

# 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 AllOne Health (formerly 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 800.550.6248 or visit  
[MCIT.AllOneHealth.com](http://MCIT.AllOneHealth.com)

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: 800.550.6248 | [MCIT.AllOneHealth.com](http://MCIT.AllOneHealth.com)

## CONFIDE Counseling Is ...



**CONVENIENT:** Counseling services are available in person, over the phone or virtually, so you have easy and timely access to a qualified counselor in a discreet location and format of your choice.

**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 800.550.6248.

**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 (not for counseling), contact MCIT:

TOLL-FREE: 1.866.547.6516

WEB: [MCIT.org](http://MCIT.org)

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

For no-cost consultation, contact CONFIDE:  
1.800.550.6248

## AllOne Health

MCIT partners with All One Health (formerly Sand Creek) to provide professional counseling services at no cost to MCIT member leaders, employees and their dependents. AllOne Health is a behavioral health care corporation that is experienced in providing services to counties, cities and federal government with hundreds of qualified counselors accessible across the state. With its many years of experience providing services to Minnesota local governments, AllOne Health brings its reputation of excellence, creativity and innovation to MCIT's membership.