

Deer Oaks EAP Program for First Responders - Support is a Phone Call Away



As you take care of CT's most vulnerable children and families, we need you to take care of yourself first!

Child Welfare can be intense and emotional - believed to be one of the toughest jobs in state government and around the country amongst all professions.

Over the past month, we have seen an increase in violent and traumatic incidents involving children. As our work becomes more complex and demanding, so does the potential impact of working with those experiencing these conditions and the emotional toll it may take on us.

Seeking support is a sign of strength.

Within the Department of Children and Families, Lenisa Mathew is the Director of Organizational Development. She is called upon to coordinate workforce support after a critical incident with a child, an employee experiencing a traumatic event, or to speak with a staff member who is seeking guidance to address a career related or personal issue.

Lenisa is also the lead in making the connection between staff at all levels of the Department to the Employee Assistance Program (EAP).

She can be contacted at Lenisa.Mathew@ct.gov or (860) 936-7504 to discuss an issue and be connected to supports.

Deer Oaks is the Employee Assistance Provider for the State of Connecticut. They offer a variety of supports for not only employees - but also for the families of employees.

They have recently started an EAP for first Responders. This is a confidential, 24/7 helpline staffed by Master's Level Clinicians with in-the-moment telephonic support and crisis intervention available.

This program can be accessed by calling 1-833-253-1129. When contacting them, please make sure to identify yourself as a calling from the Department of Children and Families.

Please visit their website at www.deeroaks.eap.com for more information or email the program at: eap@deeroaks.com

