

CONFIDE

Professional Counseling
Services for Elected Officials

A SERVICE OF THE MCIT EMPLOYEE ASSISTANCE PROGRAM



What Is CONFIDE?

CONFIDE is a confidential, professional consulting and counseling service to support the well-being of Minnesota's county commissioners and other local government leaders. It is offered as part of the MCIT Employee Assistance Program and provided at no cost to MCIT member commissioners/government leaders and their dependents.

Why CONFIDE?

The life of a county elected leader is demanding and often stressful. Your dedicated service to the county and constituents may take a toll on your happiness, peace of mind or family life. In its desire to assist Minnesota's county commissioners and other elected leaders, MCIT has established a professional consulting and counseling program specifically to aid commissioners/elected leaders and their families during difficult and challenging times.

Trusted Provider

CONFIDE is delivered throughout the state of Minnesota by Sand Creek, MCIT's partner in providing the Employee Assistance Program to its members for more than 20 years.

CONFIDE Offers ...

- Confidential counseling and consultation on personal issues related to public service, work or home life
- Short-term, solution-focused, in-person counseling for commissioners, spouses and other dependents
- Pre-approved, qualified, professional licensed counselors in every Minnesota county
- Assistance in identifying long-term resources when needed
- Sound advice and experienced wisdom in dealing with difficult personalities and situations

Who Can Use CONFIDE?

All MCIT member county commissioners, other local government leaders and their dependents are eligible for assistance through CONFIDE as part of the MCIT Employee Assistance Program at any time. As a government leader, you are encouraged to contact CONFIDE if you experience circumstances that you need help handling.

For consultation or counseling services
CALL 1.800.550.MCIT (6248)

CONFIDE
Is Simple to
Use.

It Is
Confidential.

It Helps.

CONFIDE Provides Support for Many Issues

Concerns related to elected leadership:

- Leadership fatigue
- Stress of public life
- Peer-to-peer interpersonal conflict
- Impact of elected life on family
- Feelings of being overwhelmed
- Regret and dissatisfaction
- Communication breakdown
- Additional professional concerns

Personal concerns:

- Stress
- Conflict
- Depression and anxiety
- Grief and loss
- Relationships
- Family issues
- Financial concerns
- Substance abuse
- Additional personal issues

For consultation or counseling services: **1.800.550.MCIT (6248)**

CONFIDE Counseling Is ...



CONVENIENT: With more than 550 counseling locations statewide, you have easy, timely access to a qualified counselor near where you work or live or as far away as you want to go.

CONFIDENTIAL: Counselors are required by state and federal law to protect the confidentiality of anyone using this program.

CRISIS READY: Phones are answered 24 hours a day, every day to offer assistance when you need it. Call the main number at **1.800.550.MCIT**.

VOLUNTARY: You decide when and if you use this program.

NO COST: You and your dependents are eligible for up to six sessions of counseling at no cost as part of MCIT membership.

CONFIDE

a Service of the Employee Assistance Program Provided By



MINNESOTA COUNTIES INTERGOVERNMENTAL TRUST

For questions about the program, contact MCIT:

TOLL-FREE: 1.866.547.6516

FAX: 651.209.6496

WEB: MCIT.org

MAIL: 100 Empire Dr., Suite 100,
St. Paul, MN 55103-1885

For no-cost consultation, contact CONFIDE:
1.800.550.MCIT (6248)

Sand Creek

Beginning in 1996, MCIT partnered with Sand Creek to provide professional counseling services at no cost to MCIT member leaders, employees and their dependents. Sand Creek is a behavioral health care corporation based in Stillwater, Minn., and is an AllOne Health company. The organization is experienced in providing services to counties, cities and federal government with hundreds of qualified counselors accessible across the state. With so many years of experience providing services to Minnesota local governments, Sand Creek brings its reputation of excellence, creativity and innovation to MCIT's membership.