

# Volunteer Firefighter Member and Family Assistance Program (MFAP) Solutions

Harness the power of full-scale employee/firefighter and workplace support solutions through an exclusive MFAP arrangement through VFIS of Canada a division of CVIS, Inc.



## DID YOU KNOW?

- Mental and nervous disorders have replaced musculoskeletal conditions as the top conditions causing long-term disability.

Source: Canadian Council on Integrated Healthcare

- The mounting costs of maintaining unhealthy employees/firefighters, coupled with the expense and disruption associated with staff turnover, is leading many employers to implement a health promotion strategy. Thanks to a growing body of evidence, today's workplace health programs are no longer viewed as just a good idea, but rather a crucial investment in an organization's long-term success.

Source: The Case for Comprehensive Workplace Health Promotion, Centre for Health Promotion, University of Toronto

*Member and Family Assistance Programs (MFAPs) are employer paid benefits that support both the members and the workplace. These services are designed to enable members to resolve personal and work issues so that optimal productivity is maintained. They include health, wellness and other strategic solutions for smaller employers/municipalities.*

Homewood Health offers Volunteer Fire Departments the same services as some of Canada's largest employers at a preferred VFIS of Canada member rate of \$2.00 per member per month (non-member rate \$3.00).



# 1

### Ease of use

All of our services are simple and intuitive to use, so all members can benefit (e.g. online solutions allow easy and secure access anywhere and anytime, clinical response is fast and available 24/7 in both official languages, counselling is short-term and solution-focused, and we have counselling offices across the country).

# 2

### Prevention focused

Homewood Health takes a comprehensive and prevention-focused approach to a members well-being and productivity. Our healthy workplace strategy targets the member, workplace and organization. Our prevention focus strengthens the resiliency of your workforce.

# 3

### Appealing and relevant messaging

MFAP and related services are only useful to the extent that they are utilized by members and key personnel (managers, supervisors, etc). We craft our messages to appeal to members in different stages of their life and career, ensuring that promotion efforts are relevant, appealing, and successful.



## MEMBER SUPPORT SERVICES

**Unlimited Short-term Counselling.** Our unique solution-focused cognitive behavioural therapy approach focuses on teaching individuals, couples, and families the skills necessary to solve their life problems without creating a long-term dependent counselling relationship. Confidential counselling is offered in the local community. Our counselling is delivered by our extensive national network, with the highest ratio of clinical psychologists. Their focus is on specific goal attainment, behaviour change, accurate diagnosis of complex problems, and the best possible outcomes. Treatment is provided for a full range of personal or work-related issues including, but not limited to:

- addictions;
- adolescent issues;
- aging and care giving;
- anger management;
- anxiety;
- child development
- Communication problems;
- domestic violence;
- depression;
- family issues;
- grief and bereavement;
- marital issues
- parenting;
- personal adjustment problems;
- relationship difficulties;
- sexuality;
- stress;
- separation / divorce / custody;
- special needs of children; and trauma

## Plan Smart Lifestyle and Specialty Counselling

### Life Balance Solutions

- Childcare & Parenting Service
- Elder & Family Care Services
- Legal Advisory Service
- Financial Advisory Service

### Career Smart Counselling Services

- Career Development
- Shift Worker Support
- Pre-Retirement Planning

### Health Smart Services

- Nutritional Counselling
- Smoking Cessation Program
- 12 Weeks to Wellness
- Financial Advisory Service

## Online Resources and Services

- E- Learning Courses
- Health and Wellness Companion
- Child and Eldercare Locator
- Health Library

## Substance Abuse and Crisis/Trauma

- Substance Abuse Counselling
- Crisis Management Service (CMS)



**Key Person Advice Line.** Designed for key personnel and supervisors, the advice line allows key persons to contact a Homewood Health counsellor at any time for consultation should a situation arise at the workplace which requires a professional opinion. These consultations are designed to be available on an immediate, as-needed basis

For more information ask for our detailed brochure defining each service. Marketed & Sold by CVIS, Inc. Developed by Homewood Health

## MFAP Solutions—supporting employee/firefighter well-being, capability and effectiveness.

Learn more about other solutions offered through your Member and Family Assistance Program (MFAP).

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