

■ IOWA MUNICIPALITIES WORKERS' COMPENSATION ASSOCIATION

IMWCA

www.imwca.org

IMWCA – Connections First Responder EAP Program

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IMMCA CONNECTIONS INC

Employee & First Responders Assistance Program

**BEFORE
WE BEGIN**

A hand with the index finger pointing upwards towards a rectangular button labeled 'START'. The button is semi-transparent with a blue tint. The background is a solid blue gradient.

START

- ✓ **First Responder Needs**
- ✓ **EAP/CISD**
- ✓ **Questions and Discussion**

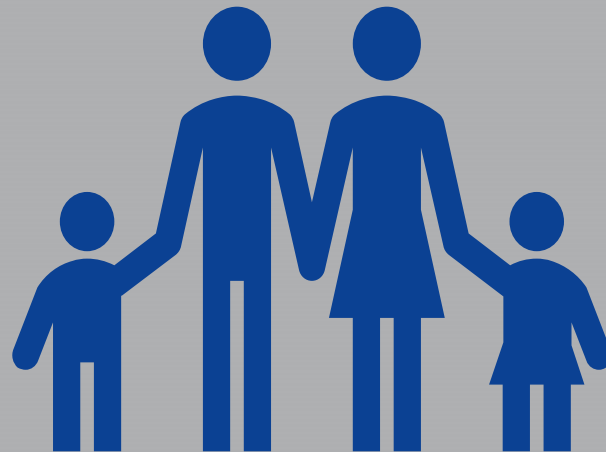
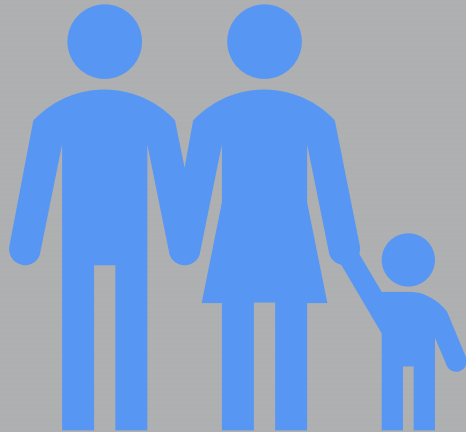
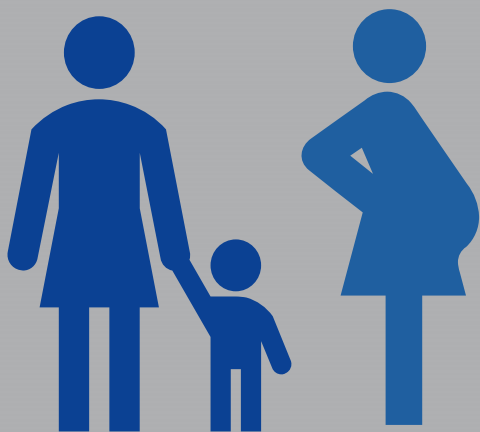
A word cloud centered around the theme of suicide prevention. The words are arranged in a dense, overlapping manner, with varying font sizes and shades of blue. The central and largest words are 'SUICIDE' and 'PREVENTION'. Other prominent words include 'Mental Health', 'Military', 'Society', 'Communities', 'Education', 'Teens', 'Veterans', 'Self-Harm', 'Serious', 'Students', 'Youth', 'LGBTQ', 'Support', 'Awareness', 'Policy', 'Intervention', 'Counseling', 'Hospitals', 'College', 'Depression', 'Social Media', 'Communication', 'Study', 'Attempts', 'Data', 'Crisis', and 'Hotline'. The words are in various orientations, mostly horizontal but with some vertical text on the left and right sides.

Mental Health Military Society
Communities Education
Teens Veterans Serious
Self-Harm Students
Hotline Youth
Support LGBTQ
Awareness Policy Intervention
Counseling Hospitals College
Depression Social Media
Communication Study Attempts
Crisis Data
Hotline

IMWCA & Connections, Inc Partnership




EAP Coverage




First Responder Types



Why Early Recognition is Important



Turnover
Absenteeism
Workplace violence
Accidents



Interpersonal
relationships
Effective
Productive teams

Critical Incident Stress Debriefing



Critical Incident Stress Debriefing is a peer-led approach to crisis intervention developed specifically for first responders. The CISD services can be performed at the member site with a certified CISD affiliated professional staff for an emergency crisis.

EAP Services



68% Improved Morale

62% Increased Productivity

59% Lower Absenteeism

55% Reduced Health Care Costs

35% Decreased Employee Turnover

33% Less Employee Tardiness

25% Decreased Disciplinary Actions

21% Addressing Violence in the Workplace



PARENTING

AGING

BALANCING

THRIVING

WORKING

LIVING

INTERNATIONAL



Stress Resistance

Some individuals seem to be stress resistant and stress tough. They appear to be balanced, happy, creative, resourceful, and strong.

[READ THE FULL
ARTICLE](#)

"Thanks for the program. Very helpful. Hopefully saved my marriage and brought me closer to my family. Thanks!"

"Thank you for providing this service. We believe EAP helped us turn a corner towards emotional healing after my brother's death."

"We had 50 people attend the CISD and we received excellent reviews. We have been actively offering to host CISD's when we are aware of a tragic event."

"The training regarding completing a written EAP referral was invaluable. I appreciated the insights about disciplinary action or EAP referral done together or separately."

"I utilized this service for legal aid, the attorney was very nice and reassuring, gave good advice."

Have a safe day.

What questions do you have?

[First Responder Video](#)

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