

# *Parsippany-Troy Hills Township Schools*

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*Robert Sutter, Ed.D.*  
*Assistant Superintendent of Human Resources*

*PO Box 52, 292 Parsippany Road*  
*Parsippany, NJ 07054*  
*(973) 263-7200 ext. 7207*

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Dear District Employees,

The Parsippany-Troy Hills Township School District contracts with Rutgers University Behavioral Health Care (RUBHC) to provide an Employee Assistance Program (EAP) for all district employees.

What is an Employee Assistance Program you might ask? According to the Center for Prevention and Health (2008), “Employee assistance programs (EAPs) began in the 1940s by providing employee services that primarily focused on the effect of alcohol use and abuse on job performance. Over time, this emphasis was broadened to include other personal issues that negatively affect job performance.”

As Rutgers University Behavioral Health Care (2018) explains, “Most people have a least one time in their life when they could use some extra help. It’s never an easy decision to go to a behavioral health professional and it can be difficult to know where to turn. Wherever you go, you want to make certain that there are a variety of services and staff to choose from and that they meet the very highest level of training and experience.”

To that end, the Rutgers University Behavioral Health Care Employee Assistance Program (EAP) is separate from your medical benefits and there is no cost to you for seeking counseling or advice. As an employee, you are encouraged to consider utilizing Rutgers University Behavioral Health Care services if you feel the need. Rutgers University Health Care services are available 24 hours a day, seven days a week. The Rutgers University Behavioral Health Care phone number is 1-866-327-8242. It should be noted that all phone calls to RUBHC are ***highly confidential*** and are not shared with school district officials. If you decide to call, please identify yourself as an EAP client.

In closing, on behalf of the Parsippany-Troy Hills Township School District’s Central Office Administration, we thank you for your dedication and commitment and wish you the best this coming school year.

Sincerely,

Robert S. Sutter, Ed.D  
Assistant Superintendent of Human Resources