

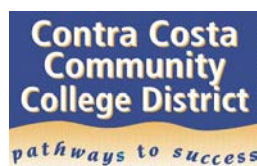
Contra Costa Community College District



Confidential Student Assistance Program

For Eligible Students*
of
The Colleges of Contra Costa

Contra Costa College ■ Diablo Valley College ■ Los Medanos College



To access your counseling sessions call Managed Health Network at (800) 227-1060
TDD (800) 327-0801, 24 hours a day, 7 days a week.

** Eligible students {taking six (6) or more units} are entitled to 5 sessions per benefit period (July 1 –June 30).*

Copies of this brochure may be obtained from the Student Services Departments at each college

Provided by Educational Programs and Student Services, District Office

CLINICAL COUNSELING

50 minutes per session.

Most of us have stresses at some time in our lives. Generally, we can manage them on our own. At times, however, help is needed, and a skilled professional can provide focus, direction and support.

MHN's nationwide network of licensed counselors can help you identify and resolve problems involving:

- life changes
- family problems
- relationships
- alcohol or drug abuse
- marital issues
- stress and emotional distress
- any problems affecting you or your family members

Your counseling sessions usually will be conducted in a counselor's private office.

LIFE MANAGEMENT SERVICES

*MHN provides **telephone consultations** for the following services:*

Financial Consultations

Up to one hour per session.

MHN Work/Life consultants can:

- help you develop a personal or family budget
- provide information about saving money, paying off debts, and setting financial goals
- teach you about your credit rights and options
- guide you on bankruptcy issues

(MHN doesn't give loans, pay bills, provide tax or investment counseling, or deal with creditors.)

Pre-Retirement Counseling

Up to one hour per session.

MHN Work/Life consultants offer guidance on:

- financial considerations
- relocation options
- the quality of life after retirement
- the impact of retirement on the family

Child Care Consultations

Up to 30 minutes per session.

MHN child care consultants can help you:

- assess your current and future child care needs
- understand the role of developmental issues in choosing care
- identify community resources
- monitor and evaluate the quality of care your child receives

Elder Care Consultations

Up to one hour per session.

MHN elder care consultants assist with:

- identifying public and private community resources and services for the elderly
- evaluating the financial and emotional stresses associated with elder care
- techniques to monitor and evaluate housing, health care, and legal and financial elder care needs

Legal Counseling

Up to 30 minutes per separate legal matter. If you want to retain an attorney or a mediator after the initial consultation, you get 25% off the normal hourly rate.

Attorneys working for MHN give legal guidance regarding:

- family law
- real estate
- personal injury
- civil & consumer law
- estate planning law
- business legal matters
- financial matters
- criminal matters

(MHN doesn't provide legal advice concerning tax, immigration, labor/employment, or patent law.)
Matters involving disputes or actions between students and their employer, or MHN, are specifically excluded from this plan. Also excluded are matters that, in the attorney's opinion, lack merit. Court costs, filing fees and fines are the responsibility of the student.

Organizing Life's Affairs

Up to one hour per session.

To help organize important paperwork, MHN consultants can:

- discuss possible obstacles to getting organized
- identify and help you complete an inventory of essential documents
- present guidelines for a personal record-keeping system
- offer tools and suggestions for getting things in order in preparation for an emergency

Federal Taxpayer Consultation and Representation Service

Up to a total of 90 minutes each benefit year for this tax service, which consists of three sessions up to 30 minutes each.

This is not a tax preparation service, but instead is a service for situations that include:

- an IRS audit or collection action (levy on wages or property)
- delinquent or un-filed federal tax returns
- other IRS problems that need resolution

OTHER IMPORTANT PHONE NUMBERS

(Not affiliated with MHN or the Student Assistance Program)

24-HOUR HOTLINES

- AIDS.....1 (800) 342-2437*
- Alcoholics Anonymous.....1 (925) 939-4155*
- Alcoholism & Drug Abuse ...1 (925) 932-8100*
- Stand Against Domestic Violence*
- Battered Women.....1 (888) 215-5555*
- Child Abuse..... 1 (925) 646-1680*
- West County1 (510) 374-3324*
- Contra Costa Crisis & Suicide*
- Intervention Service..... 1 (800) 833-2900*
- Narcotics..... 1 (800) 846-1652*
- Rape Crisis.....1 (800) 670-7273*