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# SAVE Services

- ▶ Mental Health Counseling
- ▶ Legal Consultation
- ▶ Financial Consultation
- ▶ Mediation Services
- ▶ Training and Education
- ▶ Critical Incident Stress Debriefings



# Mental Health Counseling

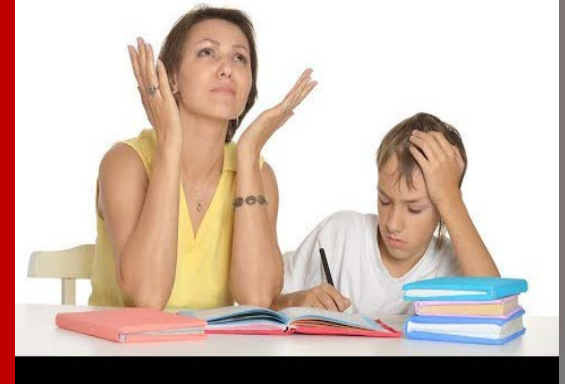
- Individuals
- Families
- Couples

- Completely Confidential
- Licensed Mental Health Professionals
- Employees and their immediate family members



# Why provide counseling for employees? Because life happens...

- Stress at Work
- Death of a Loved One
- Blended-family Adjustments
- Launching Adult Children
- Caring for Aging Parents
- Health Crisis, Injury or Illness
- Financial Problems
- Parenting Challenges
- Marital or Relationship Challenges
- Concerns About Drug and/or Alcohol Use



# And life continues to happen...

- Adult Children Living at Home
- Challenges with Extended Family
- Legal Matters
- Sadness/Depression/Anxiety
- Divorce or Separation
- Personal Injury or Illness
- Making Difficult Decisions
- Retirement Concerns
- Couple's Counseling
- Improving Communication Skills
- Conflicts with Coworkers



# Because COVID-19 is happening Prolonged Uncertainty - Ambiguous Loss - Anticipatory Grief

"When will  
businesses  
reopen?"

"When will  
this end?"

"Am I going to be  
furloughed, or  
lose my job?"

"Are we going to  
have to go into  
lockdown again?"

"When will my  
children go back to  
school?"

"I've lost the  
way I used to  
live."

"I've lost  
faith in our  
leadership."

"I don't know  
what normal is  
anymore."



# Legal Consultation

- ▶ Family Law
- ▶ Guardianship
- ▶ Personal Injury
- ▶ Criminal
- ▶ Drug Related Offenses
- ▶ Immigration
- ▶ Estate Planning
- ▶ Tenant/Landlord Issues



# Financial Consultation

- ▶ Trained Financial Counselors
- ▶ Resource Materials Assistance
- ▶ Homeownership
- ▶ Debt Consolidation
- ▶ Budgeting
- ▶ Savings
- ▶ Credit Reports





# Critical Incident Stress Debriefings

- ❖ Bank Robberies
- ❖ Death of an Employee
- ❖ Death of a Family Member
- ❖ Incidences of Violence in the Workplace
- ❖ Accident in the Workplace
- ❖ Serious Illness of an Employee
- ❖ Plane Crashes
- ❖ Natural Disasters
- ❖ Pandemics



# Mediation

- Colleagues
- Supervisors and Supervisees

- Among Team Members
- Among Family Members

"I'm glad we resolved the problem before it got worse."

"This helped us make an important decision."

"Mediation improved our working relationship."

"Thanks for hearing me out."



# SAVE Training Topics

- ▶ Time Management
- ▶ Drug Free Workplace
- ▶ Teamwork
- ▶ Sexual Harassment and Bullying Prevention
- ▶ Respectful Workplace Communication
- ▶ Compassion Fatigue
- ▶ Equity, Diversity and Inclusion



# Post #MeToo Legislation Legally Mandated Training Requirements

NEW - SB 1343 – Expansion of Training Obligations - October 2018

Companies with 5 or more employees:

Supervisors - a two-hour harassment training every two years

Nonsupervisory employees – a one-hour training every two years



# Currently Contracted Companies (26)

Council on Alcoholism and Drug Abuse

Casa Dorinda

Central Coast Water

CommUnify

Community Action Partnerships

Community Environmental Council

Montecito Unified School District

La Cumbre Animal Hospital

Community Health Centers

Foodbank of Santa Barbara  
County

Good Samaritan Shelter Services

Hospice of Santa Barbara

KEYT

Lotusland

Montecito Fire Department

# Contracted Companies (continued)

Ojai Valley Sanitary District

Planned Parenthood

Por La Mar Nursery

SBCC Foundation

Visit Santa Barbara

Santa Barbara Unified School District

United Cerebral Palsy

United Way

Zyris, Inc.

The Towbes Group

Housing Authority of the County of SB

# 64 Affiliate Providers in 37 Cities

- ❖ Arroyo Grande
- ❖ Atascadero
- ❖ Bakersfield
- ❖ Beverly Hills
- ❖ Buellton
- ❖ Burbank
- ❖ Camarillo
- ❖ Chino
- ❖ Encinitas
- ❖ Grover Beach
- ❖ Fresno
- ❖ Irvine
- ❖ King City
- ❖ Lompoc
- ❖ Modesto
- ❖ Monterey
- ❖ Morro Bay
- ❖ Nipomo
- ❖ Paso Robles
- ❖ Escondido



# More locations...

- ❖ Fresno
- ❖ Salinas
- ❖ Irvine
- ❖ King City
- ❖ Lompoc
- ❖ Modesto
- ❖ Monterey
- ❖ Morro Bay
- ❖ Grover Beach
- ❖ Simi Valley
- ❖ Solvang
- ❖ Stockton
- ❖ Templeton
- ❖ Ventura
- ❖ Paso Robles
- ❖ Nipomo
- ❖ Chula Vista





Visit SAVE at:  
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