

# Why Aspen?

Dealing with life's difficulties can be challenging and may require additional assistance and support.

Aspen Counseling provides a safe and therapeutic setting to help clients work through a wide range of behavioral health and emotional issues. Our licensed, experienced professionals help clients find solutions to problems so they and their families can lead productive, fulfilling lives.

To learn more about Aspen Counseling, visit [www.aspenbh.com](http://www.aspenbh.com)

For more information, call **815.399.9700** or **866.350.3500 (toll-free)**

Location  
**8616 Northern Avenue**  
**Rockford, IL 61107**  
(Located in Rosecrance Berry Campus)



**Aspen**  
COUNSELING  
& Consulting, L.L.C.

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New directions in emotional health  
and well-being

Aspen's comprehensive employee assistance program (EAP) helps companies increase productivity by assisting employers and employees with situations that have the potential to interfere with job performance.

### Why do you need an EAP?

Aspen helps you manage your most valuable resource—your staff. Research shows that a good, comprehensive employee assistance program can have a significant impact on both the productivity and morale of a workforce.

There's a new term for showing up for work but being less productive—"presenteeism." Low productivity costs U.S. businesses more than \$200 billion annually.

—Study by Mental Health America (formerly known as National Mental Health Association)

Depression and anxiety are among the top five reasons for absenteeism and presenteeism. They represent a significant drain on company productivity.

—Journal of Occupational and Environmental Medicine

Recognizing that your organization has specific needs, we will customize a plan to meet them. We provide timely, solution-based consulting, training and therapeutic support to strengthen your workforce and increase productivity.

### What services do we offer?

#### For your employees

- 24-hour crisis telephone hotline
- Confidential assessment/counseling in the following areas: stress, work-related issues, marital and family problems, substance abuse, financial problems and other personal/emotional concerns
- Access to qualified employee assistance clinical providers
- Dependent and domestic partner coverage
- EAP orientations
- EAP communication/awareness materials

#### For your management team

- Referral support, tracking and follow-up
- Confidential record keeping
- Supervisory leadership training
- Emergency intervention/critical incident stress management
- Labor coordination
- Management communication and consultation
- EAP policy development/coordination
- Annual and periodic utilization reports

### What benefits will you receive?

- Reduced absenteeism
- Improved productivity
- Enhanced workplace morale
- Better health and wellness
- Higher employee retention/stability
- Improved supervisory effectiveness
- Lower expenditures related to employee turnover, medical and disability claims, and unemployment compensation costs

**For every dollar invested in an EAP, employers generally save \$5 to \$17.**

—U.S. Department of Labor

For more information about our services, call

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