

# SAP & Work-Life Services

NC Community College SAP Orientation

800-633-3353 | [mygroup.com](http://mygroup.com)

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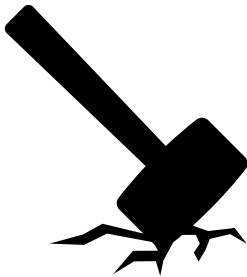
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# Think About...

**If all you have is a hammer, everything looks like a nail.**

- Bernard Baruch



# What Is an SAP?

Overview of Student Assistance Program



# What Is an SAP?

Your SAP is a State-sponsored benefit that offers the support and resources students need to address personal, school or work-related concerns through short-term, resolution-based therapy and work-life resources. It's confidential and free for students and their household family members.

- Free/Confidential
- 24/7/365
- Students and permanent household family members
- Connect with local providers
- Legal and Financial Consultations
- Virtual, telephonic or face-to-face
- Online resources
- Referrals to other resources



# Who Is Your SAP?

McLaughlin Young was founded as an SAP in 1987. The State has chosen to partner with McLaughlin Young to provide SAP and Work-Life Services.

- 30 years' experience
- Global SAP with 40,000 providers
- Headquartered in Charlotte
- Independent, standalone – not tied to an insurance carrier
- Clinicians available 24/7/365
- Highest clinical credentials including State licensure, Master's degree and five years post-grad experience
- Knowledge of local resources



# Reasons to Use

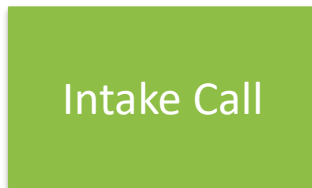


- Resiliency and coping skills
- Stress, anxiety and depression
- Balancing school, work and family
- Relationship issues
- Work-related concerns
- Family problems and parenting
- Premarital and marital issues
- Alcohol and drug use/abuse
- Grief and loss
- Goal setting
- Legal and financial
- Crisis events and life skills
- Preventative and proactive

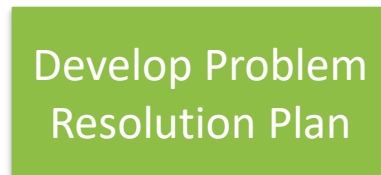


# How Does It Work?

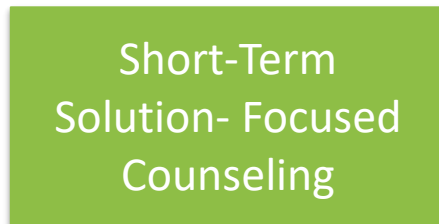
Initial phone call to SAP



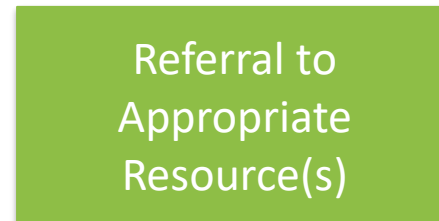
Meet with counselor for assessment session/s - typically, 1-2 sessions



Based on detailed assessment for which short-term therapy recommended, go forward with additional sessions under SAP model.



Based on detailed assessment for which issue determined to be long-term, referred out of SAP for appropriate care.



# What Is the Cost?

- **The SAP is free!**
- The benefits include up to 3 SAP counseling sessions per issue for an unlimited number of separate, non-related issues per year.
- Any costs incurred through a referral to other resources for long-term care will be the student's responsibility.





# Confidentiality



Confidentiality is an essential part of the SAP.  
The SAP is fully compliant with HIPAA guidelines.

**Only client and counselor will:**

- Know of a student's participation in the SAP without their written consent
- Have access to any of the counseling session information

**Exceptions to confidentiality are:**

- Harm to self or others
- Knowledge of abuse or neglect of a child or elderly person



# What Are Work-Life Services?

Overview of Work-Life Services



# Work-Life Services

Work-life services are either web-based, telephonic, or face-to-face resources to help clients balance school, work and your life.



**mygroup.com > My Portal Login >**

**Work-Life**

Username: College specific

Password: guest



# Legal & Financial Services

## Legal Services

- Free, telephonic legal advice
- Free 30-minute appointment for legal consultation
- In most cases, 25% discount for ongoing attorney fees
- Downloadable legal forms
- Online legal encyclopedia
- Excludes legal action against the college

## Financial Services

- Free, telephonic financial advice
- Ability to schedule appointments for complex issues
- Bankruptcy prevention
- Credit report monitoring
- Debt management and planning
- General financial education materials in English and Spanish



# Features & Searchable Databases

## Features

- More than 11,000 articles
- Monthly webinars
- Will generator
- Spanish website
- Relocation center
- Savings center
- e Learning

## Searchable Databases

- Childcare
- Eldercare
- Summer camps
- Adoption agencies
- Education
- Pets



# The SAP Offers Students

If students or their household members are looking for professional advice for personal, school-related, or family concerns, give us a call at 1-800-633-3353.

- In-the-moment telephonic support  
24/7/365
- Confidential, short-term counseling  
based on session model
- Unlimited number of issues per year
- Virtual, telephonic or face-to-face  
sessions with a local provider
- Web-based and telephonic work-life  
services
- Legal and financial services



# Think About...

Ask for help. Not because  
you are weak. But because  
you want to remain strong.

Les Brown

quote fancy



# Questions?

[www.mygroup.com](http://www.mygroup.com) > My Portal Login > Student



# SAP & Work-Life Services

For free, confidential help call 1-800-633-3353