

CLEARY GOTTLIB

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CONNECTION / GUIDANCE / SUPPORT / HEALTH

Well-Being & Mental Health Resources – Washington D.C.

The following pages include a summary chart and high level descriptions of relevant mental health and well-being resources at Cleary– created to help you more quickly and easily explore the options available to you.

If you need additional support navigating Cleary’s resources or would like to speak with someone directly about your concerns or needs, please don’t hesitate to reach out to: [Legal HR & Attorney Development](#), [US Benefits Team](#), [Global-Well-Being](#), or [DC Human Resources](#).

Key Contacts (select ‘People’ tab):

[US Benefits Team](#)

[Legal HR](#)

[Professional Staff HR](#)

[DC Attorney Development](#)

[Global Well- Being](#)

Thank you! Well-Being team:

Kate Damm: Global Senior Manager of Talent and Well-Being

Michelle Lisee: Well-Being Specialist

Emily Water: Well-Being and Talent Innovation Coordinator

Mariel Zambelli: Well-Being and Talent Innovation Coordinator

Well-Being & Mental Health Resources – Washington D.C.
SUMMARY CHART:

Cleary Benefits & Resources	External Resources of Interest
<p><u>Humana Employee Assistance Program (EAP)</u></p> <ul style="list-style-type: none"> • Free, confidential, 24/7 • Representatives can connect you to a variety of resources including counselors and mental health professionals. 	<p><u>Suicide Prevention Lifeline</u></p> <ul style="list-style-type: none"> • Network of local crisis centers to provide assistance in suicidal crisis. Free and confidential. Call: 800-273-8255
<p><u>Modern Health</u></p> <ul style="list-style-type: none"> • Website & app providing access to certified coaches and therapists • Offers a variety of digital tools, assessments & programs 	<p><u>DC Lawyer Assistance Program</u></p> <ul style="list-style-type: none"> • The DC Bar association provides support to its members. For more information, please call 202-347-3131 or email lap@dcbar.org.
<p><u>Modern Health Circles</u></p> <ul style="list-style-type: none"> • Live community sessions led by therapists and coaches • Safe, inclusive spaces focused on a variety of topics and leveraging different formats 	<p><u>Lawyers Depression Project</u></p> <ul style="list-style-type: none"> • Confidential forum that meets bi-monthly to combat the stigma around mental health and to provide peer support
<p><u>United Healthcare Substance Use Helpline</u></p> <ul style="list-style-type: none"> • Free, confidential, 24/7 • Helpline is staffed by advocates who listen and assist 	<p><u>Substance Use Disorder Services (DC)</u></p> <ul style="list-style-type: none"> • The Department of Behavioral Health (DBH) certifies a network of community based providers in the public behavioral health system to provide substance use disorder services including detoxification, residential and outpatient services
<p><u>LifeCare</u></p> <ul style="list-style-type: none"> • Concierge Service provides 24/7 personalized support and tools on a variety of subjects, such as with financial questions to helping you plan your move, to make life less stressful 	
<p><u>Health Advocate</u></p> <ul style="list-style-type: none"> • Assists with navigating the medical system by providing support with insurance and copay explanations, finding specialists, scheduling appointments and more 	
<p><u>Health Advocate – Mental Health support</u></p> <ul style="list-style-type: none"> • Assists finding mental health care, taking into account your insurance coverage 	<p>REMINDER: Loomis PPO plan deductible has been waived for Out-of-Network Mental Health Providers. Due to our American Bar Association Well-Being Pledge and ongoing commitment to employee wellness, we have waived the PPO plan deductible for out-of-network mental health office visits. Co-insurance will cover 60% of the office visit, while you are responsible for the remaining 40%.</p>
<p><u>One Medical: Shift</u></p> <ul style="list-style-type: none"> • Four-part stress management program. • Learn how to identify and combat daily stressors 	
<ul style="list-style-type: none"> • <u>Human Resources – Legal</u> • <u>Human Resources – Professional Staff</u> 	

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ADDITIONAL DETAIL:

Clery DC Benefits & Resources

Humana EAP

- The Employee Assistance Program is available to any employee of the firm and their family
- Humana offers support and access to professional counselors who can help with work life balance, financial and legal assistance and direct you to proper mental health and wellness resources
- The EAP is available 24 hours a day, 7 days a week and calls are handled in confidence
- No additional cost is affiliated with the EAP, though there may be associated costs with providers or services recommended
- You as well as any household members and dependents are eligible for 3 sessions with a licensed counselor at no charge with an EAP in-network provider. The EAP will organize the sessions for you. Note that as the EAP is completely separate from any insurance plan, they cannot guarantee that their providers are covered by your insurance should you want to continue meeting with the counselor after the 3 free sessions.

Tags: stress, anxiety, depression, substance abuse, legal assistance, financial assistance, 1-1 meetings

Modern Health

- Modern Health provides technology and professional support to help people reduce stress, feel more engaged, and be happier
- Get matched to a dedicated professional who can help you reach your personal and professional goals by providing support in areas related to relationships, financial well-being, healthy lifestyles and overall life challenges
- Provides free 5 coaching sessions and 6 therapy sessions as needed
- Following an assessment, provides a personalized plan to help direct you to tools that may be most helpful for you
- Learn quick tips and tricks to prevent burnout, manage stress, and cope with anxiety or depression with the curated content library

Modern Health Circles

- Led by therapists and coaches, circles are designed to be spaces to collectively learn, grow, and connect across topics that impact our day-to-day lives

- This inclusive community environment intends to uplift and support one another on topics such as “Foundations of Mental Health”, “Black Lives Matter” and “Healing Asian Communities”
- Provides new concepts and tools that you can put into practice right away
- Sessions are a mixture of member only offerings and those available to the public

United Healthcare Substance Use Helpline

- The Substance Use Helpline (1-855-780-5955) is available 24 hours a day 7 days a week
- Provides you or a loved one with the proper assistance if you are struggling with a substance use disorder
- Upon calling you are connected with an advocate who will listen, support and help develop a recovery plan
- No out of pocket costs affiliated with this service and you do not need be participating in a United insurance place to call

Tags: substance abuse, 1-1 with live representative

LifeCare

- Concierge Services: 24/7 personalized support, tools to make life easier
- For example: help finding child daycare & child care centers discounts; help planning a move, wedding, party for any occasion; elderly parents resources; homework help; connect to qualified, pre-screened home improvement and repair specialists
- Register online at member.lifecare.com and use code: CLEARYGOTTLIEB

Tags: concierge, support, 1-1 with live representative

Health Advocate

- Available to all employees and eligible family members covered by a Cleary medical plan.
- Health Advocate is designed to help handle health care, insurance and billing-related issues by assisting with common insurance frustrations and barriers

Tags: General medical care and UHC insurance assistance, 1-1 with live representative

Health Advocate – Mental Health Support

- Available to eligible employees and families covered by UHC to find expert mental health professionals
- Patient is matched with an advocate to assist you finding the right provider for your mental health needs
- If needs are immediate, your advocate will expedite finding a doctor and booking your appointment

Tags: Stress, anxiety, depression and additional mental challenges you may be facing, 1-1 with live representative

One Medical: Shift

- Shift is a four-part program to help patients learn and use a variety of stress management techniques
- During the Shift program, participants learn how to identify personal triggers and stressors in everyday life
- When enrolled, you commit to attending four 2-hour group meetings and expected to practice new techniques learned for about 10 minutes a day
- This program is open to all Cleary employees; cost is dependent on your insurance plan and network.

Tags: stress and anxiety, group setting

External Resources of Interest

[Suicide Prevention Lifeline](#)

- National network of local crisis centers that provide confidential support in suicidal crisis or emotional distress
- The hotline is available 24 hours a day, 7 days a week
- If you have thoughts of harming yourself or others, please see a doctor immediately or call 1800-273-TALK (8255) or text START to 741-741

[DC Lawyer Assistance Program \(LAP\)](#)

- LAP services are available to members of the D.C. Bar and offers free consultations, wellness presentations, and more to legal employers in D.C
- Offers clinical assessment, short-term counseling, and referrals to resources, consultations with concerned others, such as employers or family members, volunteer/peer mentor connection and more
- Provides support on issues related to substance use and additions, depression and anxiety, wellness and stress, grief and loss and aging and cognitive decline
- For more information, please call the LAP at 202-347-3131 or email lap@dcbar.org

Tags: stress, anxiety, depression, additional mental physical challenges, 1-1, live representatives

[Lawyers Depression Project](#)

- Online peer-to-peer support groups for those in the legal profession.
- The LDP hosts a confidential forum that meets bi-monthly to combat stigma around mental health and provide peer support.
- Topics discussed during these sessions include: candid explorations of health and mental health experiences, impacts on legal practice in various contexts and seniority levels and tools for effective management and work-life balance.

Tags: depression and work place challenges, group setting

[Substance Use Disorder Services \(DC\)](#)

- The Department of Behavioral Health (DBH) certifies a network of community based providers in the public behavioral health system to provide substance use disorder services including detoxification, residential and outpatient services
- Treatment includes assessment and referrals for appropriate levels of substance abuse treatment including outpatient, intensive outpatient, residential, detoxification and stabilization, and medication assisted therapy.

- [Recovery Support](#) includes wrap-around services, such as care coordination, mentoring, coaching, educational support, job readiness and training, public transportation and other services to support recovery
- To learn more about Recovery Support Services, please contact dbh.cfaa@dc.gov or (202) 673-4377

Tags: substance abuse, 1-1 live representative