

Frequently Asked Questions

Why use the EAP?

The EAP network consists of counselors who are experienced with first responders and/or trauma survivors who stand ready to assist WHP employees in identifying issues and planning care. EAP providers are located around the state for improved access to care.

What if I want to attend more than three sessions?

The three sessions provided by the program are meant to support planning services. The state of Wyoming health insurance program can be employed for an indefinite number of sessions involving a modest copay (\$20). Workers Compensation benefits may be employed for work-related incidents. The WHP Administrator may approve additional sessions on a case-by-case basis.

Why doesn't the EAP provide as many sessions as I want or need?

Your state of Wyoming health insurance is your primary resource for medical and mental health care. The EAP is meant to make it easier to connect with suitable providers and to access care. It is a wellness program.

How do referrals work?

You may be referred by a supervisor or by Dr. Post if he is consulted. Referrals are never mandatory, however. You may self-refer by contacting a provider directly by email or telephone to schedule an appointment. You should expect a response within 24 hours.

How do I know that my sessions will be private?

EAP network providers are private practitioners who enter into a client-therapist relationship with those who are referred or who self-refer. They are required by law and ethical standards to honor confidentiality, subject to legal exceptions they will describe. They cannot reveal the content of sessions to anyone without the written consent of their client. Your case will not be discussed with anyone associated with WHP or Dr. Post.

Who administers the WHP EAP?

Licensed psychologist Jerry Post, Psy.D., of Cheyenne administers the EAP. He is the consulting psychologist to the WHP; his practice hosts the web page and manages the network of providers. He is not directly involved in providing care.

What else does Dr. Post do for WHP?

Dr. Post consults to the Peer Support Team, provides return to duty and fitness for duty assessments, performs pre-employment selection services, and provides general consultation to members of the WHP. Dr. Post does not provide clinical care to WHP employees.

Are network providers involved in Fitness for Duty exams?

No. Network providers are not employees of Dr. Post, and they maintain the confidentiality of information about their clients per law (e.g. HIPAA) and policy. No consultation takes place between providers and Dr. Post.

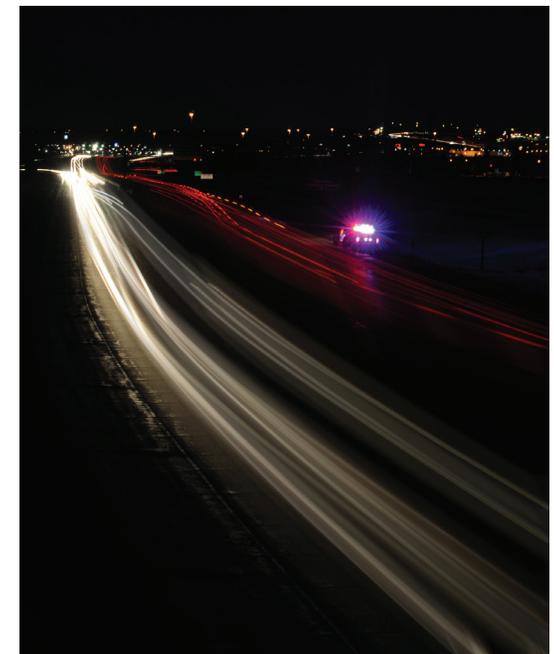
Getting Help

No one can live through a situation for you. However, you do not have to go through it alone. Allow your family, friends and peers to help. As a member of the Wyoming Highway Patrol you may also utilize the following resources:

Employee Assistance Program

**www.wyep.org/
[wyoming-highway-patrol](http://www.wyoming-highway-patrol.com)**

Chaplain's Page: <https://goo.gl/Kbrb1q>
Wyoming Crisis Hotline: 1-800-457-9312
Nat'l Suicide Prevention Lifeline: 1-800-273-8255



The administration of WYDOT and WHP established a program to assist WHP employees and their families in coping with some of the unique stressors and difficulties involved in public safety work.

The Employee Assistance Program provides access to a network of specially selected mental health professionals practicing in Wyoming who have experience in assisting first responders and those who have experienced psychological trauma.

WHP employees are provided with up to three hours of services annually. To access services, simply select a provider from the group and call or email them directly. You do not need a referral from anyone else, and you may remain anonymous if you desire. If you prefer to see your provider for longer than three meetings, you may use your state of Wyoming health insurance program to continue services. Family members are encouraged to access services with our providers employing their insurance benefits.

This special program is an enhancement of the WYDOT EAP program just for WHP members.

WYDOT and the Wyoming Highway Patrol have established a program to assist WHP employees and their family members in coping with the unique stressors and difficulties involved in public safety work.

Please refer to our web page for more information.

***[www.wyeap.org/
wyoming-highway-patrol](http://www.wyeap.org/wyoming-highway-patrol)***

Employee Assistance Program (EAP)



Services are confidential. See FAQs for specific information.

