Employee Assistance Program — June 2016

Clemson University provides an employee assistance program to University faculty and staff and their dependents/household members though Deer Oaks EAP, an outside resource for programs that address work and life issues and help individuals live happier, healthier, more balanced lives. A variety of health and wellness, counseling, referral and consultation services are available. Services are completely confidential, and there is no cost for most services.

If you have questions, comments or concerns, please contact the Office of Human Resources at Ask-HR or (864) 656-2000, or contact Deer Oaks EAP anytime by calling (866) 327-2400.

How to Learn More About Clemson’s Employee Assistance Program

1. Click HERE.
2. Click ‘Member Login’.
3. Type Username ‘Clemson’ and Password ‘Clemson’.
4. Use the navigation bar to explore the services offered by Deer Oaks EAP.

Upcoming Seminars

General

**Topic: Retirement: It’s Not Just About the Money**

**Webinar Overview:** You are retiring. Now what? Learn how to better prepare yourself for your retirement years.

**Schedule:**
- Available on demand starting Tuesday, June 21, 2016. To register, click HERE and follow the instructions.

**Topic: Next Steps: Dealing with Addiction in a Loved One**

**Webinar Overview:** You’ve identified that your loved one has an addiction. What is next? Learn all about interventions, treatment options and where to find help.

**Schedule:**
- Available on demand starting Tuesday, July 19, 2016. To register, click HERE and follow the instructions.

Supervisors

**Topic: Communicating Effectively with a Diverse Team**

**Live Webinar Overview:** This course focuses on the challenges of managing a diverse work team that includes employees with different cultures, generations and personality types. The webinar provides practical approaches for maintaining quality relationships so the team’s objectives are met.
Schedule:
- Thursday, August 25, 2016, 2 p.m. – 3 p.m. Register HERE
- Friday, August 26, 2016, 2 p.m. – 3 p.m. Register HERE

Supervisors

**Topic:** How to Effectively Coach Employee Performance

**Previously Broadcast Webinar Overview:** Faculty and staff members respond better to managers who coach and encourage rather than dictate and micro-manage. This important session has been archived and will remain available to provide insight into what motivates faculty and staff members and explore techniques for using an encouraging coaching approach to improve employee performance.

**Available Now:**
- Click HERE to view.

June 2016 Newsletters

**Employee Newsletter** – Click HERE to access the June 2016 newsletter, which includes the following segments and topics:

- **Retirement**
  - A New Beginning; click HERE for more information.
- **Conflict Resolution in a Relationship**
  - Tips for Adults
- **Keep an Eye on Portion Size**
  - I Scream
  - Yes, Stretch
- **Snippets**
  - Time to Flip your Mattress
  - Take Risks to Avoid Regret
- **Clinician’s Corner – Self-Care**
- **Going for Groceries without Going Broke**

**Supervisor/HR Newsletter** – Click HERE to access the June 2016 Supervisor/HR newsletter, which includes the following segments and topics:

- Learn to Build Trust in the Workplace
- Getting More from Conferences
- Ask Your EAP!

**Wellness Newsletter** – Click HERE to access the June 2016 Wellness newsletter, which is dedicated to strength, determination and perseverance. The road of life can be bumpy at times. Health issues, work, or financial problems can significantly impact your life, causing stress. Build an awareness and learn strategies that allows you to spend less energy on the things you can’t change and more energy on the things you can be proactive about.

**Did You Know? – Summer Camp**

Looking for a summer camp for your child? Deer Oaks EAP can help with the research and provide you with information on everything from homesickness to bug bites. Deer Oaks provides:
- Experienced consultants available any time, any day.
- Assisted searches for day camps, overnight camps, specialty camps and more.
- Camp profiles that list rates, activities, and other information you need to know.
- An online searchable database of camps throughout the United States.
- An extensive library of summer camp resource articles and tip sheets.

Call the 24-hour helpline at (866) 327-2400 to get started, or find out more on the Deer Oaks website at www.deeroaks.com.

**Free Tobacco-Cessation Program**
Live Tobacco Free is a tobacco-cessation program provided at no cost to Clemson faculty and staff and their spouses/dependents. Participants receive confidential sessions with a personal tobacco-cessation coach and online support, a combination that helps participants quit for good. Call the 24-hour helpline at (866) 327-2400 to get started, or find out more on the Deer Oaks website at www.deeroaks.com.

**EAP Contact Sheet**
All of Deer Oaks EAP services and contact information can be accessed HERE. Available any hour/any day, Deer Oaks EAP provides confidential assistance for all of life’s challenges. Call the 24-hour helpline at (866) 327-2400 to get started, or find out more on the Deer Oaks website at www.deeroaks.com.