



Monday, November 24, 2003

## Beat the blues with Building a Better U programs

As the holidays approach, you may find you are not feeling the spirit or may have a case of the "holiday blues." The **Building a Better U** program is offering you ways to "Beat the Holiday Blues" or get the help you need through the new Counseling Connection service.

Find out how you can attain balance, keep it all in perspective and enjoy this festive time at the next Wellness Wednesday program, titled "Beat the Holiday Blues," which will be presented by Dr. Pamela Warner, counselor at the **Graham Health and Counseling Center**, on Wednesday, Nov. 26, from 12:05 to 12:55 p.m. in the Recreation Center. Participants are welcome to bring their lunch or may purchase lunch at Pic-a-Deli. Wellness Wednesday presentations are open to all faculty and staff.

To register for the upcoming Wellness Wednesday program, go to the **Faculty and Staff Training** Web site.

For those searching for something more to help them through the holidays or in their day-to-day lives, the **Building a Better U** program and **Graham Health and Counseling Center** offer a low-cost counseling service called the Counseling Connection.

The Counseling Connection, offered through the Graham Health and Counseling Center, is a confidential service available to all OU faculty and staff to assist them with personal issues, tensions and stress before they lead to more serious difficulties.

Supervisors also may contact the Counseling Connection for assistance and advice in identifying and approaching distressed employees and may refer employees to this service.

Counseling Connection counselors are licensed psychologists or M.A. or Ph.D. interns who provide counseling under direct supervision of a licensed psychologist. Counselors may help with concerns such as relationship and family difficulties, stress, depression, anxiety, bereavement, substance abuse, eating disorders and crisis intervention.

Strict rules of confidentiality are observed to protect your privacy, and confidentiality is regulated by state and federal laws as well as our professional licensing regulations.

Staff and faculty members are eligible for up to three, 45-minute sessions at \$20 per session. If additional sessions are desired/recommended, you can elect to continue at the following rates or go to a counselor of your choosing or one suggested by your health plan.

The cost beyond the initial three sessions is:

- \$20 for each additional session if your annual income is less than \$25,000;
- \$30 for each additional session if your annual income is from \$25,000-\$40,000;
- \$50 for each additional session if your annual income is from \$40,000-\$60,000;
- \$70 for each additional session if your annual income is \$60,000 or above.

Fees can be paid by cash or check. The use of these services also is reimbursable through the health care reimbursement account if you have selected this as part of your benefit plan.

To make an appointment with a Counseling Connection counselor, call (248) 370-3465. Appointments generally are made from 8 a.m. to 5 p.m. Monday through Friday. Evening appointments are occasionally available. Time off work is handled the same way as you would handle a medical appointment.

If you have an emergency outside of working hours, you are encouraged to contact Common Ground, a local crisis intervention organization that is staffed around the clock and allows you to speak to someone about your concern immediately. The crisis line for Common Ground is (248) 456-0909 or toll free (800) 231-1127.

For more information on the Counseling Connection or Wellness Wednesday programs, visit the **Building a Better U** Web site

or e-mail your questions to [wellness@oakland.edu](mailto:wellness@oakland.edu).

**SUMMARY**

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