



Benefits & Risk Management | August 2020

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Welcome to your Benefits & Risk Management Newsletter

We start a new school year with The Future is NOW mindset. We all have so many questions and concerns about Covid-19 and how it is affecting all school districts. This month's newsletter provides information about Employee Assistance Program, updated Covid 19 symptoms, and more.! 😊

Remember to keep yourself physically and mentally healthy. Wash your hands, wear your facemasks/faceshields, and practice social distancing.



Centers for Children and Families Employee Assistance Program For ECISD

Description of Services: Centers for children and Families will provide Individual, Marital, Family, Play, and Group Counseling for District employees and their families. Counseling is offered to persons age 3 to adult.

Counselors may be accessed for any of the following needs:

- | | | | |
|-------------------|---------------------------|---------------------------|-----------------------------|
| *Depression | *Grief/Loss | *Workplace Difficulties | *Skill Building for Parents |
| *Anxiety | *Peer Difficulties | *Stress Management | *Behavioral |
| *Anger Management | *Thoughts of Suicide | *Bipolar Disorder | *Eating Disorders |
| *Marital Discord | *Divorce/Blended Families | *Family Conflict/Violence | *Addictions |
| *Divorce Recovery | *Premarital Counseling | *Substance Abuse | *Referral Systems |

-An after hour, on call service is available for emotional/behavioral crisis. Employees will receive up to 6 counseling sessions at no charge through this agreement. Should longer-term care be needed, Centers does accept Insurance, Medicaid and CHIPs as well as offering a sliding fee scale.

* Scheduling information



Scheduling an Appointment: Appointments can be scheduled by calling either the Odessa 432-580-7006 or Midland 432-570-1084. **Appointments can be done in office, telephone, or virtual.**

First appointments are generally offered within one week of the initial phone contact.

Counseling Staff: Centers for Children and Families Clinical Program is staffed by 12 Masters level counselors holding the following licensures and certifications:

10 Licensed Professional Counselors (LPC)

2 Licensed Professional Counselor – Interns (LPC-I)

2 Registered Play Therapists (RPT)

1 Spanish speaking counselor is available in both Midland and Odessa Locations:

Locations:

4241 Tanglewood Lane
Odessa, Texas 79762

1004 N. Big Spring Street, Suite 325
Midland, Texas 79701

432-580-7006

432-580-7006



Symptoms of COVID-19

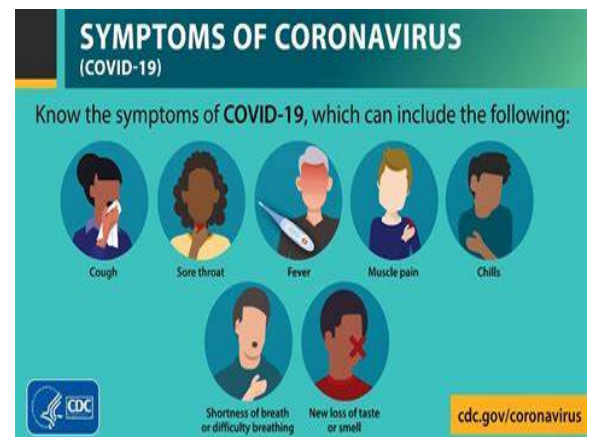
COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms include:

- Dry cough
- Shortness of breath
- Fever of 100.F or higher

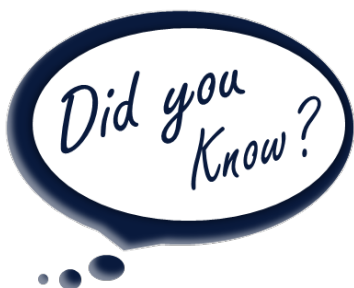
Less common symptoms:

- Aches and pains
- Sore throat
- Fatigue
- Diarrhea
- Headache
- Loss of taste or smell



Serious symptoms:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement



Employee Benefits

Covid-19 Testing and Treatment is covered at 100% for participants of ECISD Medical Plan with In-Network Providers

www.bcbstx.com

www.bcbstx.com/pdf/group-provider-finder-guide-tx.pdf



Wellness Tip

As ECISD develops and improves strategies for returning to school, one primary focus is keeping Staff safe. However, employees with certain chronic diseases are considered more likely to develop serious complications from a COVID-19 infection. To relieve that risk, proper condition management of these at-risk employees is key.

Individuals who are at a higher risk of experiencing complications include those older than 60, those who are immunocompromised, and those with serious conditions like asthma, chronic lung disease, diabetes, liver diseases, heart conditions, and severe obesity. Yet nearly half of Americans say they or someone they live with has delayed care due to the pandemic, and a third of them are planning to delay care at least another three months or have decided to not seek care at all. [Staff is reminded to take prescribed medications and stay healthy.](#)



Updated Covid-19 information is available at <https://www.ectorcountyisd.org/Domain/2103>

[BACK TO SCHOOL 2020](#)

Website:
<https://www.ectorcountyisd.org/Domain/148>

Contact:
432-456-9789



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