

WHAT IS THE FACULTY AND STAFF ASSISTANCE PROGRAM?

The Faculty and Staff Assistance Program (FSAP) is a free and confidential assessment, brief counseling and resource service available to help you resolve personal, family or work-related problems before they disrupt your life or your work performance.

Services are provided by a dedicated consultant and are available by appointment at no cost to you.

IMPROVE THE QUALITY OF YOUR LIFE THROUGH SHORT-TERM COUNSELING FOR:

- Stress Management
- Enhancement of Relationships
- Improvement of Family Functioning
- Professional Development
- Evaluation of Alcohol and Substance Abuse Problems
- Personal Growth

FSAP is sponsored by the Division of Student Services.



LET FSAP HELP YOU BRING YOUR PRIORITIES INTO FOCUS!

FACULTY & STAFF ASSISTANCE PROGRAM

California State University, Long Beach
1250 Bellflower Boulevard
Long Beach, California 90840-0111

562-985-7434

www.csulb.edu/fsap



CALIFORNIA STATE UNIVERSITY
LONG BEACH

In addition to meeting fully its obligations of nondiscrimination under federal and state law, CSULB is committed to creating a community in which a diverse population can live, learn and work in an atmosphere of tolerance, civility and respect for the rights and sensibilities of each individual, without regard to economic status, ethnic background, veteran status, political views, sexual orientation or other personal characteristics or beliefs.

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FACULTY & STAFF ASSISTANCE PROGRAM

DEDICATED TO YOUR WELL-BEING



Partnering with you to resolve problems and regain balance in work and life.

- Personal Needs
- Family Issues
- Work-Related Challenges

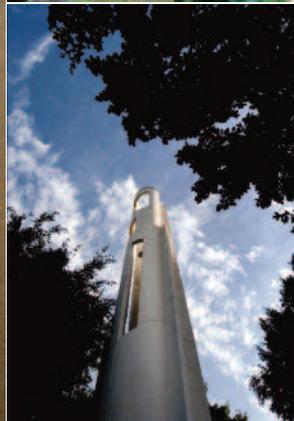
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DEDICATED TO YOUR WELL-BEING



WHAT CAN FSAP DO FOR ME?

Each of us will face challenges, problems and losses in life. By providing you free access to a highly experienced counseling professional, CSULB supports you to deal with such problematic situations before they become overwhelming, or negatively impact your health or work performance. You will leave your session with a clearer picture of what you need and an action plan of recommendations towards resolution.

ASSESSMENT/COUNSELING

FSAP staff will help you identify problem areas that affect your peace of mind and quality of life such as workplace frustrations, personal crises, emotional concerns, changes in mood, excessive worry or family/marital/partner issues. Often, positive change can be affected by short-term, solution-focused counseling. Alcohol and drug abuse or other self-defeating behaviors can be assessed, and referral to most effective treatment resources can be facilitated.

COACHING PERFORMANCE

Workplace frustrations can be the catalyst for expanding your capacities for self-management in such areas as refining interpersonal skills, adapting to change, and cultivating confidence and resilience on the job. FSAP can coach you in the development of work/life balance strategies tailored to fit you.

TRAINING AND GROUP SUPPORT

Training is available on a wide variety of topics such as respectful workplace practices, reducing stress and building resilience, effective communication, maximizing team cooperation and more. Training and other group support activities can be customized to the needs of your department, event or retreat.

HOW DO I USE FSAP?

Use FSAP as your partner in sorting out feelings, exploring choices, considering options and accessing resources in support of professional satisfaction and personal well-being.

- FSAP services are provided on a voluntary basis only.
- Work-release time can usually be provided for the initial appointment.
- Simply call to make an appointment.

CONFIDENTIALITY

The Faculty and Staff Assistance Program strongly protects client confidentiality in accordance with the laws and the ethics of professional employee assistance practice. Each participant can be assured that confidentiality is maintained at all levels of FSAP operations.

ABOUT THE FSAP STAFF

Your FSAP specialist is a licensed clinician with more than 25 years of experience in promoting learning, supporting recovery and nurturing people towards their chosen goals and changes. Excited to bring these skills to CSULB, your FSAP specialist is dedicated to helping you live and work well.

CORRIE O'TOOLE, LCSW

Licensed Clinical Social Worker
Faculty and Staff Assistance Specialist

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