



*FACULTY AND STAFF
ASSISTANCE PROGRAM
(FASAP)*



FASAP CORE SERVICES

- ◆ Assistance with personal issues/problems such as family conflicts, grief and loss, depression, alcohol, or other drug abuse, personal and/or workplace stress, improving communication with colleagues, life transitions, parenting concerns and other emotional issues.
- ◆ Counseling Assessment
- ◆ Short Term Problem Resolution Services
- ◆ Referral's as indicated
- ◆ Expertise in matching and linking to community and University Resources



FASAP CORE SERVICES - Continued

Competency Coaching

- Goal Setting
- Improving work organization
- Work/life balance
- Addressing Writers Block

◆ Crisis Intervention Services

- Trauma & Grief - Interventions & Education

◆ Return to Work Transition Services

- Coaching to staff or faculty on return transition
- Consult to supervisors on a preparation for return



FASAP CORE SERVICES

Important Facts About the Services

- ◆ Up to 5 sessions per concern/issue
- ◆ Confidential Service
- ◆ No charge for services
- ◆ Release time allowed for first appointment
- ◆ Review of SPG 201.14, Voluntary and Recommended Referrals
- ◆ Website –fasap.umich.edu



TYPES OF PROBLEMS FOR WHICH INDIVIDUALS SEEK ASSISTANCE

Our most recent statistics (2016 data) indicate that individuals approach FASAP for assistance with problems in the following areas:

- | | |
|-----------------------------|-----|
| ◆ Marital/Partner/Family | 31% |
| ◆ Job Related | 24% |
| ◆ Emotional / Psychological | 42% |
| ◆ Other | 3% |



Support Groups

- ◆ Divorce/Relationship
- ◆ Stress Relief for Caregivers
- ◆ Managing Anger
- ◆ Parenting Teens



FASAP Brown Bag/Educational Seminars

FASAP offers 45-minute educational presentations to any Faculty/Staff group or organization upon request. Each presentation consists of a brief topic overview and allows time for questions and discussion. “Brown Bags” are held at the requestor’s site. There is no charge for the presentations. To schedule call (734)936-8660.

- ◆ Challenge Yourself-Expand Your Comfort Zone
- ◆ Creative Thinking
- ◆ Cross Culture Differences
- ◆ Finding Happiness in the Cards you are Dealt
- ◆ Humor For The Health Of It
- ◆ Strategies for Dealing with Difficult People
- ◆ Introduction to Stress Management
- ◆ Managing Your Stress Through Managing Your Thinking
- ◆ Understanding Generations at Work
- ◆ Understanding Mental Health Conditions & Creating a Emotional Healthy Work Environment