

center for work & family life

(213) 821-0800

www.usc.edu/worklife

Supporting the work and life needs of the USC faculty/staff community and their families



Counseling for faculty and staff

Work/life support

Faculty, management, and departmental consultation



Family and dependent care consultation and resources

Health promotion and wellness programs



The USC Center for Work & Family Life is a one-stop destination addressing the work/life issues of our diverse community. We offer supportive services for the USC faculty/staff community and their families that can last from pre-employment through retirement.

Who is eligible to use the Center?

- All benefits-eligible faculty, staff, and their dependent family members
- Retired faculty, staff, and their dependent family members
- Prospective employees may contact the Center to inquire about family and dependent care resources, health and wellness information, work/life policies, and other programs and support services available at USC.

Services are a benefit of employment at USC, voluntary, confidential, and always free of charge.

How confidential are the services?

- Confidentiality is our foremost concern. All information regarding use of our services is kept strictly confidential, with the rare exception when disclosure is required by law. Records are maintained as part of appropriate clinical practice and for internal statistical purposes only.
- The Center goes to great lengths to maintain your privacy. No information on your use of the Center is ever placed in university or departmental files.
- Use of our services will in no way jeopardize your job security or opportunities for promotion.

Available Services

Counseling for faculty and staff

- ✓ Short-term individual, couple, & family counseling
- ✓ Crisis intervention
- ✓ Stress management
- ✓ Substance abuse and addictions assistance
- ✓ Career support
- ✓ Coaching for improved performance

Work/life support at USC

- ✓ Personalized consultation
- ✓ Lunchtime work/life and wellness seminars
- ✓ Information on USC's "Family-friendly" policies
- ✓ Resources and referrals

Faculty, management, and departmental consultation

- ✓ Facilitating employee assistance referrals
- ✓ Assistance dealing with troubled employees or challenging co-workers
- ✓ Addressing substance abuse and mental health issues in the workplace
- ✓ Coaching for improved management/ leadership
- ✓ Critical incident response

Family & dependent care: Consultation and resources

- ✓ Parent education, support, and consultation
- ✓ Information and referral to child care resources
- ✓ Family caregiver consultation and resources

Health promotion and wellness programs

- ✓ Stress management
- ✓ Health and fitness referrals
- ✓ Weight Watchers at Work®
- ✓ Smoking cessation referrals
- ✓ Nutritional information
- ✓ Healthy aging
- ✓ Online health screenings
- ✓ Linkage to other USC wellness resources

Locations

Offices are conveniently located at University Village and at Health Sciences Campus.

About our staff

The Center's licensed, experienced, professional staff members strive to deliver the highest quality services tailored to address every client's unique needs and concerns. In addition to providing counseling, consultation, education, and wellness promotion services, they can also help with referrals to professionals covered under USC health plans, support groups, and other resources.

Contact us

For more information about Center for Work & Family Life programs and services, please visit our web site, www.usc.edu/worklife.

To request a free, confidential consultation, or to schedule an appointment, call **(213) 821-0800**.

Health plan access

USC faculty and staff may also seek assistance directly through their health plan provider (access numbers are listed below). Some referrals may require prior authorization.

USC Network

(Blue Cross PPO) 800-418-5409

Kaiser 323-298-3100

Pacificare 800-999-9585

Blue Cross

(CaliforniaCare) 800-418-5409