



Homewood Health MFAP Resources for the Carpenters' Local 27 Benefit Trust Fund

Chantal McElhone | 2023

Who Are We?

- Homewood is a trusted Canadian company; providing services to clients like you since 1979.
- Homewood is Canada's leader in mental health and addiction treatment and is supported by a national network of over 4500 employees and clinical experts.
- Homewood's services are delivered by qualified professionals including registered coaches and certified counsellors.



What Can MFAP Help With?

A Wide Variety of Situations:

- Stress, anxiety, depression
- Life change and transitions
- Relationship concerns
- Family and parenting challenges
- Child care coaching and resources
- Elder care coaching and resources
- Grief or bereavement
- Alcohol, drug, gambling, smoking issues
- Legal concerns
- Financial worries
- Medical or health-related information
- Career development
- Healthy lifestyle changes

Full Suite of MFAP Services

Counselling:

Short-Term Counselling

- Face-to-face, telephonic, e-Counselling (both email and chat formats), video
- Online CBT: Sentio
- Specialized Community Referrals

Online Resources:

- 20 e-Learning Courses
- Health Risk Assessment & Health Library
- Child/Eldercare Locator
- Health – e Videos & Podcasts

Life Smart—Lifestyle and Specialty Counselling:

Life Balance Solutions

- Childcare and Parenting
- Elder and Family Care
- New Parent Support
- Legal Advisory Services
- Financial Advisory Services
- Relationship Solutions
- Grief and Loss Coaching
- Burnout & Stress Solutions

Health Coaching

- Smoking Cessation Program
- Nutritional Counselling
- Jumpstart Your Wellness

Career Smart

- Career Counselling
- Pre-Retirement Planning
- Shift Worker Support

MFAP Program Highlights

- Accessible toll-free 24 hours a day, 7 days a week, 365 days a year
- In person, telephone, video counselling
- Book an appointment or access help right away, including crisis support
- Multi-cultural and multi-lingual
- Participation is voluntary
- Private and confidential
- No cost to the user

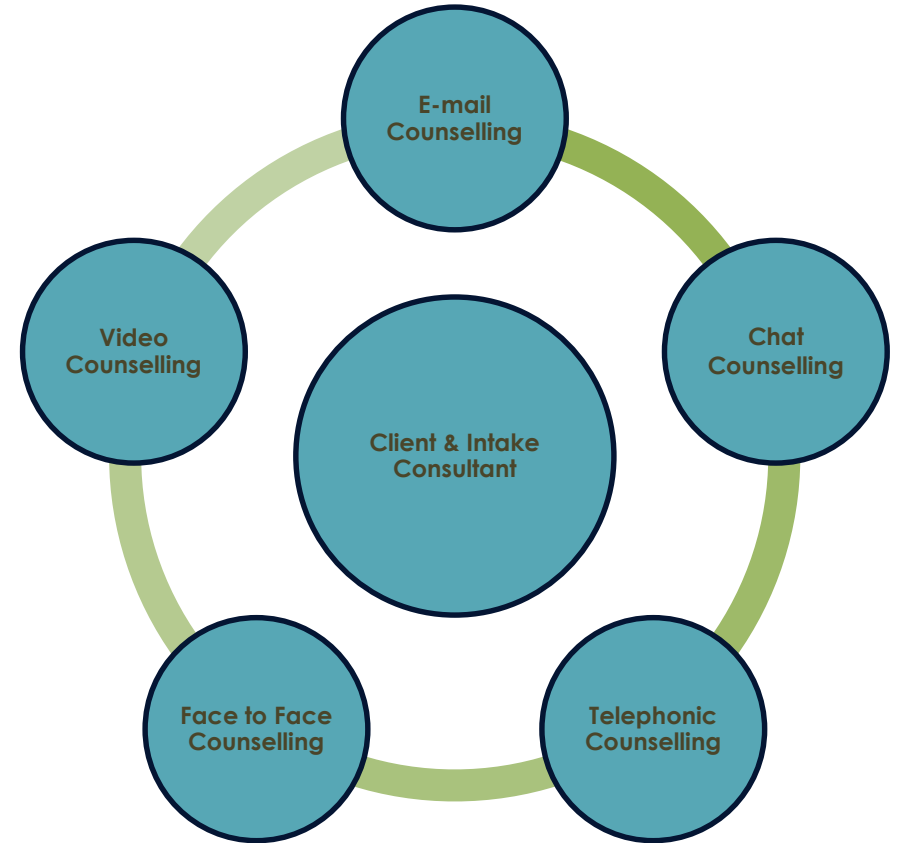




Counselling

Homewood Health's Counselling Services

- ✓ Short-term, solution-focused counselling — a client-centred approach to goal setting and problem solving
- ✓ Bridging to community services, specialized referrals and treatment, if needed
- ✓ Professional standards include a minimum of Masters degree and five years experience
- ✓ Multilingual, diverse clinical network; counsellors are experts across many areas





Life Smart Coaching

Life Smart Coaching

Practical and proactive resources that help people 'Life Smart'

- Telephonic assessment of needs by a specialist.
- Information and supportive coaching from an expert in the field.
- Customized searches for relevant resources.
- Up-to-date and tailored information including:
 - topical workbooks
 - current articles
 - referral to online tools and resources

Life Smart Coaching



Childcare and Parenting



New Parent Support



Elder and Family Care



Financial Consultation



Relationship Solutions



Legal Advisory



Grief and Loss Coaching



Stress Solutions

Health Smart



Smoking Cessation



Nutritional Counselling



Jumpstart Your Wellness

Career Smart



Career Counselling



Pre-Retirement Planning



Shift Worker Support



Online Services

Online Resources: Homewood Health Pathfinder Suite

Homewood PulseCheck

- A simple slider when users visit that presents appropriate resources and looks at wellness over time

Pathfinder Journeys

- Clinical assessments and future forward technology offer up the right service at the right time

MeetNow & Online Booking

- Book a professional seamlessly, or when available, speak with one right away.

My Dashboard

- Personalized jumping off point for guided journeys, resources, PulseCheck recommendations and counselling



Online Resources: Homewood Health Pathfinder Suite

Homeweb

Need Help? Let's Talk
1-800-663-1142

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DSGChantal DSGMcElhone

Dashboard > PulseCheck Skip this step

Back to My Dashboard

How are you doing, DSGChantal?

Use the slider below to describe how you're feeling.

Excellent

Good

Getting by

Not good

In crisis

CONTINUE →

Homeweb

Need Help? Let's Talk
1-800-663-1142

Dashboard > Pathfinder

Back to My Dashboard

What are you looking for support with today?

Choose a topic so we can present you with the right tools, resources or support.

Mental health & addiction

Family & relationships

Work & career

Legal

Financial

Health & nutrition

Life transition

Culture & identity

← PREVIOUS QUESTION

Homeweb

Need Help? Let's Talk
1-800-663-1142

Dashboard > Pathfinder > Recommended Path

Back to My Dashboard

DSGChantal, we recommend the following options to improve your mental health

Homewood Pathfinder
Powered by Homeweb

Health Risk Assessment

The Health Risk Assessment offers an assessment on your health history and lifestyle habits. It also offers readiness to change measures that help you identify your health and wellness barriers.

GET STARTED →

Additional Resources

Technology and Relationships
3 MINUTE READ

360 Degrees of Mental Health
3 MINUTE READ

Holiday Stress and Anxiety Prevention
2 MINUTE READ

Online Resources: Homeweb.ca

•Online Service Locators

- Locators for both child and elder care services

•Health & Wellness Resources

- Comprehensive suite of online tools to assess health risk and develop improvement plans
- Health Risk Assessment (HRA) tool
- Health Library

•Online Courses

- Empowers learners to better manage personal health and expand work-related skill sets

•Articles, Podcasts, Webinars

•Mobile App



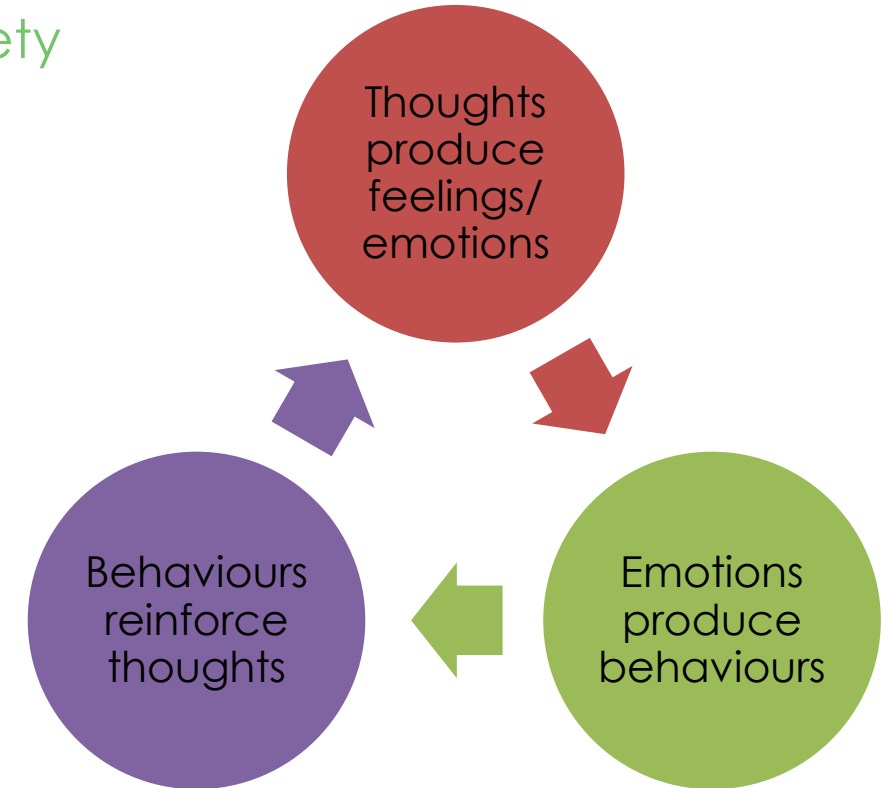
Sentio (Online CBT)

Online CBT for the Treatment of Depression and Anxiety

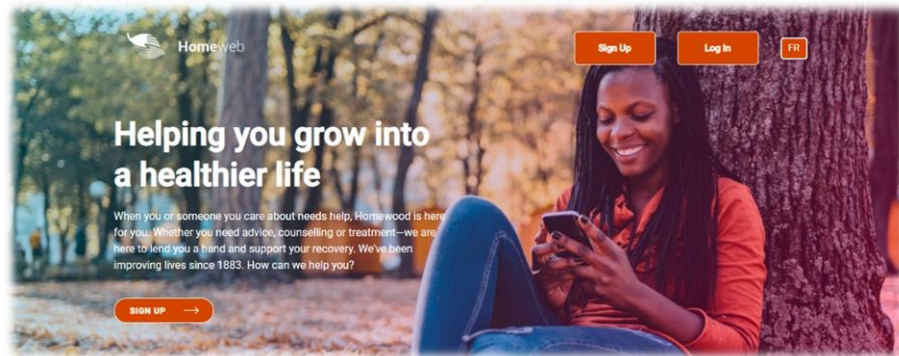
- Evidence based and clinically validated
- Challenges unhelpful/ inaccurate beliefs, replaces/reframes with helpful, positive beliefs
- Individualized - 100% web based and self guided
- Available 24/7/365 on desktop and mobile devices
- Available on homeweb.ca

SELF-DIRECTED iCBT

Online therapy at your own pace



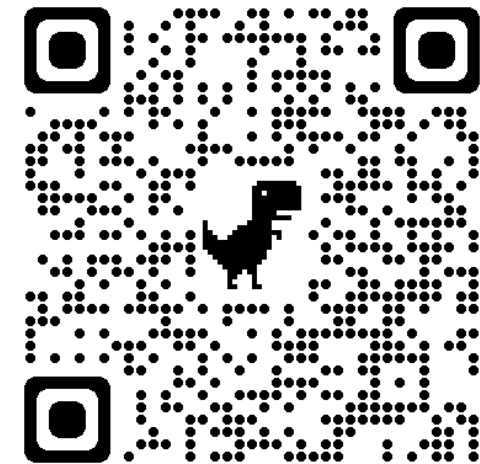
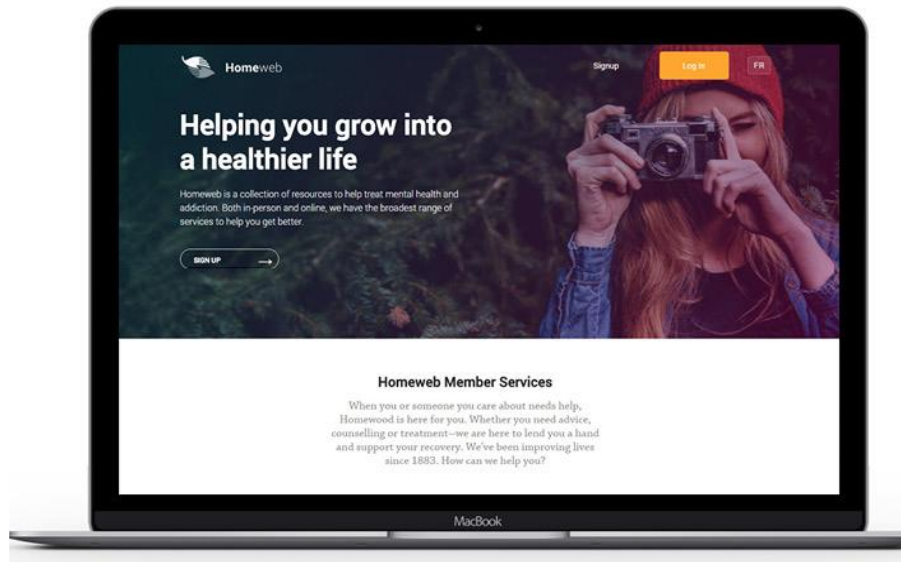
Homeweb.ca Sign Up



Sign Up:

1. Enter and find/select **Carpenters' Local 27 Welfare Trust Fund**
2. Enter your invitation code: **CL2386**
3. Enter your basic personal details (*name, e-mail address, password, date of birth, gender*)
4. Continue through sign up questions and receive a confirmation email

Log in using your e-mail address and password



Information Collected

Our questions are brief and respect confidentiality and privacy.

Name, address, organization, job
to determine eligibility and benefit coverage

Immediacy of need

Relationship to employee
if a dependent or family member

General nature of issue
to direct to appropriate counsellor or service

Appointment time/location

Supporting Members

- It's important not to ignore signs and symptoms given your role in supporting performance in the workplace.
- Expect some members to be impacted by personal or work-related issues which may affect their attitude and performance.
- Support means acknowledging that there is something going on that is affecting performance, and may require assistance, and encouraging members to actively seek help via the MFAP.
- If a member becomes emotional, encourage them to call the MFAP right away, or offer your support with an assisted referral.
- If a member expresses concern about calling the MFAP, be ready with program information, especially regarding confidentiality.

What to Look For

Patterns or trends of possible indicators based on:

- Distinct change in behaviour/performance
- Marked change over period of time – typically more than 2 weeks
- Increasing frequency of indicators/signs



Key Person Advice Line

Assistance for Union staff, supervisors, and people leaders dealing with challenging member situations including:

- Suspected substance abuse
- Unusual or inappropriate member behaviour
- Workplace bullying, aggression or violence
- Member conflict or safety concerns
- Low morale or negative attitudes

KPAL provides:

- Consultation and advice
- Tips on how to provide assistance to members
- Help separating performance from personal issues
- Strategies for assisted referrals to the MFAP

Privacy & Confidentiality

Our Commitment

- Information is confidential
- Appointments scheduled for privacy
- Private offices are offsite
- Clients contact us directly
- Phone messages are never left without prior permission
- Flexible scheduling
- Reports include group data only
- Secure record-keeping

No identifying information is transferred to anyone without your known, written consent.

Exceptions are children at risk, risk to self or others, or subpoena.

THANK YOU!



1-800-663-1142 (English)

1-866-398-9505 (French)

1-888-384-1152 (TTY/hearing impaired)

604-689-1717 International (call collect)

Invitation Code : **CL2386**

