Faculty & Staff Mental Health Care and Respondent Services

New Faculty Orientation Fall 2018

Faculty and Staff Mental Health Care

Your Behavioral Health Resources

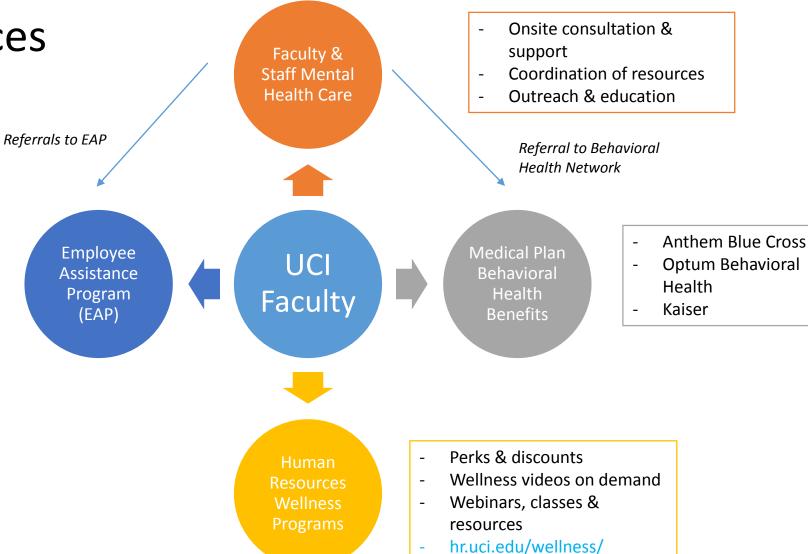
ComPsych Guidance Resources

A free, confidential benefit that will help with problem identification, assessment, and referral to treatment providers & community resources. First 3 session free.

844.824.3273

www.guidanceresources.com

(UCIID: UCIEAP3)



Faculty & Staff Mental Health Care

- Consultative services & support to resolve behavioral health issues
- Primary crisis intervention resource to facilitate and coordinate appropriate resources
- Time-limited case management for individual employees
- Development and implementation of instructional trainings and materials to assist in the promotion of mental well-being for all UCI (campus, UC Irvine Health, UCIMC) faculty & staff

Faculty & Staff Mental Health Care

Services: available for faculty and staff managers as well as individual employees

Individual services

- Problem assessment safe, confidential sessions in which to discuss your problems, set priorities, and determine appropriate campus and community resources, when needed
- Referral referrals to mental health resources within the health plans available to faculty and staff as well as community resources
- Crisis intervention assistance to individuals experiencing critical incidents or problems

Services available for faculty and staff managers

- Phone or in-person consultations
- Critical incident response following crisis events
- On-site small work group facilitation
- Workshops and trainings customized to department needs
- Educational materials

Respondent Services

Respondent Services

- If you have been accused of sexual violence, sexual assault, sexual harassment, dating/domestic violence or stalking, services are available to help you understand your rights and the investigation and adjudication process
 - Help you understand your rights
 - Explain and help you navigate the investigation and adjudication processes, including accompanying respondents to formal hearings
 - Assist with securing an interpreter/translation services
 - <u>Referrals</u> to campus and community resources such as for psychological counseling, legal services, alternative housing, academic changes and other needs

Faculty & Staff Mental Health Care and Respondent Services

- Contact
 - Negar Shekarabi, Psy.D.
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 - nshekara@uci.edu
 - By appointment only
 - http://www.chs.uci.edu/facultystaffmh/
 - http://www.chs.uci.edu/respondentservices/