

# Employee Assistance Service for Education “Your Source of Help In Times of Trouble”



## Fact Sheet

- EASE is an employee assistance program staffed by trained mental health professionals and designed for school-based personnel. EASE is a service provided by the Los Angeles County Office of Education and is supported by both labor and management. The joint powers agreement includes a consortium of school districts throughout Los Angeles County. Immediate family members of the district employees also qualify for EASE services.
- EASE is primarily an assessment and brief counseling service and is best defined as a pretreatment service. The emphasis is on early identification of problems affecting work performance, consultation with managers, labor representatives, employees and proactive intervention. EASE is not a substitute for a district’s healthcare plan. It is, however, a beneficial and effective extension of the provider plan.
- Since it is the mission of EASE to provide early intervention, EASE has the capacity to intervene more immediately and directly. Such interventions may lead to a face-to-face assessment or an appropriate referral. An 800 number is provided for easy access.
- Any intervention provided by EASE, whether by phone or face-to-face, is free, voluntary and confidential. Client confidentiality and privacy of information constitute a fundamental policy at EASE.
- In such cases where interventions and/or assessments are made face-to-face, these are limited to three (3) such interventions per a six-month period. EASE counselors are sensitive to emergency needs beyond the three sessions.
- As an employee assistance program for education, EASE also offers broad brush and value-added programs such as management/labor/supervisory training, consultations, debriefings, and various types of in-services (for example, stress management, violence in the workplace, alcohol and drugs).

The above describe the fundamental components of the EASE program and serve to outline its basic mission to serve school districts enrolled as members. More detailed information is available upon request.



**Los Angeles County  
Office of Education**

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Human Resource Services

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