

# Labor Education Community Services Agency (LECSA)

## About LECSA

The Labor Education & Community Services Agency, Inc. (LECSA) is a non-profit corporation, supported in part by the United Way of Long Island, LECSA was established in 1977 to develop and sponsor comprehensive programs to meet the social, health and educational needs of all working people on Long Island without regard to their union affiliation, and without expense to the individuals.

Labor has a strong history of actively working to improve public and voluntary health and human service programs. Labor supports the United Way as well as other charitable drives. We seek to promote volunteerism, to educate the public about labor activities, and link union members and their families with the help-giving services in their communities.

## What is LECSA EAP?

The Labor Education and Community Services Agency, Inc. (LECSA) EAP grew out of Long Island's labor movement. LECSA EAP is a counseling service for employees (most of whom are union members) and their eligible dependents who may be experiencing personal or work place problems.

Everyone has problems from time to time and sometimes problems persist, becoming serious enough to affect us both on and off the job. At such times, an EAP counselor may be able to help.

LECSA EAP is adept at working for the benefit of labor and management. We provide consulting, training, education, in addition to assessment and referral services that meet the requirements and national standards for EAPs, and all applicable state and federal laws.

LECSA EAP, a nonprofit agency, offers cost-effective, confidential, early intervention services to meet the needs of unions, employers and employees. **Participants can access LECSA EAP services 24 hours a day, 7 days a week, by calling 631-851-1295.**

## Why Does an Employer Offer an EAP?

It's smart business. If employees are doing well and day-to-day problems aren't a distraction, they are more likely to be alert, motivated and concentrating on their job. This means a more productive organization. Also, it costs more to hire and train a new employee than it does to help and keep a current employee.

### **What Types of Problems Does EAP Handle?**

The EAP handles a wide range of problems. These include problems related to:

- Emotional
- Family
- Marital
- Mental Health
- Stress
- Financial
- Substance Abuse
- Legal
- Work Place
- Elder Care

**Participants can access LECSA EAP services 24 hours a day, 7 days a week, by calling 631-851-1295.**

### **Will the Counselor Keep Employee Problems Confidential?**

Yes. Absolutely. Confidentiality is a requirement and a guarantee we make to all employees. Without it, the EAP wouldn't work. Every counselor knows this rule. No information goes anywhere without your request and written permission. Remember, too, counselors are specially trained in EAP work. They handle delicate issues, and they have the knowledge and skills to assist you toward solving your problems.

### **What is an EAP Counselor?**

An EAP counselor is someone educated, trained and experienced in helping employees and their eligible dependents solve their problems. An EAP counselor is also able to find any other professionals or organizations in the community whose services may be needed. EAP counselors typically are experienced in dealing with problems in substance abuse, behavioral health, relationships, work place and numerous social, financial and legal situations that plague all of us at one time or another.

**Cost of the EAP?**

We enter into a contract with the Local 66 who pays an annual fee to include this service in their employee benefits package. There is no charge to the employee for LECSA EAP services. What's more, employees are encouraged to use LECSA EAP services whenever they need help or information to best handle their job or family responsibilities.

**The Staff at LECSA EAP**

Those of you who have visited our offices know that we try to convey a warm, homey atmosphere. In the age of big business and impersonal service, we try to be different. Our social workers enjoy hearing from you, and we do our best to return every call as quickly as possible. Our status as a non-profit agency, we feel, sets us apart from other Employee Assistance Programs. We have no financial quotas or bottom-line to meet. Our only mission is to improve our clients' health and well-being. The EAP counselors at LECSA are Certified Social Workers. We also have a Substance Abuse Professional, as per Department of Transportation Regulations, on our staff.

**Participants can access LECSA EAP services 24 hours a day, 7 days a week, by calling 631-851-1295.**