



Life is complex, but the answers can be simple.

Life presents us with many challenges both at work and home on a daily basis. You do not have to face these challenges alone. Help is as easy as a phone call away. IBH can offer you advice, support, and practical solutions to real-life issues. You can access these services by calling the toll-free number and speaking with a counselor. Whether you are preparing for a new addition to the family, have questions about parenting, stress management, conflict resolution, or looking for a new childcare provider, a counselor can help you with your situation.

When you need help with emotional, mental or behavioral problems such as depression, anxiety, relationships or alcohol and drug problems, the EAP benefit offers CONFIDENTIAL assessment and referrals at NO COST to you or covered family members. Simply call the toll-free number and an EAP counselor will help assess the problem and provide telephonic consultations and may authorize up to 6 office visits (3 per 6 month benefit period) with a counselor in your area. The counselor may also assist you in obtaining behavioral health treatment, if needed, through your health plan.

Who is eligible for these services? EAP benefits are available to all eligible employees and their families at NO COST.

Remember, when it involves your life, no question is too simple and no issue is too large. Because you will never know when you will need us, we are here for you Monday-Friday 6 a.m. – 5 p.m. (PST) and emergencies 24 hours a day, 7 days a week.

You can also elect to submit your requests for assistance online. Contact us at EAPCounselor@ibhcorp.com to send your question or request a consultation. The counselor will review your request and either provide you with an answer to your concern or contact you to ask additional questions.

Childcare and Parenting:

- Childcare
- Discipline and Safety
- Group or Family Day Care
- In-Home Care
- After School Programs
- Summer Camps
- Parenting Education and Support Groups
- Adoption
- Single Parenting
- Blended Families

Money:

- Budgeting
- Credit and Collections
- Saving and Investing
- Basic Tax Planning
- Home Buying
- Retirement Planning
- Saving for College
- Debt Counseling

Issues of Daily Living:

- Work-Home Balance
- Stress and Overload
- Relationship Issues
- Living with a Disability
- Divorce and Separation
- Grief and Loss
- Legal Problems

Older Adult Care:

- Community Agencies
- Senior Housing Options
- Respite Care
- In-Home Services

Work:

- Career Planning
- Communication
- Job Stress
- Relocation
- Conflicts in the Workplace
- Management Consultations
- Critical Incident Stress-Debriefing

Health and Wellness:

- Healthy Living
- Child Health
- Adult Health
- Senior Health

Training:

- EAP Orientation
- Management Training
- Stress Management
- Diversity & Discrimination
- Sexual Harassment

EAP/WorkLife Services

Legal and Financial



Your Employee Assistance Program, provides a range of legal and financial services to eligible members to help with issues related to:

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| • Budgeting | • Financial Services | • Services |
| • Civil/Consumer Issues | • Immigration | • Real Estate |
| • Criminal Matters | • IRS Matters | • Tax Consultation/ |
| • Debt/Credit Counseling | • Motor Vehicle | Preparation |
| • Estate Planning Law | • Personal/Family Legal | • And more! |

Financial Services

Employees can receive telephonic consultations with seasoned financial professionals and certified public accountants (CPA). Unlimited telephonic counseling, and 30 days of financial coaching is available. Local referrals are available for more complex financial planning issues, such as: credit counseling, debt and budget assistance, basic tax planning, and retirement and college planning questions.



Legal Services

Employees can receive an initial 30 minute office or telephone consultation with an attorney. Plus, if the attorney is retained to provide legal services, the member can apply a 25% discount off the attorney's normal hourly rate on legal fees. Virtually all types of legal matters are eligible for these services.

Assistance with Document Preparation

A simple and inexpensive online process enable members to complete their own legal document preparation from home. This eliminates the cost of an attorney or dealing with lengthy completion and delivery periods!



Dedicated Legal/Financial Website

Each member is provided with unlimited access to a dedicated legal/financial website, which includes legal and financial tools. Examples include legal and financial forms, financial calculators, helpful articles and answers to frequently asked questions.

www.ibhcorp.com

Call 1-800-395-1616

COUNSELING REFERRAL RESOURCES

Alpine Counseling Center

2307 W. Alpine Ave.
Stockton, CA 95204
942-3369

Lyndon Blodgett

M and M Counseling Services

210 N. School St.
Lodi, CA
327-9224

Mary Molini, LMFT

One-Eighty Adolescent and Family Services

17 W. Lockeford St.
Lodi, CA 95240
339-1616

Alison McGregor, MFTI
Taylor Hockett, School Counseling, PPS
Nora Williams, LMFT (supervisor)

Quail Point Center

2155 W. March Lane, Suite 2B
Stockton, CA 95207
473-4211

Genola Spoonhour
Roger Yates

St. Joseph's Behavioral Health

2626 N. California, Suite J
Stockton, CA 95202
938-0831, Ext. 23

Candy Melton

Janeen Suess, LCSW

Lodi, CA 95242
747-8558

Andra Massey, MFT

774-6990

Kevin Brown, MFT (Galt)

712-0466 kevin@horizonweb.org

Inland Psychiatric Offices

2522 Grand Canal Blvd.
951-4666

John Yarbrough, M.D.

QLBC Lay Counseling

951-2645

Counseling, listening, encouragement

Other Churches and Ministries in the area offering Lay Counseling:

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| Come to the Waters – Biblical Counseling | 513-7523 (Lansing, for men) 406-6925 (Griselda, for women) |
| Crossroads Grace Community Church | 239-5566 (Manteca) |
| First Baptist Church | 334-2824 (Lodi) |
| Vinewood Community Church | 327-5376 (Lodi) |

Referrals for the Sacramento area:

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| Sunrise Community Church | 916-726-4642 (Fair Oaks area) |
| First Covenant Church | 916-861-2240 (Rancho Cordova) |
| Green Valley Community Church | 530-622-3231 (Placerville) |
| Bayside of South Sacramento | 916-441-6228, ext. 416 |

Referrals to the Eastbay area:

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| Northcreek | 925-210-9036 (Walnut Creek) |
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