Eligibility

- All employees
- Spouse/Domestic Partner
- Immediate family members living in household
- Dependents up to 26 years old – regardless of location
- Family members can contact Canopy on their own
Personal consultation with a mental health professional
Counseling to address a wide range of issues, to feel better and move forward
Up to three or five sessions (depending on the agency) per incident, per year

Behavioral Coaching
Coaching to support personal goals (up to three sessions)

Crisis counseling 24/7/365

Resources for life
• Childcare
• Eldercare
• Unlimited financial coaching
• Legal referrals and forms
• Identity theft services
• Fertility health support
• Home ownership program
• Gym and pet insurance discounts
• Resource retrieval

Member site
Self-care courses, tips, forms, videos, and WholeLife Directions app

call: 800-433-2320  text: 503-850-7721  email: info@canopywell.com
Sustained Commitment to Diversity

Canopy is committed to creating a safe, inclusive and equitable society for all

- Culturally Competent Care
- Provider Diversity
- Access and Availability

Your Experiences Matter

Canopy is committed to creating a safe, inclusive and equitable society for all.

Counseling Services
- Culturally competent care
- Match with BIPOC professionals
- Clinical specialty to address race-based trauma
- Able to select your counselor based on variables such as religion, gender, language, ethnicity, office accessibility, LGTBQIA+ and more

Work/Life Support
- Diverse, inclusive and equitable Financial Coaching and Legal Consultation
- Fertility Health and Caregiver Resources
- Community Advantage, Homeownership Program and Housing Support Resources

Visit our website to learn more about our sustained commitment to inclusion and our diverse provider network.
Member Site

• Self-Assessments
• Videos
• Quizzes
• Courses
• Webinars
• Legal and tax forms
• Resources to manage stress, work, family life, and more

Access at my.canopywell.com with organization code: State of Oregon
Supervisor Support

• Unlimited consultation
• 24/7 access
• Web-based resources
• Microtraining videos
• Quarterly EAP communication
Organizational Support

• Employee or Supervisor Orientations

• Critical Incident Response
  • Manager consultation available 24/7
  • May limit access to this service to specific managers or HR

• Seminars
2022 HR Webinar Series

Canopy introduces our 2022 Webinar Series for Human Resource Professionals.

Each webinar is free and approved for one (1) SHRM credit.

Resilience and Adaptability During Adversity: How HR Professionals Can Model These Skills for Employees
Katie Zaugg, MA, LPC, CADC
February 15th, 2022
11:00 AM (PST)
REGISTER HERE

Organizations are always looking for ways to help employees become more resilient, particularly during change or adversity. This webinar will focus on teaching HR professionals resilience and adaptability strategies which in turn helps them model those skills to employees.

Trauma-Informed Care: Organizational Strategies HR Can Utilize to Improve Psychological Safety
Brianna Hughes, LPC Associate
May 17th, 2022
10:00 AM (PST)
REGISTER HERE

Psychological safety is a primary driver of employee engagement and retention. This webinar will focus on measurable organizational interventions via the principles of trauma-informed care that HR professionals can use to ensure all staff feel emotionally and socially safe.

continued on next page

Diversity, Equity & Inclusion for HR Professionals
Jackie Moore, MSW, CSWA
August 24, 2022
12:00 AM (PST)
REGISTER HERE

This webinar will focus on strategies to help HR foster a more inclusive workplace for every employee. Topics discussed will include safe and respectful language, skills for becoming a better ally, tips for facilitating conversations with employees on diversity related issues, and strategies for implementing individual and company-wide changes.

Employee Resources Groups: Practical Implementation Strategies for HR Professionals
Cailtin Plato, MA, CADC
November 16th, 2022
10:00 AM (PST)
REGISTER HERE

Employee Resource Groups, or ERGs, have gained popularity in recent years due to their ability to engage employees by providing them a space to participate in their workplace community in a meaningful way. This webinar will provide strategies for HR professionals to effectively implement ERGs at their organization.

View the HR Webinar Series on our website here: canopywell.com/hr-webinars

For more information:
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Text: 503-850-7721
canopywell.com

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Regular Communication

Canopy Connections

Fertility Health and Family Building

We offer free and discounted resources to help you grow your family. There are help you need, from family health coaching, support programs, and other services, to referrals to counselors, adoption resources, attorneys, and financial coaches.

- Fertility Health and Family Building
- Learn to become a family in management

Join us for upcoming webinars

Intro to Your AP Fertility Health Benefit

This webinar provides an overview of benefits available through Canopy, including services for the LGBTQ+ family building community, including adoption, surrogacy, and other family-related support. The webinar covers the basics of fertility health benefit, including eligibility, coverage, and how to access resources.

Date: April 21, 2022
Time: 12:00 PM - 1:00 PM PDT
REGISTER HERE

Love is Family: Fertility Health for LGBTQ+ Family Building

Canopy partners with local fertility centers and organizations to support the LGBTQ+ family building community. The webinar covers the basics of fertility health benefit, including eligibility, coverage, and how to access resources.

Date: May 21, 2022
Time: 12:00 PM - 1:00 PM PDT
REGISTER HERE

Employee Wellbeing Webinars

CFS and Psychological Safety

This webinar focuses on strategies to foster a more inclusive workplace for every employee. It discusses individual and company-wide skills to implement these strategies, including how to create a psychologically safe environment.

Date: June 7, 2022
Time: 10:00 AM - 11:00 AM PDT
REGISTER HERE

Buying Your First Investment Property

Learn the fundamentals of buying your first investment property, including the importance of financial planning, the different types of investment properties, and how to qualify for a mortgage loan.

Date: June 8, 2022
Time: 9:30 AM - 10:30 AM PDT
REGISTER HERE

Leadership Support

Cascade Centers is now Canopy! We are excited to announce our new services to support your employees, and their families in the new year. Please use the following tools to promote our services, and let your members know that we’ve got them covered.

- Canopy’s Promotional Toolkit Calendar
- 2022 Canopy Webinar Series
- RAP Toolkit for Managers and Leaders
- Canopy Promotional Materials to Download

We have hardcopy promotional materials available, including wallet cards, brochures, and posters with tear-out offers. Request materials directly from our website.

Are you following us on social media?

If not, find us on LinkedIn, Facebook, Instagram, and YouTube. Feel free to share our content as you’d like!

Contact us with any questions or requests:
- call: 800-433-3320
- email: info@canopywell.com

Thank you for your partnership.
2022 Monthly Promotional Topics

January
New year, New you

February
Resilience

March
Housing Support

April
Fertility Health

May
Mental Health Awareness

June
Diversity & Inclusion

July
Financial Coaching

August
Estate Planning & Legal Support

September
Suicide Prevention Awareness

October
Substance Abuse Prevention

November
Resources for Caregivers

December
Holiday Stress
2023 Monthly Promotional Topics

January:
New Year, New You

February:
Relationships

March:
Housing Support + Financial

April:
Burnout

May:
Mental Health Awareness

June:
Diversity

July:
Resources for Caregivers

August:
Legal + ID Theft

September:
Suicide Awareness

October:
Substance Misuse

November:
Coaching

December:
Stress Management
Promotional Materials (mthly flyers)

Mental Health Awareness

You do things for your physical fitness, like eating healthful foods and exercising. How about also boosting your mental fitness?

Canopy is available to support you through life’s ups and downs with:

• Coaching
• Counseling
• Work/life services
• Self-care tools

Contact Canopy today for resources that enhance your mental fitness, on your own terms

It’s free, confidential, and available 24/7

call: 800-439-2820      text: 803-805-7721     canopywell.com

Estate Planning & Legal Support

Legal Referrals
Free initial 30-minute consultation on topics including:
• Estate planning
• Divorce
• Child custody
• Landlord/tenant

Receive 25% off the attorney’s hourly rate thereafter

Will Kit Questionnaire
• Request and complete the Will Kit Questionnaire
• An attorney will review and verify eligibility for preparation of a simple will
• For additional estate planning, receive 25% off the attorney’s hourly rate

DIY Legal Forms
Access hundreds of free legal forms, including:
• Living trusts
• Wills
• Deeds
• Advanced directives

To Access:
1. Go to my.canopywell.com
2. Log in or register, using company name
3. Click on the ‘My EAP Benefits’ tile
4. Select ‘Legal Tools’

call: 800-439-2820      text: 803-805-7721     my.canopywell.com

Financial Coaching

Wherever you are in your financial wellness journey, Canopy is here to help. Build a better financial future with free, confidential, and unlimited coaching for all of life’s ups and downs:

• Financial uncertainty
• Budgeting
• Credit
• Debt
• Housing
• Student loans
• Retirement

Connect with a financial coach or log in at my.canopywell.com to help you every step of the way.

call: 800-439-2820      text: 803-805-7721     my.canopywell.com
Promotional Materials (posters)
Promotional Materials (summary/guides)

**EAP Summary of Services**
A benefit for you and your family members provided by PEPP

The Employee Assistance Program (EAP) is a FREE and CONFIDENTIAL benefit that can assist you and your eligible family members with any personal problems, large or small.

Counseling with an EAP Professional

- Free, confidential telephone-based counseling
- Over the phone, or in person for concerns such as:
  - Relationship conflict
  - Stress management
  - Alcohol or drug abuse
  - Career or work
  - Family separations
  - Depression
  - Anxiety
  - Professional development

Resources for Life
Canyon will help locate resources and information related to childcare, education, counseling, and anything else you may need.

Legal Consultations/Mediation
Contact Canyon for a free thirty-minute office or telephone consultation. A 20% discount from the attorney’s usual normal hourly rate is available thereafter.

Financial Coaching
Counselors will provide unlimited financial coaching to help develop better spending habits, reduce debt, improve credit, create a budget, and plan for retirement.

Identity Theft
Up to 120 minutes of free consultation with a Fraud Resolution Specialist™ (FRA) who will conduct emergency response activities and assist with restoring their identity, credit, and dispute fraudulent debts.

Home Ownership and Housing Support
Assistance and discounts for home buying, selling, and refinancing. Resource referral for housing assistance.

Coaching
Three 30-minute or video sessions with a Coach to support goal setting, healthy habits, and personal development.

Pet Parent Resources
Free pet information and support, including pet insurance discounts, new pet parent resources, and bereavement support.

Wellbeing Tools
- Healthy living support
- Online legal tools
- Wild list雀itations
- Gym membership discounts

Member Site
Innovative educational tools, chat for support, take self-assessments, view videos and articles, access courses, download documents, and more. Access at mycanopywell.com, and register as a new user or log in by tapping on the “Join” button above for company name when you register.

What’s New, What’s Next?
- Take a confidential survey and get connected to interactive tools to improve the way you feel. Log onto the EAP member site or search #What’sNextInTheApp Store or Google Play.

Crisis Counselors are available by phone 24/7/365:
- 800-435-2320
- 503-850-7721

Canyon is committed to creating a safe, inclusive, and equitable society for all.

Canopy Quick-Reference Guide
We make it easy for you and your family to access confidential coaching, counseling, work/life balance, and self-help resources

1. **Convenient Connection**
   - Phone, text, app, chat, email, or online support. Your first point of contact is with a mental health professional.

2. **Comprehensive Resources**
   - We offer counseling (in-person or virtual), life coaching, financial coaching, legal, child/adolescent support, resource research, housing support, digital self-help resources, gym discounts and much more.

3. **Personalized Care Plan**
   - We’ll guide you to the appropriate resources based on your various needs and preferences.

4. **Professional Guidance**
   - You’ll receive evidence-based action plans, customized resources for ongoing success, and follow-up to make sure you’re getting the support you’re looking for.

Access your member site
Get guided support to the services that best meet your needs. You can also browse all the free services available to you and your family.

Log in: here

Get started now:
- 800-435-2320
- 503-850-7721 / mycanopywell.com

EAP Leadership Support
We’re here to help you create a positive and engaged workforce.

Unlimited Consultation and Situational Support
Register as a new user and select the “Organizational Support” tab. You will find a diverse set of trainings, videos, articles and EAP promotional materials.

- Employee behavior is negatively impacting the workplace
- Conflicts between employees and customers
- Navigating trauma and loss
- Critical incident support
- Performance issues or other concerns arise

Call 800-435-2320 to speak with an EAP consultant.

Interactive Resources to Support Organizational Success
- Brief EAP Orientation Video
- Trainings, videos, articles and promotional materials
- EAP toolkit to open utilization of EAP services

Login at mycanopywell.com to access.
Services disponíveis en Español

Call 800-435-2320 / Tel: 503-850-7721 / email: info@canopywell.com
Questions?

If you have any questions or if you would like additional information, please contact Canopy.

800-433-2320
info@canopywell.com
canopywell.com
Thank you