

EAPnews

Employee Assistance Program

Third Quarter 2009

West York Providers Relocated to East York

WellSpan EAP has an **announcement** regarding our provider network in south central Pennsylvania:



- Effective July 30, 2009, York Guidance Center (the WellSpan EAP and WellSpan Behavioral Health office site in West York owned and operated by our parent company, WellSpan Health) consolidated with our East York office at 3550 Concord Road. All York Guidance providers have relocated to East York.
- Notification letters were sent to every individual currently in treatment at the York Guidance Center and providers have informed their current clients.
- Clients can remain in treatment with their relocated provider at the East York site or seek treatment with another WellSpan EAP provider.
- With more than 50 provider locations in this area to choose from, individuals seeking appointments in south central PA can call directly to any participating WellSpan EAP provider throughout the region to schedule services.
- The York Guidance Center phone number will roll over to the East York office location for the next six months (until January 2010).

Please Note: you should be utilizing the new posters, wallet cards and brochures that were distributed to your organization last fall.

If you have any questions related to these changes or would like more information, please call our EAP Client Services Department at 1-866-227-6527.

“Friendship doubles our joy and divides our grief.” ~Swedish Proverb

September Breakfast – Mental Health Parity

Major provisions of the new mental health parity law go into effect for most health plans January 1, 2010. Are you ready? For perspective on how parity will affect HR and business leaders, their employees and the workplace, please join us for our next free breakfast seminar.

Legal Update: What Employers Need to Know about Mental Health Parity

- How does the new law intersect with other related state and federal laws?
- How will the new law be implemented by employers, and what strategies can help?
- How will Health Care Reform impact implementation of the new parity laws?



When: **Thursday, September 17, 2009**
8:00 – 9:30AM

Speaker: Katherine B. Kravitz, Esquire
Barley Snyder LLC

Location: Four Points Sheraton Hotel (York, PA)

Look for more information via e-mail in the weeks ahead. To RSVP, call EAP Client Services 1-866-227-6527.

Did You Know?



There's nothing fishy about eating seafood to improve mental health. Did you know:

- More than 24 million people worldwide suffer from dementia.
- Alzheimer's disease is the most common form of dementia, affecting 5.3 million Americans.
- Scientists say eating fish twice a week, especially oily fish like salmon, may reduce cognitive decline and delay the onset of dementia, especially in the elderly.

SOURCES: American Society for Nutrition (2009, July 18). Large Epidemiologic Study Supports Brain Power Of Fish In Older People. *ScienceDaily*.

