

MENTAL HEALTH TOOL BOX

ACRC HEALTH & WELLNESS PLAN

Presently the ACRC Health & Wellness Trust Fund has in place the following insured benefits to assist insured members and eligible dependants with a mental health issue:

Step 1: Member Family Assistance Program (MFAP) via Homewood Health

Step 2: People Connect via People Corporation and

Step 3: Substance Abuse Expert (SAE) program via Homewood Health (members only).

Step 1 - The starting place for an insured participant who has some challenges (financial or mental) should be with the **Homewood Health MFAP** benefit, which is accessible online via www.homeweb.ca or **toll free 1-800-663-1142**. Kindly refer to the brochure for more information on the program.

Step 2 - As the MFAP benefit is designed for short-term focused solutions, should a Member or eligible dependent require ongoing therapy, Homewood Health has advised their counsellors to direct Members to the **People Connect** benefit which will allow an individual access to mental health forum, assessment tool and virtual therapist. The first hour is free and subsequent sessions at \$75 per hour or \$37.50 per half hour. The Member has the option to pay with their credit card and be reimbursed from the Plan or direct bill up to \$500 to the Plan Administrator (i.e. Coughlin) provided they have available funds in their Paramedical coverage. Members do not have to be in benefit to be eligible for their first session.

Access to the People Connect benefit for ACRC members and eligible dependents is via www.pcpeopleconnect.com/acrc, or scanning the QR code on the brochure with a cell phone camera. It is also available via the Coughlin Member portal or the Union website to access the People Connect website.

Step 3 - If during the virtual therapy it is determined that an insured Member has an underlying substance dependency, People Connect has been advised to direct the Member to their respective Local Union to access the SAE program established with Homewood Health. The Union Designate will meet with the Member to complete an **SAE referral form (enclosed)** with the member providing consent to share information between the Local Union, Coughlin, the Service Provider and possibly the Employer. This meeting will allow the Member to understand the overall process and the extent of the funding available. The Plan provides up to a lifetime maximum of \$5,000 toward assessment, case management and treatment costs. If a member has gone through an Employer sponsored substance abuse program, this funding could be available for the treatment costs provided directed and approved by the applicable Local Union.

