



We are committed to excellence and providing our clients with the highest quality of care and leadership.

# EMPLOYEE ASSISTANCE PROGRAMS (EAPs)

# WHAT TO KNOW ABOUT OPEN MIND HEALTH.



Open Mind Health (OMH) is a collaborative team of mental health experts, clinicians, and healthcare consultants working to move mental wellness forward. We develop customized treatment programs and high performing interdisciplinary teams, while advancing the future of mental health through innovative technology.

We offer structured evaluations, risk assessment and management plans, treatment modalities, and behavioral health programs to all types of workplaces. We support employees (EAPs) and employers (HR) of corporations, hospitals, healthcare clinics, educational and correctional organizations, among others.

---

OMH addresses critical employee and employer challenges both internal and external to the workplace, including health concerns, burnout, compassion fatigue, and vicarious trauma. We promote connection and collaboration and establishing and maintaining a positive and healthy workplace culture

# OMH EAP BEHAVIORAL HEALTH.

The OMH team are critical thinkers who bring hearts and minds together and always work to do what is right, not what is easy!



# OMH AREAS OF EXPERTISE

OMH offers coordinated evaluations, risk assessment and management plans, customized mental wellness tracks, and behavioral management programs for all types of workplaces. OMH provides equitable access to the highest level of care through an advanced telehealth platform – reducing risks to facilities while improving employee retention.



## Promoting Mental Wellness

Promote and maintain mental wellness as it is integral to a healthy organizational culture



## Education & Organizational Support

Assist HR departments on methods and strategy



## Holistic Care

Offer various mind-body-spirit treatment approaches through therapy, coaching, and psychiatry



## Safe Return to Work

Help employees transition back to regular duties or the workplace from short term or long-term leave



## Work Transition

Support employees work through changes in their work environment or to job transition



## Workers' Compensation

Proactively collaborate and mediate HR and employee concerns to overcome challenges and resolve differences



## Fitness for Duty

Perform assessment and treatment necessary to support a safe return to work, including assessing fitness for duty



## Bullying and Harassment

Provide education, support strategies, and policy guidance to promote a psychologically safe and healthy workplace



## Threat/Risk Assessment & Risk Management

Identify threats, develops safety plans, and enact policies/procedures to mitigate risk and ensure safety in the workplace

# OMH EMPLOYEE WELLBEING SOLUTIONS.

OMH supports employees and their loved ones/families so they can manage work, health and life challenges.

Feel better. Live better.  
Work better.

The OMH team promotes the critical mind-body-spirit connection and its impact on your overall health in all our treatment approaches.

## Promoting Mental Wellness

OMH offers best practices, assessment, education, training, support, and monitoring to ensure optimal ongoing mental health. With a holistic approach to treatment, OMH creates a roadmap for individuals to follow on their journey to mental wellness.

## Education and Organizational Support

OMH assists in developing structured pathways and education through proven methodologies to improve:

- Work transition
- Safe return to work
- Diversity and inclusion
- Threat/risk assessment and management, with planning and policy development and guidance
- Evidence-based treatments for mental health challenges

## Holistic Care

OMH provides unparalleled customization in assessment and delivery of approaches/care for employee-employer challenges such as workplace stress, burnout, trauma, fatigue, and more.

# EMPLOYER- EMPLOYEE ASSISTANCE.

OMH engages with employers and employees in diverse industries to provide tools to cope with adversity, ease stress, and adapt positively to change.

OMH combines holistic evidence-based treatment approaches with technology and individualized programs of care to produce positive outcomes and long-term resolutions through coaching, counseling, therapy, and collaborative program options.

## Safe Return to Work

- OMH provides assessment and treatment to reduce symptoms, improve coping, and enhance workplace experiences
- OMH collaborates with and offers coaching/mediation to ensure solutions and reasonable accommodations for safe return to work

## Work Transition

Changes in the workplace and/or job transitions can be very stressful. OMH works with employees to:

- Improve resilience, coping, and change management strategies
- Develop solution-focused attitudes that align with positive outcomes in the workplace through coaching, counseling and therapy
- Establish communication, collaboration, conflict management skills, and recognize strengths
- Identify internal and external resources, locus of control, and more
- Create symptom-relief strategies

## Workers' Compensation

- OMH provides assessment and treatment recommendations, including specific to the workplace
- OMH offers evidence-based treatment approaches to address depression, anxiety, PTSD, substance use, first responder effects, workplace stress, burnout, vicarious trauma, compassion fatigue, among other challenges

# WORKPLACE RISK ASSESSMENT AND MANAGEMENT.

OMH delivers reliable guidance through a collaboration of life-balance resources to help employers and employees manage time and responsibilities with less stress.

OMH coaches/mediates employee-employer challenges to arrive at win/win solutions to create a flourishing work environment. Through our individual functional and environmental assessments, we expose critical barriers and determine the best approaches to effectively move forward

## Fitness for Duty

For a new hire or an active employee, OMH will:

- Provide detailed assessment and management plans, incorporating environmental analysis and safety concerns
- Address the barriers for employee and employer, workplace, and other interacting staff
- Monitor and assess critical situations/risks to provide valuable feedback to employer and employee

## Bullying and Harassment

OMH helps to work through any pattern of mistreatment from others in the workplace that can cause emotional harm by:

- Creating conflict resolution and mediation strategies
- Offering education and training to improve resilience
- Developing pathways for a safe return to work including ongoing strategic plans
- Addressing the importance of workplace diversity and inclusion, develop effective strategies, and offer ongoing procedural advice

## Threat/Risk Assessment & Management

OMH works with employees and employers to provide:

- Healthy work transitions and safe returns to work
- Workers' compensation treatment including:
  - Depression, anxiety, PTSD, psychosis, substance misuse, and difficulties facing and first responders
  - Clinical assessment, treatment, and policy guidance on how to best manage challenging behaviors and risks (e.g., workplace bullying/harassment/stalking/violence, self-harm risks)



# THE OMH WAY.

Building alliances

Implementing positive strategies

Recognizing and confronting barriers

Inspiring collaboration

**OMH CUSTOMIZED WELLNESS TRACKS**

# THE OMH DIFFERENCE

## OMH WELLNESS TRACKS

OMH Wellness Tracks are unparalleled customized treatment programs designed with a modern holistic approach to optimize the mind-body-spirit connection – helping you achieve your best possible self.

### OUR FEATURED EAP TRACKS

#### Capturing Communication

- Master critical communication skills
- Succeed and thrive in various circumstances
- Feel at ease and communicate effectively
- Work toward becoming an influential and inspirational public speaker
- Improve assertive communication and boundaries
- Understand and manage conflict styles
- Navigate crucial conversations

#### Reworking Relationships

- Enhance interpersonal trust, intimacy, and reciprocity
- Build and renegotiate roles and boundaries
- Resolve high-stakes conflicts through mediation
- Improve assertive communication and networking

#### Transcending Trauma

- Address bullying and harassment, victimization and betrayal to reclaim strength
- Improve psychological resilience
- Confront oppression and systemic discrimination
- Integrate your identity to flourish
- Increase insight and build personal power
- Develop a healthy life balance
- Establish emotional and environmental safety

---

### TARGET TRACKS

- **PIVOT** (Planning in the Volatility of our Times) Integrative Healing for Your Mind, Body, and Spirit
- **ADHD:** Focus and Flourish
- Sports and Mental Health — Getting and Staying on Track!
- Child and Adolescent
- Empowering Older Adults
- Integrative Healing for Your Mind, Body, and Spirit
- Continuing Assessment, Maintenance, and Support

[www.openmindhealth.com](http://www.openmindhealth.com)

#### Realizing Your Full Potential

##### Thriving, not just surviving!

- Realize and discover your full authentic self
- Discover your interests
- Step out of your comfort zone with confidence
- Become a more dynamic/authentic person
- Integrate your identity
- Build your brand
- Use your power for positive purpose

#### Stabilizing Symptoms

- Enhance interpersonal trust, intimacy, and reciprocity
- Build and renegotiate roles and boundaries
- Resolve high-stakes conflicts through mediation
- Improve assertive communication and networking

#### Altering Addictions & Becoming Balanced

Intended for a variety of addictions such as substances, food, gambling, hypersexual behaviors, smartphone addiction and others.

- Teach acceptance of the mind-body-soul and behavioral roots of addiction
- Enhance change readiness
- Interrupt the cycle of addiction
- Explore the impacts on the family system
- Build recovery structures and supports
- Develop relapse prevention plans

---

### DIVERSITY TRACKS

- Positively Queer
- Living While Black in a Race Conscious World
- Asians & Pacific Islanders and Proud
- South East Asian — Building Positivity
- Advancing Hispanic/Latinx Resilience

# THE OMH DIFFERENCE

## OMH EAP WELLNESS TRACK

### Bringing Purpose, Positivity, and Productivity to the Workplace

This track addresses challenges in and out of the workplace, including health concerns, burnout, work/life balance, stress, and trauma. We help to optimize your emotional well-being, realize your full potential, and recalibrate to find new meaning and purpose.

#### TARGETS

- What's your purpose? And how do you live it?
- Promote and maintain workplace emotional wellbeing—to thrive not just merely survive!
- Explore and optimize your job fit, positivity, purpose, and performance
- Build self-awareness and personal power
- Enhance psychological resilience
- Develop coping strategies for the inevitable challenges in the workplace
- Improve assertive communication and networking
- Achieve true work-life balance
- Establish and maintain healthy boundaries. Know what you are accountable for and enhance your work autonomy, connection, and develop your personal mastery plan
- Offer strategies to address workplace stress and trauma, bullying and harassment, discrimination, and inequities.

#### Safeguarding the Future

The global pandemic has caused an overwhelming need for humanity to recalibrate and find new meaning and purpose. In addition, it has created a Mental Health crisis impacting individuals, workforces, leaders, and organizations. Workforce productivity has dropped; 52% of all workers feel burned out; employees of all ages suffer from stress, fatigue, and depression, and of course, there is "The Great Resignation." OMH is leading the way to a healthier culture, greater performance, and overall well-being.

#### Safeguarding the Future

Continuing assessment, support, and maintenance to ensure long-term results



**Making people comfortable  
with the uncomfortable.**

# CONTACT US



[www.openmindhealth.com](http://www.openmindhealth.com)

**Live better. Feel better.**

## Dr. Craig Beach

CEO/Chief Medical Officer

email: [drbeach@openmindhealth.com](mailto:drbeach@openmindhealth.com)

phone: +1-855-550-MIND (6463)

## Kate Jordan

COO/Director of Marketing

email: [kjordan@openmindhealth.com](mailto:kjordan@openmindhealth.com)

phone: +1-855-550-MIND (6463)

## Stephanie Robinson

Chief of Quality and Client Experience

email: [srobinson@openmindhealth.com](mailto:srobinson@openmindhealth.com)

phone: +1-855-550-MIND (6463)