May is Mental Health Awareness Month! Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Miami University’s Employee Assistance Program (EAP), provided by IMPACT Solutions (AllOne Health), is free and confidential for all employees and members of their immediate household. It includes 24/7 member support from licensed professionals, in-the-moment counseling, telephonic and face-to-face sessions and is 100% confidential for up to five visits per occurrence.

The EAP is a resource that can help address personal or work related issues that may affect your mental and emotional well-being. Services include:

- Mental health: Mental Health Sessions and In-the-Moment Support to help manage stress, anxiety, and depression, resolve conflict, prevent burnout, improve relationships, overcome substance abuse, and address any personal issues.
- Personal assistant: Get help with finding services, entertainment, housekeeping, housing, and much more.
- Life coaching: Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance.
- Legal assistance: Get consultation on personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more. Includes one, 30-minute consultation with a qualified attorney.
- Financial assistance: Build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition.
- Medical advocacy: Get help navigating insurance, obtaining doctor referrals, securing medical equipment, and planning for transitional care and discharge.

To get started call 1-800-227-6007 or visit IMPACT Solutions (using the company name, MiamiOH).

Please visit our EAP Frequently Asked Questions for additional information.

Resolving Workplace Conflict

Attend Staff Development’s newest workshop, Resolving Workplace Conflict, to explore this conflict continuum and gain tools for coaching and mediating through conflict! Register to attend in Miami Learn.

Summer Hours

Beginning Monday, May 15, 2023 employees on the Oxford, Hamilton, and Middletown campuses may begin summer business hours. The schedule is as follows:

**Oxford campus**
- Monday - Friday: 7:30 a.m. - 4:30 p.m.

**Hamilton and Middletown campuses**
- Monday - Thursday: 8 a.m. - 5 p.m.
- Friday: 8 a.m. - 4:30 p.m.

Regular business hours will resume on all campuses on Monday, August 21, 2023.

Join us for these May events

- May 3 - Tea and Conversation at Western Center
- May 8 - Therapy Dog Day at Finals
- May 13-14 - Commencement Weekend
- May 16 - Suicide Prevention Training
- May 29 - Memorial Day - no classes/campus closed

For more university events, check Localist.

Upcoming Staff Development Workshops

**Oxford Campus**

- May 3 - Communicating with Impact
- May 9 - Resolving Workplace Conflict
- May 18 - Developing Yourself and Others
- June 6 - Communicating with Impact

**VOA Learning Center**

- May 5 - Performance Management: Developing Yourself and Others
- May 19 - Driving Change
- June 9 - DISC in the Workplace

Have an idea for next month’s newsletter? Contact HRConnect@MiamiOH.edu

Scan here to learn more and register to attend in Miami Learn!