



**Terra Braatz, MSE, LPC, NCC**

Braatz graduated from the University of Wisconsin-Oshkosh with a Master's of Science in Education. She provides services to individuals, couples, families and groups struggling with a variety of mental health issues. Braatz's experience includes providing promotional/educational programs, AODA screenings and counseling/assessment.



**Rachel Gooch, MSS, LCSW**

Gooch graduated from Bryn Mawr College with a Master's Degree in Social Services. As a licensed clinical social worker, she provides services to individuals, families and adolescents struggling with a variety of mental health issues. Her areas of experience include crisis intervention, anxiety, depression and parenting education.



**Staci Salzmann, MS, LPC**

Salzmann graduated from the University of Wisconsin-Milwaukee with a Master's of Science in Educational Psychology. She provides services to individuals, couples and families struggling with a variety of issues. Her areas of expertise include grief, couples counseling, anxiety, depression, stress management and parenting issues.



**Alayne Stelsel, MA, LPC, NCC**

Alayne graduated from Regent University with a Master's of Arts Degree. She provides services to individuals, couples, and has experience in addressing a variety of mental health concerns. Stelsel has previously worked in the Employee Assistance Program setting, as well as provided in-home family therapy services.



*A member of SSM Health*

# ASSOCIATE ASSISTANCE PROGRAM (AAP)



**Associate Assistance Program(AAP)**

56 Camelot Drive, Fond du Lac

(920) 924-0614 • (800) 458-8183

[agnesian.com/services/eap-employee-assistance-program](http://agnesian.com/services/eap-employee-assistance-program)



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[agnesian.com](http://agnesian.com)

## HOW AAP CAN HELP

Are you or your immediate family/household members experiencing any of the following concerns?

- Stress on the job?
- Stress at home?
- Difficulty with parenting?
- Juggling schedules caring for elderly parents?
- Marriage or relationship concerns?
- Alcohol or drug misuse by you or a loved one?
- Feeling hopeless, depressed or lonely?
- An eating or sleeping concern?
- A personal or family health crisis?
- Death of a family member or friend?
- Job loss or career concerns?
- Financial or budgetary issues?
- Mounting anger or resentment?
- Feeling unmotivated, unhappy or unfulfilled?
- Gambling?

Please don't let questions you have about the AAP prevent you from using it. You can call Agnesian Work & Wellness AAP (anonymously, if you prefer) and speak with a staff person to get your questions answered before you decide whether or not to pursue further assistance through the AAP.

By providing the AAP, your employer wants to encourage you to deal with concerns sooner rather than later, so they do not become disruptive to your quality of life, your health, family or productivity. You have nothing to lose and everything to gain by calling Agnesian Work & Wellness AAP.

## HOW AAP WORKS

1. Simply call Agnesian Work & Wellness AAP to start the process. Phones are answered 24 hours a day for emergency intervention in case of personal crisis.
2. Agnesian Work & Wellness AAP has daytime and evening hours for you to meet or speak with an AAP counselor.



3. For AAP clients calling from outside the greater Fond du Lac area, arrangements will be made to meet with an Agnesian Work & Wellness AAP staff counselor or an AAP affiliate provider in or near your community.
4. The counselor will initially discuss with you the nature and severity of the concern.
5. If you agree that longer term or specialized assistance is needed, beyond the contracted AAP sessions, the AAP counselor will discuss referral resources with you and allow you to decide among the most appropriate options.

## COSTS AND CONFIDENTIALITY

- The costs of AAP services are covered by the contract between Agnesian Work & Wellness AAP and your employer. Therefore, AAP services are always available at no cost to you. Your insurance is never billed for services directly provided by Agnesian Work & Wellness.
- While costs associated with referrals made outside of the covered AAP services remain your obligation, the AAP counselor can recommend agencies or professionals whose services are covered by your insurance, whose fees are based on your ability to pay, or whose assistance may be free or of minimal cost.
- Employees and family members who seek out AAP services are assured complete confidentiality to the extent allowed by state and federal law.
- No client identifying information is ever released by Agnesian Work & Wellness to your employer or anyone else regarding your AAP participation unless requested by you and with your written consent.
- If so desired, you may call and speak to an AAP counselor without disclosing your identity. You simply need to provide the name of the contracting employer providing you with access to Agnesian Work & Wellness services.

