

Staff Assistance

This booklet is offered to DISD staff as a resource for personal or family assistance.

The Employee Assistance Program (EAP)

In support of our staff and their immediate family members, Denton ISD has the benefit of the Employee Assistance Program. This is a free, confidential service that provides mental health, legal, health, and financial guidance. If you feel the burden is a distraction to your personal or work life, please access your district benefit.

For general information about the DISD EAP, contact Care 24 at 1-888-887-4114. This program is a benefit for Denton ISD employees. All calls, referrals and counseling are confidential.

Included services in your Employee Assistance benefits program:

- Free counseling with a local Licensed Professional Counselor
- 24 Hour nurse hotline including a menu of messages on health related topics
- 30 minutes of free consultation with a local attorney and a 25% discounted attorney fee after the initial consult
- Financial counseling (this isn't "How do I buy 10 shares of Google?" but "How do I deal with debt collectors?" etc)

See all links in this booklet in the Counseling Department
Website online at www.dentonisd.org

Confidential **District Resources**

Counseling and Mental Health Services

The Denton ISD provides mental health and substance abuse services through a number of confidential avenues. The Department of Counseling Services is manned by credentialed counseling professionals who can help you identify and address personal issues that affect your home and work life. This might be an initial phone contact, email or face to face meeting. An appropriate referral to a local counselor who matches your needs inside the district Employee Assistance Program (EAP) will be made. Contact **Larry Mankoff** directly at 369-0595 or email him at lmankoff@dentonisd.org. You can also contact the district EAP directly by calling **Care 24** at 1-888-887-4114. The Employee Assistance Program is a benefit for Denton ISD employees. All calls, referrals and counseling services are confidential.*

**exception to the confidentiality rule is in instances of eminent harm to one's self or to others.*

Social Work Services

The Denton ISD Social Work Office serves as a liaison between school, home and the community. Through coordination and collaboration with social services, community and governmental agencies, along with school support staff, we address the diverse social, emotional, cultural, and economic needs of referred students and their families.

Contact Coordinator of Social Services, **Barb Haflich**
369-0599 or email at: bhaflich@dentonisd.org

Services include:

- Information and referral
- Crisis and support assistance to families and students
- Assistance with identifying resources for medical evaluation, treatment, and medication
- Assistance with school supplies and clothing for qualified students
- Coordination of district-wide parent education
- Coordination of comprehensive program for homeless students

For additional information on agency service providers in the Denton and regional area, please call one of the contacts listed above.

Local **Support Contacts**

- **Alcoholics Anonymous** (940) 383-8252
- **Alanon** (for family members of alcoholics or other substance abusers) (940) 387-7237
- **American Cancer Society** 1-800-227-2345 (for general information to include local support groups)
- **Ann's Haven VNA** 349-5900 Support groups for those who have lost a loved one. Full service home health hospice service for terminally ill patients.
- **CHADD (Children & Adult's ADD)** www.CHADD.org for national information and local chapters 24/7
- **Counseling Center of Denton (CCD) Programs / FAMILY TREE PROGRAM** Provides 6 free counseling sessions, 6 free parent skill classes/groups, free life skills groups. Available to families of youths ages 0-17. Contact: Cynthia Easley or Melissa Beard at (940) 387-7517 or (888) 837-0666 or www.ccd.counseling.com/FamilyTree **AND Divorce Sanity:** <http://ccd.counseling.com/DivorceSanity.html>

Local **Support Contacts**

- **Chrysalis Intensive Group Treatment** Outpatient treatment for eating disorders (940) 382-5688
- **Domestic Violence** Friends of the Family (940) 382-7273
- **Denton County Health Department** 349-2900
Children's Health, Maternity, Primary Care, Immunizations, Dental Services 306 North Loop 288, Suite 183 1-800-227-2345 (for general information to include local support groups)
- **Eating Disorders** (940) 382-5688
- **MHMR Emergency Hotline** 1-800-762-0157 or **Denton County Hotline** 387-5555
- **National Teen Dating Abuse Hotline**
www.loveisrespect.org or 866-331-9474
- **Parents of Gays and Lesbians – PFLAG**
(940) 382-8596
- **Rape Hotline** 1-800-656-4673

Local **Support Contacts**

- **Su Familia A National Hispanic Family Hotline**
1-866-783-2645
- **TWU Counseling and Family Development Clinic**
898-2600 \$10.00 Sessions for children, parents, and families of the Denton ISD
- **UNT Child and Family Resource Clinic** 565-2066
Fax: 565-2330

Psychiatric Hospitals

- **University Behavioral Health** (940) 320-8100
- **Millwood Hospital** (817) 261-3121
- **Glenn Oaks Hospital** 800-443-1109 Greenville, TX
www.glenoakshospital.com

Website Helpline

- **Suicide:** The National Suicide Prevention Lifeline is a national 24-hour toll-free suicide prevention service available to those in suicidal crisis. Individuals who are seeking help can dial 1-800-273-TALK (8255).
<http://www.suicidepreventionlifeline.org>
- **ADHD Helpline:** www.addhelpline.org
- **Alcoholism Symptoms quick test:** www.Camral.com
- **Anxiety Disorders:** <http://www.adaa.org/> and <http://www.algy.com/anxiety/>
- **Depression** can be a serious medical illness; it's not something that you have made up in your head. It can be more than just feeling "down in the dumps" or "blue" for a few days. It's feeling "down" and "low" and "hopeless" for weeks at a time.
<http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- **Drug Abuse:** <http://www.drughelp.org>
- **Social Phobia, or Social Anxiety Disorder,** is an anxiety disorder characterized by overwhelming anxiety and excessive self-consciousness in everyday social situations. Social phobia can be

Website Helpline

limited to only one type of situation — such as a fear of speaking in formal or informal situations, or eating or drinking in front of others — or, in its most severe form, may be so broad that a person experiences symptoms almost anytime they are around other people. <http://www.nimh.nih.gov/health/topics/social-phobia/index.shtml>

- **Bipolar Disorder**, also known as manic-depressive illness, is a serious medical illness that causes shifts in a person's mood, energy, and ability to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder are severe.

<http://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>

- **Eating disorders** are marked by extremes. It is present when a person experiences severe disturbances in eating behavior, such as extreme reduction of food intake or extreme overeating, or feelings of extreme distress or concern about body weight or shape.

<http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml> OR

<http://www.nationaleatingdisorders.org>

Website Helplines

- **Obsessive-Compulsive Disorder, OCD**, is an anxiety disorder and is characterized by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions). Repetitive behaviors such as handwashing, counting, checking, or cleaning are often performed with the hope of preventing obsessive thoughts or making them go away. Performing these so-called "rituals," however, provides only temporary relief, and not performing them markedly increases anxiety.

<http://www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd/index.shtml>

- **Self Abuse / Cutting SAFE (Self-Abuse Finally Ends)** <http://www.selfinjury.com>
- **Sexual Assault** Live, secure, anonymous crisis support for victims of sexual assault and their families over RAINN's website. <http://www.rainn.org>
- **Suicide** <http://suicidehotlines.com>

Website Helpline

The following subject matter can be found at the American Psychological Association websites or
by left clicking the link to open online

<http://www.apahelpcenter.org/articles>

- [Anxiety Disorders: The Role of Psychotherapy in Effective Treatment](#)
- [Change Your Mind about mental health](#)
- [Controlling Anger – Before It Controls You](#)
- [Coping with the Death of a Coworker](#)
- [Getting Ready for Retirement](#)
- [Managing Your Boss](#)
- [Middle School Malaise](#)
- [Mind/Body Health: Did You Know?](#)
- [Mind/Body Health: Job Stress](#)
- [Overwhelmed by Workplace Stress? You're not alone.](#)
- [Painful Shyness](#)
- [Parenting: The Teen Years](#)
- [Preparing for Retirement: More Than Money in the Bank](#)
- [Resilience for Teens](#)
- [Resilience Guide](#)
- [Sexual Orientation and Homosexuality](#)

Website Helpline

- [Sport Psychology Off the Field](#)
- [Sports Lift Esteem in Young Athletes](#)
- [Strategies for Controlling Your Anger](#)
- [Stress Tip Sheet](#)
- [Stress: Six Myths About Stress](#)
- [Stress: Stress in the Workplace](#)
- [Stress: When and How to Get Help](#)
- [Understanding Alcohol Use Disorders and Their Treatment](#)
- [What Makes Kids Care?: Teaching Gentleness in a Violent World](#)

National **Hotlines**

- **Alcohol/Drug Abuse Hotline** (800) 662-HELP or The Nationwide Crisis Hotline (alcohol and drug abuse) (800) 333-4444 or (800) 252-6465
- **Child Support Enforcement Hotline** (877) 696-6775
- **Cocaine Help Line** (800) COCAINE (800) 262-2463 and
24 Hour Cocaine Hotline (800) 992-9239
- **Debt Relief Hotline** (800) 453-1738
- **Domestic Violence Hotline** (800) 548-2722
- **Eating Disorders Center** (888) 236-1188
- **Eating Disorders Awareness and Prevention (EDAP)** For answers to your questions, information, and nationwide referrals. (800) 931-2237
- **Family Violence Prevention Center** (800) 313-1310
- **Food Addiction** (800) 841-1515

National Hotlines

- Gay & Lesbian National Hotline (888)-THE-GLNH
(888) 843-4564
- Healing Woman Foundation (Abuse)
(800) 477-4111
- ID Theft Recovery Hotline (877) 283-8576
- Marijuana Anonymous (800)-766-6779
- Mortgage Payment Assistance (800) 750-8956
- National STD Hotline (800) 227-8922
- Panic Disorder Information Hotline
(800) 647-2642
- Suicide Hotlines (National)
National Hopeline Network for suicide prevention and
emotional crisis toll free nationwide:
(800) 784-2433 and or

***IF YOU ARE IN CRISIS AND NEED
IMMEDIATE HELP, please call
(800) 273-TALK (800) 273-8255)***

[illegible]

[illegible]

SUICIDE:

<http://www.suicidepreventionlifeline.org>

or call: (800) 273-8255

ANXIETY:

<http://www.adaa.org>

DEPRESSION:

<http://www.nimh.nih.gov/health/topicsdepression/index.shtml>

SEXUAL ASSAULT:

<http://www.rainn.org>

*In cases of
MEDICAL, FIRE or CRIME EMERGENCIES*

Dial 911

Non-Emergency Police: 349-8181

Hospitals

Presbyterian Hospital . . . (940) 898-7000

Denton Regional Hospital . . . (949) 384-3535

*Para información en Español favor de llamar a la
oficina de Servicios Sociales, 369-0598*