What is EAP?

The State of Oklahoma Employee Assistance Program (EAP) is a benefit designed to help state employees and their immediate family members deal with life’s many challenges that can impact their job performance, health, and personal well-being. In 1988, Gov. Henry Bellmon created the State Employee Assistance Program within the office of Personnel Management (OPM) by Executive Order; the Legislature made the OPM State EAP a statutory program in 1992. In 2017, EAP operations and administration were statutorily transferred to the Department of Mental Health and Substance Abuse Services.

Services

The EAP Office provides short-term interventions and resource referral assistance to state employees and their families seeking help with challenges related to mental health and/or substance use, emotional, gambling, marital, family relations, financial, work-related issues, stress, grief/loss or other personal problems. If you are unable to drive to the Oklahoma City area; EAP offers by phone and telemedicine appointments. EAP can also find resources in your area which include treatment centers, therapists, food banks, etc.

In addition, the EAP Office seeks to empower state employees and their families to make healthy lifestyle changes by providing information and opportunities to learn, grow, enrich their lives and overcome barriers to success. We work with state agencies to create a positive and flexible environment for employees and leaders to ensure overall well-being. As such, education and training on an individual and organizational basis are offered on topics including mental health in the workplace, suicide prevention, and mental health-promoting programs such as Mental Health First Aid®, as well as Wellness Coaching (e.g. tobacco cessation, weight management, worksite wellness, etc.).

Lastly, the EAP Office provides varying levels of Critical Incident Debriefing and Post-Vent efforts as a way to respond to and support agencies that experience traumatic events.

Confidentiality

Individual services provided are kept in a strictly confidential manner. Only when an employee has authorized, in writing, the release of information to their supervisor will information be shared. Employee’s contacts and discussions with the EAP Office are confidential and the right of an employee’s privacy is protected by state and federal law.

Who is Eligible for Services?

All State of Oklahoma employees and their immediate family members are eligible to participate in the Oklahoma EAP. Any employee or family member may contact the EAP Office at (405) 248-9007 or through email at EAP@odmhsas.org

How much do services cost?

There is no charge to the employee or family member to utilize EAP services. At which time the employee or family member is needing additional services outside of EAP, they will need to cover the costs of those treatments.

Contact

(405) 248-9007
EAP@odmhsas.org
What is Thrive?

Thrive's mission is to empower State of Oklahoma employees to improve and enhance their overall well-being. Our program revolves around eight components of wellness – physical, emotional, environmental, financial, intellectual, occupational, social and spiritual – by providing programs that include a variety of education, activities and challenges for state employees and their families. It’s our journey and our promise to help the State of Oklahoma workforce cultivate excellence and in short, Thrive.

Our Approach

To provide programs that motivate and challenge employees to desire to live happy and fulfilled lives by achieving total well-being. Thrive stands behind the following eight components:

The Eight Components:

1. Physical
   Recognizing the need for physical activity, health foods and sleep in order to have energy to live and get things done.

2. Emotional
   Being able to cope effectively with life’s challenges, and having resilience and mental energy to get things done each day.

3. Environmental
   Being happy in your own surroundings and space. Enjoying good health by occupying pleasant, stimulating environments that support well-being.

4. Financial
   Satisfaction with current and future financial situations and managing your economic life.

5. Intellectual
   Finding ways to expand knowledge and skills, and recognizing creative abilities.

6. Occupational
   Personal satisfaction and enrichment from one’s work.

7. Social
   Developing a sense of connection and belonging by having positive interactions and friendships, as well as a strong support system.

8. Spiritual
   Expanding one’s sense of purpose and meaning in life and achieving inner peace.

Who We Serve

Thrive’s number one goal is to meet the needs of state employees where they are. This means creating programs, classes and tools that are of use to our target audience – state and education employees of the great state of Oklahoma. Our services are also available to dependents of these employees.

Contact

(405) 522-1195
thrive.ok.gov

EAP and Thrive are here to help get you to A STATE OF WELL-BEING