

ANNOUNCEMENT:

EASE

EXPANDED SERVICES

We are yet to see the long-term mental health effects of the pandemic on our educational system, but know the need is very real and the prioritization of educator mental health and wellbeing has never been greater and is directly related to student learning outcomes. As we continue to lead and provide support services addressing the mental health of our children, we must also take it a step further and provide expanded support to our educators.

LACOE has authorized the use of ESSER 3 funds to expand the EASE program services. Employees and family members of current member districts will receive 2 additional sessions of mental health counseling – **at no additional cost to districts.** Current contracts include 3 sessions every 6 months. Expanded services will now include 5 sessions of mental health counseling every 6 months.

LACOE will provide funding for your district to receive expanded services through 2024 or until the allocation of funds for expanded services are exhausted. **There is nothing you need to do now.** Expanded services will automatically be offered to your employees effective immediately.

EASE provides the following:

- Mental health counseling and referrals for work related issues and personal concerns such as health, relationships, family/parenting, relationships, stress, grief and loss, emotional issues, financial, use of substances, balancing work and family life.
- Value-added services such as psycho-educational workshops on stress management, anger management, communication, self-care, grief and loss, etc.
- Mobile crisis response support, crisis counseling and debriefings.

We believe these benefits will help employees to mitigate current challenges, add additional protective layers to support and foster resilience, and provide additional support through times of crisis.

For more information, contact the EASE office at (562) 922-6683.

Sincerely,
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EASE Director
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Los Angeles County
Office of Education

Employee Assistance
Service for Education