



## OHIO EMPLOYEE ASSISTANCE PROGRAM

### Training Offerings

To support employees; managers and supervisors; as well as agencies, boards, and commissions; the Ohio Employee Assistance Program offers helpful training courses to work through workplace concerns. To request the following trainings, contact the Ohio EAP at 800-221-6327 or [oeap@das.ohio.gov](mailto:oeap@das.ohio.gov).

#### **ABC'S OF EAP (1 HOUR)**

This training course is designed to make employees aware of their Ohio Employee Assistance Program (Ohio EAP) benefits and services available to them and their families.

#### **THE JERK AT WORK: BULLYING IN THE WORKPLACE (2 HOURS)**

The rise of bullying in the workplace and beyond has left many workers feeling isolated and helpless. The devastating effects of bullying can be long-term and can have a drastic impact on employee morale and productivity. This training provides information on how to eliminate this mentality in the workplace and beyond.

#### **LIFE MATTERS: SUICIDE AWARENESS (2 HOURS)**

This training provides an overview of the warning signs, risk factors and impact of suicide as well as resources and tools for individuals and families to prevent suicide.

#### **MORE THAN A BAD DAY: MENTAL HEALTH CONCERNS IN THE WORKPLACE (2 HOURS)**

This training will review the most common mental health issues, signs, and symptoms and practical information for intervention/referral.

#### **STRESS: PUTTING IT TO REST (2 HOURS)**

Stress has the capacity to negatively impact our mood and our health, yet it can also inspire and motivate us. This workshop will help participants understand how stress affects us and will also examine healthy, adaptive strategies in managing stress.

#### **GETTING ON THE SAME PAGE: EAP SUPERVISOR/UNION (2 HOURS)**

This contractually mandated course (Article 20.03 SEIU 1199 and Article 9 OCSEA) will teach supervisors and union representatives how to refer employees to the Ohio EAP and includes information about the importance of early intervention. The Ohio EAP Participation Agreement and other services are discussed in this training.

#### **SUBSTANCE USE 101 (2 HOURS)**

This training is a basic overview of the common drugs of abuse, the continuum of substance use-addiction. It will also look at how substance abuse impacts the workplace and what interventions are available.

#### **CONFRONTING WORKPLACE VIOLENCE AND BULLYING (3 HOURS)**

Workplace violence can include bullying, hostility, threats, intimidation, and revenge. This workshop provides you with a better understanding of common causes, early warning signs, and intervention services available through the Ohio EAP.

