

Stay on top
of your mental health
as you transition
into retirement



let us help you

The Early Intervention Program (EIP)
is here to help you gain greater clarity
and control of your transition process
into retirement



Questions about the EIP?

Visit the FAQ section on the humanworks
website or contact:

humanworks
EMAIL: admin@humanworks.ca
PHONE: 604-734-4130
www.humanworks.ca

Jack MacNeill
President & EIP Manager, humanworks
EMAIL: jack@humanworks.ca
PHONE: 604-880-4323
www.humanworks.ca



humanworks is a team of professional
counsellors, consultants, and therapists who
are committed, experienced and passionate
about what they do.

They have extensive experience and have
provided support at every professional
level within the K-12 system - from CUPE
staff and teachers to Principals and Vice-
Principals, district leadership teams, and
Superintendents.

humanworks has strong and trusting
relationships in many school districts across
the province and has served as a valuable
resource for the BCPVPA over the last five
years.

EARLY INTERVENTION PROGRAM (EIP)

humanworks is pleased to
offer the Early Intervention
Program (EIP)

The EIP offers an excellent
opportunity to be proactive in
managing your health-related
concerns while you navigate the
challenges and opportunities you
face as you transition into your next
chapters of your life.

Common Concerns

- Stress and resilience
- Anxiety, depression and emotional health
- Relationship and family problems
- Lack of meaning
- Reinventing self
- Isolation and loss of professional community
- Addictions
- Life transitions / change
- Pain and/or decreased physical capabilities



let us help you

What are the benefits of the EIP?

Retired members are provided with a confidential place to:

- Discuss concerns regarding your transition into retirement
- Learn how to develop a post-retirement wellness plan
- Explore career transition opportunities

When to contact the EIP

You might need assistance if you find yourself:

- Having a lack of personal/professional direction post-retirement
- Feeling too isolated and withdrawn
- Struggling to engage in social settings
- Having a lack of meaning or purpose



The EIP is a professional support service offered to you as a fee-for-service program

- The program supports association members experiencing health-related personal and/or professional challenges
- Voluntary, confidential and private, the EIP is administered by **humanworks**. **humanworks** is committed to maintaining your confidentiality and will not disclose information you have shared unless you provide explicit consent to do so

Timeline and Contact Mechanisms

- Member will be in direct contact with an EIP consultant until they feel appropriately supported and resourced (typically 1-3 months)
- Member will be provided with support from an EIP consultant in the manner that best suits the circumstance (telephone, email, virtual consultation)

Eligibility and Cost

- Member must be enrolled in the BC Retired Principals' and Vice-Principals' Association
- Costs for counselling/coaching services are \$130/50 minutes or \$65/25 minutes. Participants can pay by cheque or e-transfer and will be provided a monthly invoice for their records

Referral Process

Access to the program is through the following channels:

Email

Interested members can email **humanworks** directly at admin@humanworks.ca

Telephone

A member may choose to call our head office at **604-734-4130**

A qualified EIP counsellor will follow up with you directly within 48 hours

EIP Counsellor Qualifications

All **humanworks** EIP counsellors are members of the British Columbia Association of Clinical Counsellors Association (BCACC) and hold a Registered Clinical Counsellor (RCC) designation. They have many years experience working with professional educators across the province of BC