

Additional Services

Critical Incident Stress Management & Response

Critical Incident Stress Management is designed to help people deal with traumatic incidents by giving permission to talk about what occurred without judgment or criticism. CARE's WorkLife Solutions responds to unexpected deaths, on the job injuries and/or fatalities, acts of workplace violence, etc. Interventions are strictly confidential, emphasize safety and help employees return quickly to normal levels of functioning and workplace productivity.

Mediation

Mediation is efficient and impartial. It helps individuals solve problems and find solutions for conflicts that create stress in the workplace and prevent them from being their most productive. Mediation provides a safe and confidential environment to explore situations and identify action steps for success. Mediation is voluntary and the recommended steps for resolution are mutually agreed upon by those involved. Mediation helps to avoid lengthy and costly litigation and restores productivity in a healthy working environment.

Mediation allows the parties to:

- Discuss the issues in a neutral environment
- Clear up misunderstandings
- Discuss underlying interests or concerns
- Find areas of agreement and compromise
- Incorporate areas of agreement into resolutions

Personality Inventories and Employee Surveys

Are you confused about professional, dedicated, intelligent hard-working employees not getting along with one another? Wondering what your manager's biggest workgroup issue or conflict is? Curious to know if your employees believe they work in an environment that promotes respect and dignity? Let us work with you to develop and customize a confidential survey to gather the information you want and need.

Smoking Cessation

(Four-session series. Each session is 60 minutes)

Gain knowledge and support on the best methods and resources available to "kick the habit." Any employee who wants to quit smoking will benefit from these sessions.

Upon completion of this workshop, participants will:

- Gain knowledge and support to quit
- Select best methods of quitting
- Recognize critical keys for quitting
- Get help for the cravings
- Gain new skills and behaviors
- Impulse control for the "Five D's"
- Build a network of accountability