

Volunteer Firefighter Comprehensive Member and Family Assistance Program (MFAP) Solution

Harness the power of full-scale firefighter support solutions through a comprehensive MFAP arrangement through VFIS of Canada a division of CVIS, Inc.

Member and Family Assistance Programs (MFAPs) are employer paid benefits that support both the members and the workplace. These services are designed to enable members to resolve personal and work issues so that optimal productivity is maintained. They include health, wellness and other strategic solutions for smaller employers/municipalities.

MEMBER SUPPORT SERVICES

Short-term Counselling

Our unique solution-focused cognitive behavioural therapy approach focuses on teaching individuals, couples, and families the skills necessary to solve their life problems without creating a long-term dependent counselling relationship. Confidential counselling is offered in the local community. Our counselling is delivered by our extensive national network, with the highest ratio of clinical psychologists. Their focus is on specific goal attainment, behaviour change, accurate diagnosis of complex problems, and the best possible outcomes.

ENHANCED MENTAL HEALTH CARE (EMHC)

Expert clinical programs with longer term support for anxiety, depression, trauma and substance use. Enhanced Mental Health Care offers the most intensive mental health programs on the market.

Homewood Pathfinder's EMHC offers psychotherapy to clients who are self-initiating treatment for support related to issues of:

- Anxiety
- Depression
- Suicidal ideation
- Trauma
- Substance use

VFIS of Canada

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vfiscanada.com



Homewood Health

offers Volunteer Fire Departments the same services as some of Canada's largest employers at a preferred VFIS of Canada member rate of \$3.00 per member per month (non-member rate \$4.00). Coverage for municipal employees is also available at a rate of \$4.00 per employee per month.



ENHANCED MENTAL HEALTH CARE (EMHC)

All employees receive up to 20 hours of specialized counselling and are usually completed within 8-12 sessions

The flexibility of the EMHC allows us to treat concurrent issues (e.g. trauma and substance use, depression and suicidal ideation) in a more customized way depending on the employee's specific and unique needs.

The EMHC program includes the use of clinical measures and the principles of measurement-based care in order to effectively:

- Monitor progress
- Provide feedback
- Support the employee's overall motivation to participate in treatment
- Guide treatment planning

Homewood ensures that the therapeutic relationship between employee and therapist is one that fosters psychological safety, understanding, and respect. In fact, 96% of our clients felt heard and understood by their counsellors.

LIFE SMART COACHING SERVICES

Life Balance Solutions

- childcare & parenting;
- elder & family care;
- legal advisory service;
- financial coaching;
- relationship solutions;

Career Smart Coaching Services

- shift worker support;
- pre-retirement planning;
- workplace issues;
- career planning;

Health Smart Services

- nutritional coaching;
- smoking cessation program;
- jumpstart your wellness;
- lifestyle changes;

Pathfinder Comprehensive

- Health Challenge Event
- Digital Leadership Mental Health Training (LMS),
- Sentio, Canada's only 3-tier iCBT Program

Online Resources and Services

- E- Learning Courses;
- Health Risk Assessment;
- Child and Eldercare Locator;
- Health Library;

Crisis Management Services

- One 3-hour deployment (one counsellor) included per year
- Additional services available as fee-for-service at \$295.00 per hour

Key Person Advice Line

Designed for key personnel and supervisors, the advice line allows key persons to contact a Homewood Health counsellor at any time for consultation should a situation arise at the workplace which requires a professional opinion. These consultations are designed to be available on an immediate, as-needed basis.

For more information ask for our detailed brochure defining each service. Marketed & Sold by CVIS, Inc.
Developed by Homewood Health

MFAP Solutions—supporting employee/firefighter well-being, capability and effectiveness.

Learn more about other solutions offered through your Member and Family Assistance Program (MFAP).

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