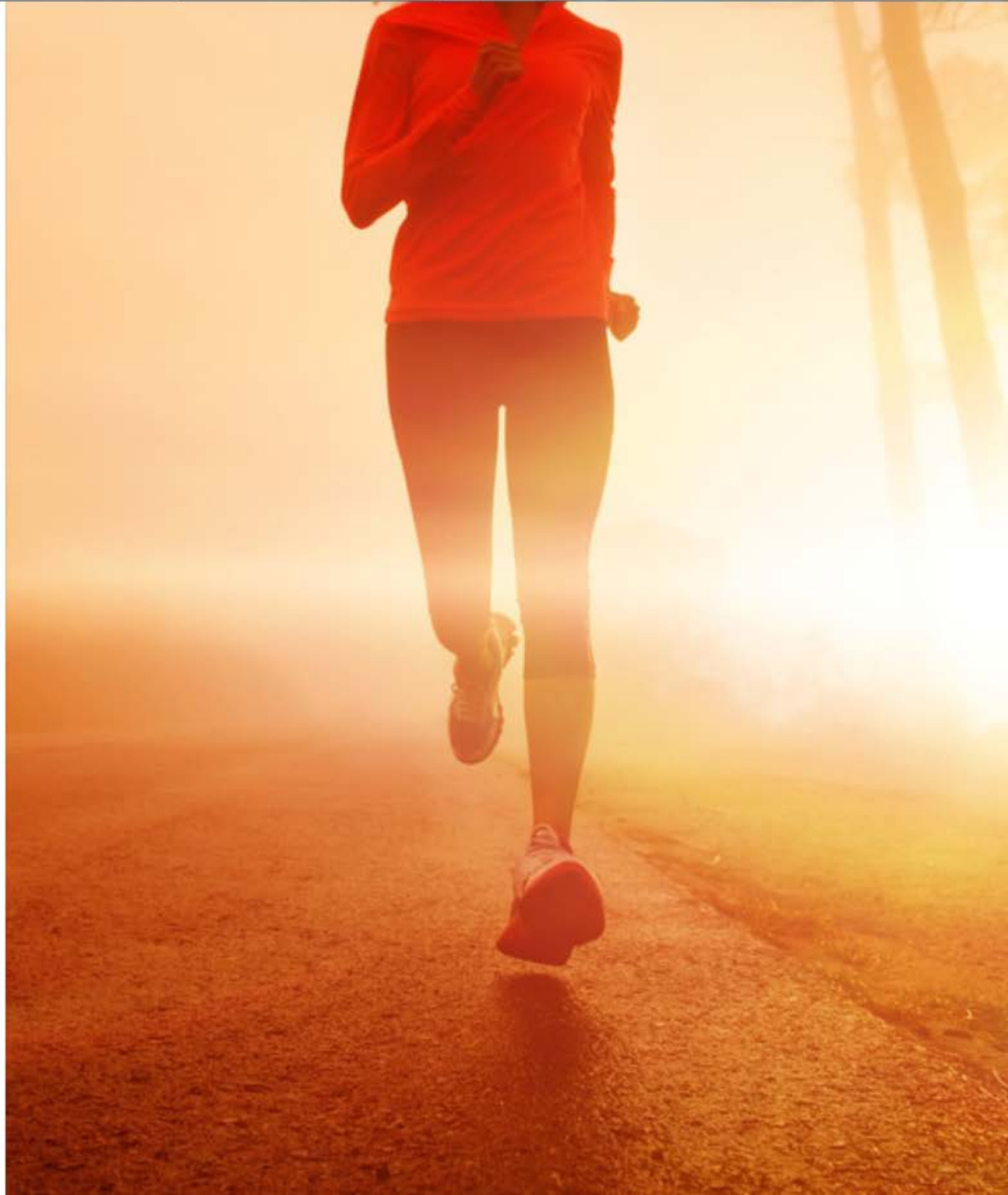
It looks like **city of las vegas** does not have an enhanced Perks at Work program yet. You can still sign up as a Basic Perks at Work member.

Create my account

By clicking Create My Account, you agree to our [Terms of Service](#) and [Privacy Policy](#).

Already have an account?

Sign in



Locate Resources

[Adoption Services](#)[Child Care Services](#)[Education Services](#)[Older Adult Services](#)[Pet Services](#)

News For You

[VETERANS' HOMECOMING](#)[SEPTEMBER](#)

Many military veterans returning home face unique challenges. Because of the experiences they may have faced during military duty, the transition back to civilian life can be difficult. If you are a veteran or the loved one of a veteran, we would like to bring your attention to the following articles that are available on this Web site to help you cope with emotions that returning home may bring.

- Ten Tips for Resilience During Homecoming
- The Five Phases of Homecoming
- Welcome Back! Here's What's Been Happening While You Were Gone

Also, the following articles on this site provide information on how veterans and their families can access assistance:

- Free Tax Assistance for Members of the Military
- G.I. Bill Benefits: Financial Support for Education and Housing
- Payday Loan Protections for Military Consumers

In addition, you may find the following resources helpful:

Military OneSource (<http://www.militaryonesource.mil>) is free service that benefits service members and their families by helping with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members. Services, which can also address issues like relationships, stress, and grief, are available 24 hours a day by telephone and online by professionally trained consultants.

Resources for Veterans

- TRICARE (<http://www.tricare.mil/>) is the healthcare program serving Uniformed Service Members, retirees, and their families worldwide.
- The Department of Veterans Affairs (<http://www.va.gov/>) provides veterans the benefits and services they have earned and do so by adhering to the highest standards.
- The Vet Centers (<http://www.vetcenter.va.gov/>) work with veterans who have combat

[Internet](#) [Fall](#) [Personal Growth](#)[Couples](#) [Injury](#) [Loss](#) [Housing](#)[Divorce](#) [Education](#) [Work-Life](#)[Balance](#) [Courtesy](#) [Insurance](#) [Discipline](#)[Manager](#)

Online Seminars

Learn about these upcoming Online Seminars, or browse the On Demand archives:



09/20/16 - Effective Communication With Children



10/18/16 - Better Health Through Screening



11/15/16 - Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress

View the newest On Demand Online Seminar below:



Changing Relationships: You and Your Aging Parent or Relative

[View All](#)[View archived](#)

Online Work-Life Resources

Access all of the Online Resources and more:

- Visit www.bhoptions.com
- Click “Online Work-Life Resources” icon
- Enter company code: **SUU**

The Life Connection Program

EAP:

5 Sessions, Entire Household, Telephonic or Face-to-Face,
Confidential, Free to You

Telephonic Consultation:

Legal, Financial, Childcare, Eldercare, Daily Living

Online Work-Life Resources:

Unlimited Access at www.bhoptions.com

The Life Connection Program

For questions or to open an EAP or consultation case, call Behavioral Healthcare Options, Inc. at:

(800) 280-3782

To Access Online Work-Life Resources, visit:

www.bhoptions.com

Company Code: **SUU**