



**Your
Member Assistance
Program:
A Valuable Resource
for You & Your Family**

work. live. play.
balance.



ADTO

Association of Dental Technologists of Ontario

aspiria.ca

What is an Member Assistance Program (MAP)?

- It is a confidential & voluntary counselling service for members and eligible family members that enables you to seek solutions for problems that are interfering with your enjoyment of life, whether they be personal or work related.



What types of issues can be brought to your MAP?

- Marital and Relationship
- Personal and Emotional (Anxiety, Depression, Trauma)
- Family
- Single Parenting
- Stress – Work & Personal
- Alcohol, Drugs, Gambling
- Death & Grief
- Wellness





PSYCHOLOGICAL COUNSELLING

work. live. play.
balance.



ADTO

Association of Dental Technologists of Ontario

aspiria.ca



What are the key elements of your Aspiria MAP?

- **Accessibility** - Direct telephone access to our multilingual call-centre 24 hours a day, 7 days a week.
- All services are ***strictly confidential***.
- If in an emergency, you will speak to a counsellor by telephone.
- If you wish to see a counsellor in person a counsellor in your area will call you back and make an appointment at a time and date that is convenient.
- Toll-free 24-hour MAP access: **1.877.234.5327**

What are the key elements of the MAP?

- **We are providing Short-term Counselling**
Counselling sessions are available per problem, per eligible member, per calendar year (average number of sessions ~ 3-4).
- Number of sessions (needed or required) is determined by the counsellor's assessment i.e. nature and severity of presenting issue.
- Long-term and specialized problems are referred outside of the MAP – such as mental illness.

What are the key elements of the MAP?

- **We employ only Professional Counsellors.**
- Minimum masters level in social work, psychology & related counselling fields.
- Minimum 5 years of post-graduate experience.
- Experience in solution-focused counselling model.
- In good standing with professional regulatory body.



WORK-LIFE SERVICES

work. live. play.
balance.



ADTO

Association of Dental Technologists of Ontario

aspiria.ca

What additional services are provided by the MAP?

Legal Consultation

- Free initial consultation by telephone
- In-person referral is available at a 25% discount.
- Separation and divorce
- Child custody
- Disputes
- MAP does not cover labour law.



What additional services are provided by the MAP?

Financial Consultation

- Free initial consultation by telephone and in-person are available.
- Debt & credit counselling
- Financial planning
- Retirement planning



What additional services are provided by the MAP?

Nutrition Consultation

- Free in-person check-up: Integration of lifestyle & exercise with diet
- Boost energy & stress resistance
- Healthy eating
- Eating „to go“
- Weight loss & management
- Cholesterol & diabetes & blood pressure regulation





WEB-BASED PORTAL

work. live. play.
balance.



ADTO

Association of Dental Technologists of Ontario

aspiria.ca



WPO – A World of Information

Work-Life Content

Advantage Web maintains comprehensive, easy to access, content that is divided into these core areas:

- **Parenting:** topics related to child care and parenting
- **Aging:** topics related to older adults and elder caregiving
- **Balancing:** topics related to family, relationships, and personal growth
- **Thriving:** topics related to healthful living for all ages
- **Working:** topics related to career development and workplace issues
- **Living:** topics related to everyday life and convenience

Content includes over 5,000 regularly updated articles, 45 financial calculators, 70 interactive health and emotional health assessments.



How do I access the Web-Based Portals?

1. Click on “for employees + family” at the top of the page

2. Click on “login” under the Health & Wellness Portal Sign In

Aspiria for employees + families. for employers. for advisors.

about aspiria
confidential care
services
what to expect
what our clients say
other links

Employee & Family Page

As you are an integral part of your company's success, we are here to help you through life's personal and work-related challenges. By offering Aspiria's employee assistance programs including assessment, counselling and referral services, your employer is demonstrating their dedication to their most valuable resource – you.

Aspiria's programs are voluntary and confidential. They are accessible from

Look at the big picture.

HEALTH & WELLNESS PORTAL SIGN IN

Login

NEWSLETTER SIGN UP

3. Enter the ADTO username (DT04165) and password (04165)

The screenshot shows the Aspiria website interface. At the top, the Aspiria logo is on the left, and navigation links for 'for employees + families.', 'for employers.', and 'for advisors.' are on the right. A central banner features a group of people. A Windows security warning dialog box is overlaid in the center, titled 'Connect to www.aspiria.ca'. The dialog box contains the following text: 'The server www.aspiria.ca at Members Area requires a username and password.' and 'Warning: This server is requesting that your username and password be sent in an insecure manner (basic authentication without a secure connection)'. Below this, the 'User name:' field is populated with 'CB04180' and the 'Password:' field contains masked characters. A 'Remember my password' checkbox is present and unchecked. The 'OK' and 'Cancel' buttons are at the bottom. A red circle highlights the 'User name' and 'Password' fields. In the background, the website content includes a sidebar with links like 'about aspiria', 'confidential care services', and 'what to expect'. The main content area has a section titled 'Employ' and a 'HEALTH & WELLNESS PORTAL SIGN IN' section with a 'Login' button. A 'NEWSLETTER SIGN UP' section is also visible with 'Name:' and 'E-mail:' input fields and a 'Join' button.

4. Begin enjoying the Health and Wellness Portal!

The screenshot shows the Aspiria website interface. At the top right, there is a "Choose Language" dropdown menu and an "Advanced Search" button. The Aspiria logo is prominently displayed in the upper left, with the tagline "work. live. play. balance." underneath. A large banner image features a collage of people in various settings, including a man in a white shirt, a woman in a white top, and a group of people outdoors. Below the banner is a horizontal navigation menu with the following items: HOME, WORKING, LIVING, BALANCING, HEALTH, PARENTING, AGEING, INTERNATIONAL, and MANAGEMENT. The main content area is divided into two columns. The left column is titled "Features" and contains a section for "Panic Disorder" with a photograph of a man in a white shirt and tie, a brief description, and a "Read more about... Panic Disorder" link. The right column is titled "Centres" and contains a section for "Workforce Advantage" with a photograph of a woman, a description, and a "Quick Jump" section listing topics like Mental Health, Accomplished Employee, Career Development and Transition, Workplace Productivity, Workplace Safety, and Consumer Tips. At the bottom of the "Features" section, there are navigation buttons for "1", "2", "3", "Previous", and "Next". At the bottom of the "Centres" section, there are two small arrow buttons.

Choose Language Advanced Search

Aspiria
work. live. play.
balance.

HOME WORKING LIVING BALANCING HEALTH PARENTING AGEING INTERNATIONAL MANAGEMENT

Features



Panic Disorder

Imagine yourself relaxing by the pool. Suddenly, for no apparent reason, you feel faint, your chest hurts, you can't breathe, your legs tremble, you think you're having a heart attack and you're dying. You may be having a heart attack or you could be one of several thousand Canadians suffering from panic disorder.

[Read more about... Panic Disorder](#)

1 2 3 Previous Next

Centres



Workforce Advantage

Workforce Advantage is an absence tracking tool with portals dedicated to employees and managers.
HR Professionals: Register to set up your company account.
Employee Login: Login information will be provided by your manager.

Quick Jump

- Mental Health
- Accomplished Employee
- Career Development and Transition
- Workplace Productivity
- Workplace Safety
- Consumer Tips

▲ ▼

What if I don't want counselling?

- MAP is voluntary – no one can force you to seek counselling.
- Only the person seeking the counselling can call the MAP and make an appointment *
- The MAP will not accept 3rd party appointments

* A parent/guardian can make an appointment on behalf of a child.



Is the MAP Confidential?

- No one outside the MAP will know you have used the program unless you choose to tell them.
- No identifying telephone messages will be left at home or at work without your permission.
- Counselling premises are located in external private offices.

CONFIDENTIAL

Is the MAP Confidential? cont...

- No back-to-back appointments – you won't meet your friends, colleagues or other members.
- All records are **Completely Confidential**.
- Counselling records are owned by Aspiria, not your employer.
- Counsellors" are bound by their professional code of ethics.



Closing Remarks

- In a nutshell, your Aspiria MAP is a confidential and safe place to go to resolve issues affecting your or your family's health with a professional counsellor.
- Call toll-free, 24-hours/day, 7-days/week:

1.877.234.5327





THANK YOU!

work. live. play.
balance.



ADTO

Association of Dental Technologists of Ontario