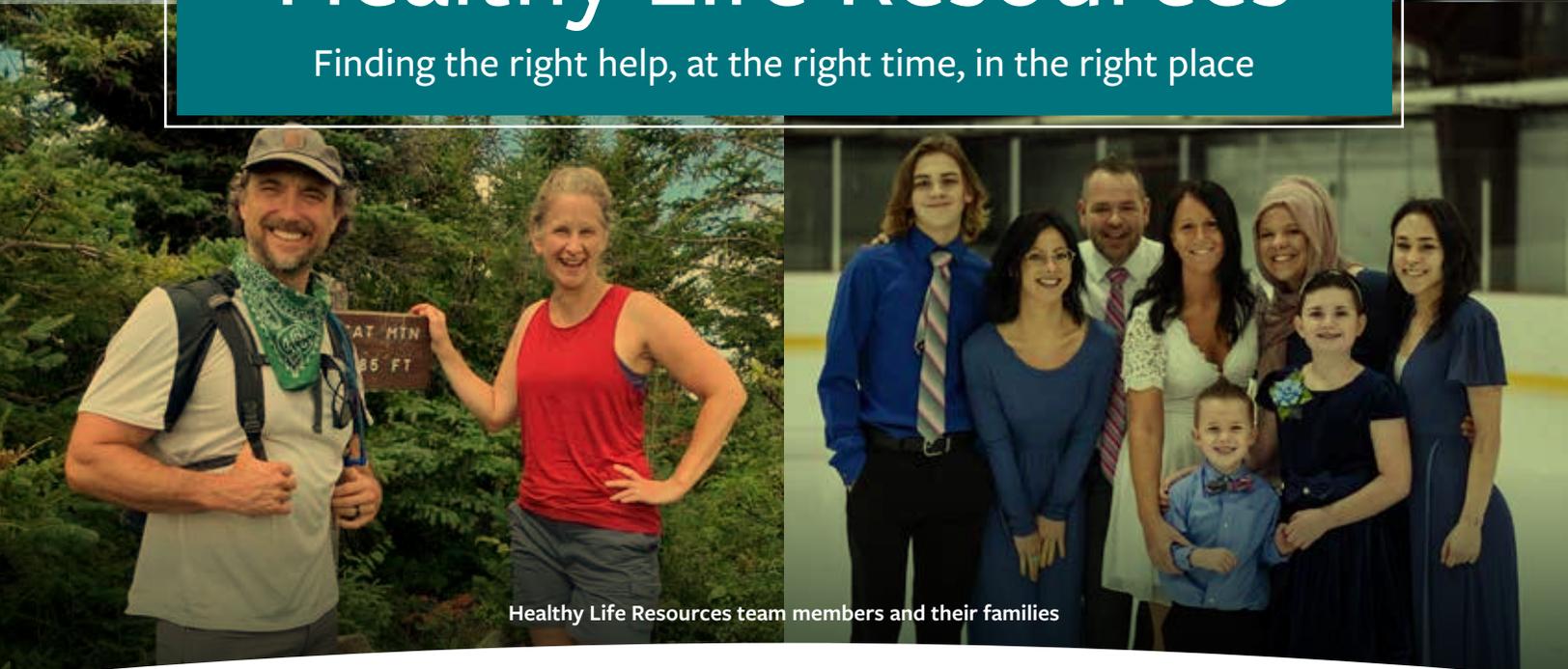




Healthy Life Resources

Finding the right help, at the right time, in the right place



Healthy Life Resources team members and their families

A healthy workforce is a productive workforce. Healthy Life Resources, offered through Northern Light Acadia Hospital, offers comprehensive mental wellness consultation, education, and coaching for employees.

Ensuring your employees have access to mental health resources leads to early intervention, improved well being, and reduced healthcare costs - for them and for you. **Make mental health benefits part of your employee medical plan.**

Healthy Life Resources: A healthier, happier, more robust workforce.



Healthy Life Resources 101

As healthcare and employment costs continue to rise for businesses in Maine, employers are seeking more creative and effective solutions to reduce costs, care for employees, and remain competitive in an ever-changing market. Preventive care and interventions are an opportunity for significant cost savings, particularly for self-insured businesses.

Northern Light Acadia Hospital's Healthy Life Resources program is designed to address the mental health and wellness of employees in the workplace. This service allows for early intervention, improved employee health, and reduced costs for businesses and individuals.

Behavioral health directly affects physical health and workplace wellness.

Only hypertension and heart disease rank ahead of behavioral health conditions in the list of top ten healthcare cost drivers in the workplace. Typically more than 70% of expenditures associated with mental illness and substance use disorders present in indirect costs such as employee absenteeism, loss of productivity, turnover, and training costs for replaced workers rather than direct medical expenses.*

*The Business Case for Mental Health and Substance Use Disorder Treatment: A Literature Review (2009)

For Individuals/Groups

Community Navigation Services: When Everyday Solutions Aren't Enough

Healthy Life Resources' Community Navigation service is a free resource for employer-based health plan members and their families. Community navigators provide support, education, resource connection, mental health systems navigation to small groups and individuals to maintain and build healthy mental resilience.

Community navigation is designed to provide support and help people find the right help, at the right time, in the right place. A community navigator works with your employees to find solutions to address life's challenges.

If your employees answer "yes" to one or more of these questions, community navigation can help!

- Housing challenges
- Managing educational challenges for children
- Managing emotional wellness
- Finding needed resources in their community, anywhere in Maine
- Advocacy
- Navigating the social services system
- Ongoing check-in support
- Mental wellness education and resources
- Other mental wellness needs

- 24/7 on-demand resource center
- Targeted strategies for mental wellness
- Access to a dedicated therapist
- Self-care and burnout prevention
- MyStrength mobile app
- Services and information tailored to specific social and cultural needs.
- One-on-one support for individuals/groups



For Employers

Program Benefits

Healthy Life Resources partners with you to improve the behavioral health of employees by delivering effective solutions to your organization.

1. Improve employee wellness and resilience by enhancing their abilities to cope with uncertainty and to adapt to change.
2. Prevent burnout and improve employee retention and engagement.
3. Reduce workplace stress to improve overall mental wellness, productivity, and quality of work.
4. Maintain strong levels of employee satisfaction, trust and loyalty to your organization.
5. Enhance the customer experience through a more engaged, confident and “cared for” workforce.

We are proud to partner with a number of Maine businesses, including The Jackson Laboratory with locations in Maine, Connecticut, and California, to provide this wellness benefit to their employees.

- **Analytics to reduce health plan costs**
- **Workforce mental wellness assessments**
- **Coaching and navigational services**
- **Health plan member outreach**
- **Training and education for leaders and staff** (including expert-lead trainings for staff or consultation with parents)
- **Employee direct behavioral health services and resources**
- **Crisis services** (including critical incident stress management debriefings after traumatic events in the workplace)



The **myStrength mobile app** is available through the App Store and Google Play.

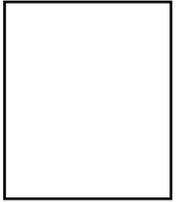
- Strengthen emotional health whenever, wherever
- Access support, customized to user preferences
- Access proven tools for stress, depression, sleep, and more
- Learn from hundreds of activities, articles, and videos
- Techniques to help employees remain calm, get inspired, and feel more hopeful



Connect YOUR organization to Healthy Life Resources

207.973.6446

acadiaHLR@northernlight.org



Who we are

Support. Resiliency. Connection.

Real people with real life experiences, dedicated to helping you and your employees on your mental health journey!



Anthony Ng, MD
*Medical Director,
Community Services*

- Veteran
- Father



Angela Fileccia, LCSW
*Healthy Life Resources
Director*

- Dog mom
- Yoga instructor



Casey Harris, BS
*Healthy Life Resources
Community Navigator*

- Father, step-dad, grandpa
- Skating/hockey coach



Francis Mburu, MS
*Healthy Life Resources
Community Navigator*

- Self-described “foodie”
- Loves to play board games



**Tanisha L. Gilbert, BS,
CSAF, CRCR**
*Business and Community
Health Specialist*

- Mother of two
- Creative & crafty



healthyresources.org



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Scan to learn more!

