

What is an EFAP?

The Employee and Family Assistance Program (EFAP) is a unique community-based partnership of local employers and employees. EFAP emphasizes prevention and early intervention. Providing professional help early can prevent more serious problems later. Through counseling and education, EFAP promotes ways to achieve emotional well being and a healthy lifestyle.

This model of providing assistance was developed in British Columbia, Canada, in 1980. Because of the program's proven track record, it has been established in eighteen communities across Canada.

The Three Trails EFAP is the first of this model to be adopted in the United States. Member organizations share a belief that support to employees and their families provides a stronger, healthier workplace and community.

What concerns may I bring?

Varieties of personal or family difficulties include, but are not limited to:

- Emotional/Psychological Issues
- Relationship Challenges
- Alcohol and/or Drug Abuse
- Parent/Child Conflicts
- While concerns such as financial or legal matters fall outside of the expertise of the EFAP counselors, you will be assisted in finding the proper referral. When in doubt, see a counselor.

How to make an appointment?

You may call **237-5750** anytime from 9:00 am to 6:00 pm Monday and Wednesday, 9:00 am to 7:00 pm on Tuesday and Thursday and 8:00 am to 1:00 pm on Friday, to schedule an appointment. The office is closed from 12:00 pm to 1:00 pm M-Th, though appointments during this time can be arranged.

The person being seen is encouraged to make the appointment himself/herself, unless he/she is a child. A voice mail may be left during non-business hours, and the call will be returned as soon as possible. You should arrive ten minutes early for your first appointment to fill out necessary forms so we can serve you better.

EFAP
CASPER, WYOMING

Contact us



CREATING HEALTHY EMPLOYEES,
FAMILIES AND COMMUNITIES

visit our office:

Three Trails
Employee and Family Assistance Program
812 South David
Casper, WY 82601

contact us today:

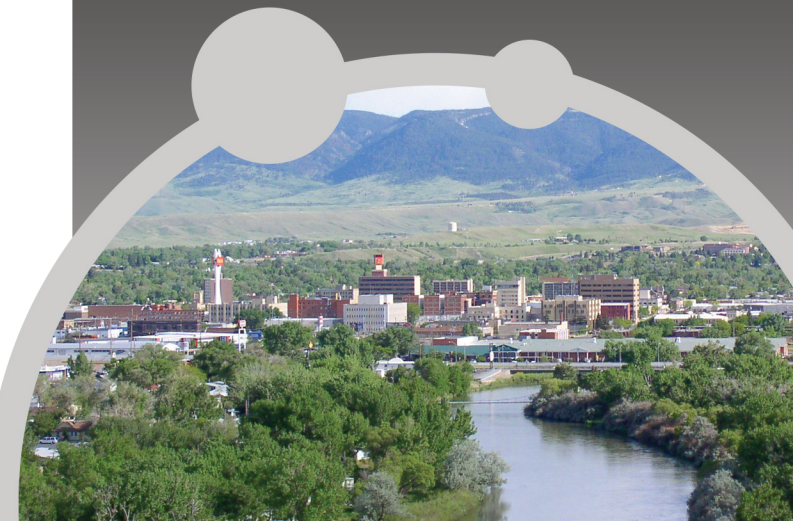
P: 307-237-5750
F: 307-237-5772

email or visit our website:

threetrails@threetrailsefap.org
www.threetrailsefap.org



THREE
TRAILS EFAP
Casper, Wyoming





Love & Logic Parenting classes offered twice yearly

Expectations

Confidentiality

Employees and family members who use the counseling office of the EFAP can be assured of receiving confidential assistance from professional counselors. Information will not be given to your employer unless you desire it. The service is completely voluntary as well. There is no limit to the number of times you can use the service.

Referrals

As a client of the EFAP, you will have your concerns thoroughly addressed. If your needs cannot be adequately handled in a timely manner through counseling or fall outside of the expertise of the EFAP counselor, you will be given an appropriate referral. In these situations, your counselor will assist you in finding the proper help for your particular concerns. Any financial obligation from fees by outside referrals is the responsibility of the client. You may return for follow-up after receiving services elsewhere.

Lending Library

The Lending Library is available for all employees and family members. It is located at the EFAP office and provides information on a variety of topics, ranging from dealing with addictions to communicating with a spouse or child.

We're Unique

Free Services

We are a non-profit service operated at the community level by those it serves.



Range of Services

We provide a broad range of intervention, prevention and wellness services.



Affordable & Pro-Active

We are an affordable, pro-active, prevention focused employee benefit program.



Entire Family

We provide FREE SERVICES to all eligible employees, retirees and dependent family members.



Unlimited Sessions

There is no limit on the number of sessions per employee or family member.



Quarterly Newsletters with timely and interesting articles



Yearly surveys to track the needs & concerns of our clients

Eligible?

Each worksite determines which employees may use this benefit. You may call your human resources department or Three Trails EFAP to determine if this service is available to you.

If you are eligible, your spouse and dependent family member are also eligible. All retired employees may use the EFAP.

Member Organizations

- Casper College
- Central Wyoming Hospice
- Child Development Center
- City of Casper
- Dr. Hoag's Smile Center
- Natrona County Fire PD
- Natrona County School Dist.
- Self Help Center
- US Department of Energy
- WCDA
- Wyoming Medical Center
- Wyoming Recovery Program
- Wyoming Wound Care Center