A background image featuring blue paper cutouts of stylized human figures holding hands in a circle, set against a light blue background. A vertical yellow bar is positioned on the left side of the slide.

# Academic & Staff Assistance Program (ASAP)



530.752.2727 or 916.734.2727



ASAPHealth@ucdavis.edu



[hr.ucdavis.edu/departments/asap](https://hr.ucdavis.edu/departments/asap)

# What is ASAP?



**EMPLOYEE ASSISTANCE PROGRAM (EAP)**

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**FREE**



**CONFIDENTIAL**



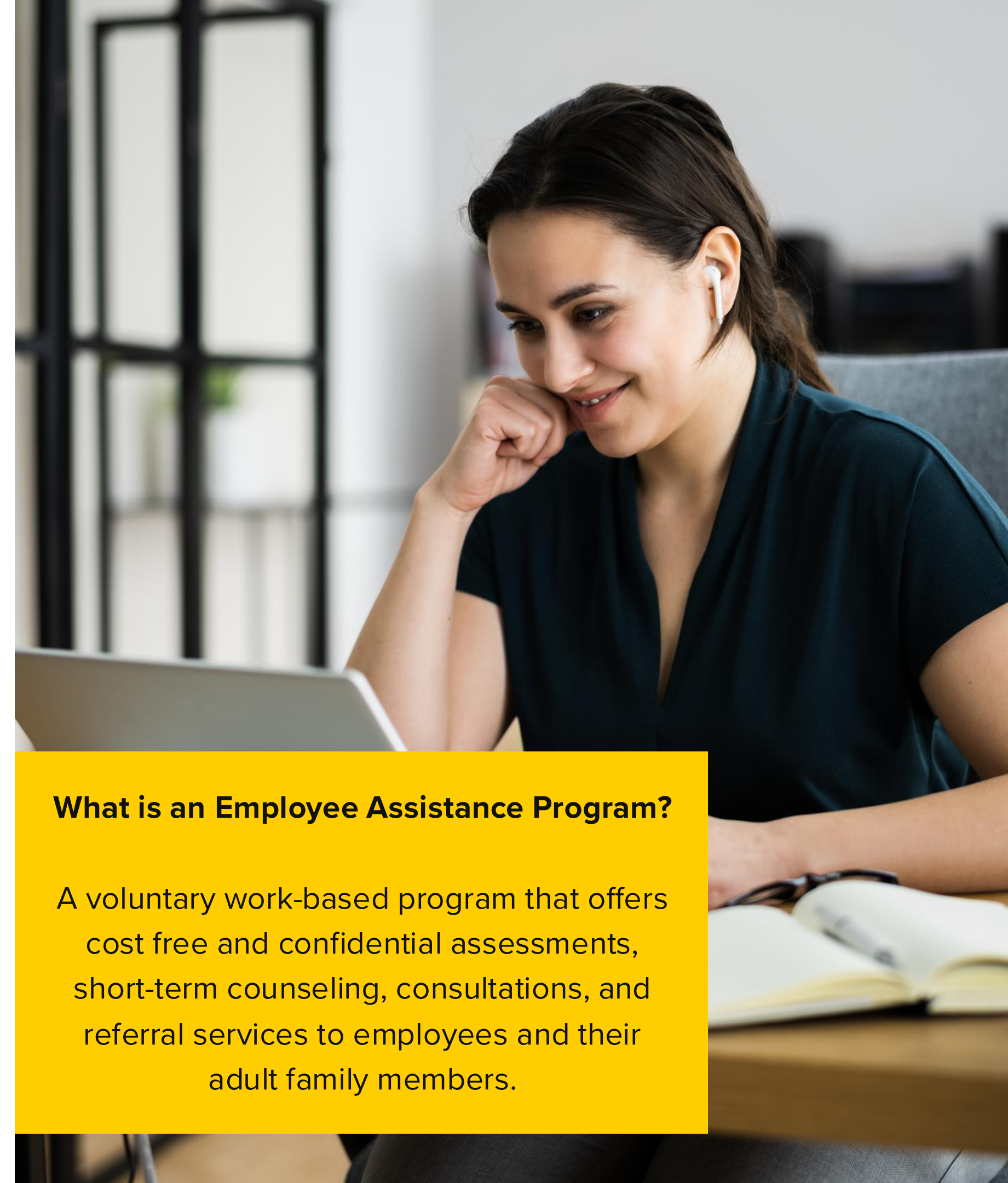
**VIRTUAL & ON-SITE**



**VOLUNTARY**

## **What is an Employee Assistance Program?**

A voluntary work-based program that offers cost free and confidential assessments, short-term counseling, consultations, and referral services to employees and their adult family members.







## ABOUT US

# Who We Are

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We are a small, but mighty, group of mental health professionals.

# Who We Serve

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We serve everyone who receives a paycheck from UCD/UCDH as well as their adult family members. We also serve our retirees.

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graph TD; A((Services We Offer)) --- B((Assessment and problem definition)); A --- C((Resource identification and referral)); A --- D((Psychoeducational programming & training)); A --- E((Crisis intervention (individual or group))); A --- F((Managerial & supervisory consultation)); A --- G((Drop-in weekly support groups)); A --- H((Short-term counseling (individual, couples, family))); A --- I((Workshops & workgroup interventions));
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# Services We Offer

Assessment and problem definition

Resource identification and referral

Psychoeducational programming & training

Crisis intervention (individual or group)

Managerial & supervisory consultation

Drop-in weekly support groups

Short-term counseling (individual, couples, family)

Workshops & workgroup interventions



# Primary Presenting Problems (2024)

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- **WORK-RELATED ISSUES**
- **ANXIETY/STRESS/TRAUMA**
- **RELATIONSHIP/COUPLES ISSUES**
- **LIFE TRANSITION/ADJUSTMENT**
- **DEPRESSION/GRIEF**



# Emerging Themes

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- **BURNOUT**
- **LONELINESS**
- **GRIEF/LOSS**
- **RACISM, XENOPHOBIA, SYSTEMIC OPPRESSION, WAR, AND POLITICAL CONCERNS (MORE THAN EVER BEFORE)**
- **INCIVILITY - INCREASING COMPLAINTS ABOUT CONFLICT AND COMMUNICATION ISSUES WITHIN WORKGROUPS**

# Common Themes for Faculty

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**GREATER SENSE OF RESPONSIBILITY REGARDING STUDENT MENTAL HEALTH ISSUES**

**FUNDING CONCERNS AND FUTURE UNCERTAINTY ABOUT GOVERNMENT SUPPORT FOR TEACHING AND RESEARCH**

**IMMIGRATION CONCERNS FOR INTERNATIONAL FACULTY AND/OR THEIR STUDENTS/TRAINEES**

**PARENTING AND DEPENDENT/CARE RESPONSIBILITIES**

**TIME FOR SELF/RELATIONSHIP**

# ASAP Support for Faculty

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**MEET & GREET PROGRAM**

**SUPPORT GROUPS GEARED SPECIFICALLY TOWARDS FACULTY**

**DEPARTMENTAL WORKSHOPS/RETREATS**



# What's On Your Mind?

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- **QUESTIONS**
- **COMMENTS**
- **GENERAL FEEDBACK**



# Connect With Us!

## ASAP CONTACT INFO:



530.752.2727 or 916.734.2727



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[hr.ucdavis.edu/departments/asap](https://hr.ucdavis.edu/departments/asap)

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