

Beacon Health Options
PO Box 12438
Research Triangle Park, NC
27709-2438
866-529-8063
www.achievesolutions.net/bcps

Dear BCPS Team Members,

Beacon Health Options would like to take this opportunity to re-introduce a very valuable benefit offered to you and family members. Several years ago, Baltimore City Public Schools partnered with Beacon Health Options to provide you with specialized EAP Services. We wanted to remind you the Employee Assistance Program (EAP) is available to you 24/7 in your time of need. Beacon looks forward to continuing meeting the needs of you and your family members. We trust the following information will be a helpful reminder about Beacon, your benefits, and our ability to confidentially assist you with personal challenges of daily life that many of us are confronted with from time-to-time.

Who we are

Beacon is the nation's largest privately held behavioral healthcare company, based in Boston, with 5,000 employees in 70 locations across the United States and in the United Kingdom. We currently serve the specialized behavioral health needs for over 50 million individuals world-wide. Behavioral health includes not only ways of promoting well-being by preventing or intervening in mental illness such as depression or anxiety, but also aides in preventing or intervening with substance use disorders. Here at Beacon, we are committed to our mission, "*We help people live their lives to the fullest potential.*"

Why Baltimore City Public Schools partner with Beacon

As a best-in-class leader of the behavioral healthcare industry, Beacon has the expertise, knowledge, caring nature, and professionalism to proactively serve and promote health and well-being of the body, mind, and spirit. Beacon has the resources, talent, and technology to provide a truly seamless, differentiated program that will set a new standard of support within the school system industry.

Who is covered through Beacon?

As part of your Baltimore City Public Schools benefits, you and your eligible family members have access to EAP Services. Family members include anyone that lives in the household of the employee. The family member does not have to have to be on the employee's medical plan to receive EAP services.

Services Beacon offer to you

- Confidential Counseling Services are available 24 hours, 7 days a week. There is no cost to utilize EAP services.
- Face-to-Face assessment and referral services with short-term resolution counseling (up to 6 visits per problem per year). Telephonic counseling sessions are available by request.
- Achieve Solutions On-line Web-site – the award-winning Achieve Solutions Web site is a dynamic online resource with information, tools and other resources on more than 200 topics and 7,000 articles, including

depression, stress, anxiety, alcohol, marriage, grief and loss, child/elder care, work/life balance. The website also houses various “Living Well” Handbooks to educate and provide guidance to members with specific medical concerns such as: Living Well with Diabetes, Managing Chronic, Obstructive Pulmonary Disease, Managing Asthma, etc.

The mission of the Achieve Solutions Website is to allow members to get credible information, access behavioral health services and resolve personal concerns in a convenient, confidential manner. The content is continually updated to reflect new research, articles and topical material. The site promotes connecting users to Beacon Health Options, thus facilitating early intervention and reduced health care costs. URL - www.achievesolutions.net/bcpss.

- **Legal and Financial Services** – Beacon Health Options’ Legal/Financial services are provided by our vendor partner Consolidated Legal Concepts (CLC). Employees and their household members will receive a free legal consultation of up to 30 minutes in length (either face-to-face or telephonic). Participants are referred to a professional experienced attorney in their area. If the participant retains the attorney to provide further services, they receive a 25% discount off the attorney’s usual hourly rate. Financial Services are provided telephonically and the same discount will apply if a Financial Consultant is retained.

What Concerns are addressed at the EAP?

The EAP provide confidential counseling for a variety of personal concerns including, but not limited to:

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| Family Issues | Financial or Legal Problems |
| Children and Teenagers | Alcohol or Drug Use |
| Relationships | Work or Career Issues |
| Stress | Medical Problems |
| Depression and Anxiety | Communication |

Have Questions? Need more information?

Please feel free to contact Beacon Health Options at 1-(866)-529-8063 or Baltimore City Public Schools’ Human Capital / Benefits Department at 410-396-8885.

We would like to take a moment to express our appreciation for the care and concern that Baltimore City Public Schools has for their Team members and family. Our team at Beacon is looking forward to continuing to assist you with your EAP needs in the near future.

Kindest regards,
Beacon Health Options