CAN EAP ASSIST SUPERVISORS?
Yes. EAP offers one-on-one consultations and group training for supervisors who would like assistance in referring a staff member to EAP. Training provides practical strategies and best practices for using and accessing EAP services. We can help you develop an appropriate action plan that includes referrals and helpful resources. Training is scheduled on a regular basis or can be provided on-site. Call Ada Robinson-Perez, associate director, at 607-777-6655 for information or to schedule a consultation or training session.

WHAT ELSE DOES EAP OFFER?
Noontime workshops are held throughout the year on a variety of health and wellness topics. Stay updated at eap.binghamton.edu or check Dateline and the UCTD listings.

EMPLELOYEE ASSISTANCE PROGRAM
Established in 1981, Binghamton University’s Employee Assistance Program has received support and endorsement from state management and union leadership for more than 30 years. Affiliated with, yet separate from, the New York State Employee Assistance Program, the University’s EAP is a professional, confidential, neutral and free service that promotes a healthy work-life balance.

Location: LSG 663, 673, 675
Phone: 607-777-6655
E-mail: eap@binghamton.edu
Web: binghamton.edu/eap

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 WANT MORE INFORMATION?
EAP offers both individual and departmental outreach programs to help you understand how to address work-life balance issues and learn the value of using EAP services. Staff members are available for new employee orientations, departmental meetings, union meetings and other professional meetings and retreats. Contact Ada Robinson-Perez, associate director, at 607-777-6655 for program scheduling.

binghamton.edu/eap
The Employee Assistance Program at Binghamton University is a confidential assessment, referral and consultation service available to University faculty, staff, retirees and their dependent family members. EAP’s goal is to provide solution-focused strategies to resolve workplace, personal or family issues that are preventing you from having peace of mind.

WHAT CAN EAP HELP WITH?
- Interpersonal and family issues
- Alcohol and substance use, misuse and abuse
- Emotional health
- Anger and depression
- Domestic violence
- Grief and bereavement
- Stress management
- Legal and financial issues
- Childcare and eldercare
- Lifestyle management and wellness

Our professional EAP staff members empower clients to take positive direction. They also assess options and provide efficient and appropriate referrals that are designed to help you resolve a wide range of work-life concerns. Staff members are available to listen, act as sounding boards or simply provide a neutral space just to talk.

All EAP coordinators have extensive training in mental health assessment and referral counseling. Their knowledge, experience and strong connections to both on-campus and community resources can help you start getting things back on track.

WHAT SERVICES DOES EAP PROVIDE?
- Assessment
- Referral
- Follow-up support
- Programs for department meetings and retreats
- Employee orientations
- Supervisory/management consultations
- Supervisory/management training
- Workshops and seminars on work-life balance and wellness
- Lending library
- Critical incident response

IS EAP REALLY CONFIDENTIAL?
Yes. Confidentiality is the cornerstone of our program. All written information is kept to a minimum and can only be disclosed with your written consent or if required by law. The parameters of confidentiality are discussed at all EAP sessions.

“IN THE MIDDLE OF DIFFICULTY LIES OPPORTUNITY.”
Albert Einstein