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

12/08/16