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Please mention, "I have an SAP with Caledonia Community Schools"

800.442.0809

*Press 1 to access your SAP benefits

Your SAP Benefits Include:

- 3 sessions of free, confidential* counseling per episode of care
- Psychiatric Urgent Care Center services for ages 18+
- 24/7 hotline for crisis calls
- Free 30-minute legal consultation
- Free 30-minute financial consultation
- Free elder care consultation
- Personal Advantage online library access
- All benefits are available to students and members of their household



Scan the QR Code above to
call the SAP benefit line.

*The school is NOT notified when SAP services are accessed and the school receives no identifying information.

Additional Contact Info

Email: sap@pinerest.org

Web: pinerest.org/SAP

Personal Advantage: pinerest.org/PAL

Confidential Counseling Services

Free, confidential counseling can be accessed via Teletherapy or In-Person sessions. Any concerns can be addressed in counseling. Common issues include:

- Personal, family or relationship issues
- Social and emotional concerns
- School-related issues
- Depression, anxiety or other mood disorders
- Substance use disorder
- Grief and loss

What if a different problem arises after my free sessions are used?

You are limited to 3 counseling sessions per episode of care. If a new concern requires counseling support, you will receive 3 more counseling sessions for the new episode of care.

Will my school be notified?

No. All SAP services are 100% confidential.

What if I need immediate support?

- You may access the 24-hour HOTLINE by calling 800.442.0809 (press 1).
- Individuals aged 17 and under that are in a crisis should go to the Helen DeVos Children's Hospital Emergency Room.
- Same-day services are available daily for individuals age 18 years and older at the PSYCHIATRIC URGENT CARE CENTER via telehealth and in person. Call 800.442.0809 (press 1) or visit pinerest.org/urgent for hours, location and latest service information.

Online Library

Through the Personal Advantage cloud-based library, you have unlimited access to thousands of resources related to health and wellness, financial and legal issues, and more. This library includes articles, videos, webinars, forms, calculators, locators, assessments, and trainings. Log on today with the unique Username that has been assigned to your school.

Personal Advantage
pinerest.org/PAL

User Name:
CaledoniaSAP

Elder Care Consultation

Students and members of their household can access an elder care specialist from Pine Rest for a free consultation. Your consultation will include:

- Careful assessment of the elder's current care needs, prioritization of services, and supportive problem solving.
- Education and options for senior housing, care, and resources.
- Suggestions for support groups and other senior care organizations.

Legal Consultation

Students and members of their household can access an attorney from respected Michigan law firm, Rhoades McKee. Your consultation will include:

- 30-minute free telephonic consultation.
- 20% discount on subsequent legal services.
- Legal matter examples include family/custody/divorce issues, landlord-tenant disputes, real estate concerns, estate planning, guardianship questions, etc.

For prompt response, please email attorney Thomas L. Saxe at tlsaxe@rhoadesmckee.com and identify yourself as a Caledonia Community Schools SAP member.

Financial Consultation

Students and members of their household can access Dan Groenveld, CPA, of VanderLugt, Mulder, DeVries, and Elders (VMDE). Your consultation will include:

- 30-minute free telephonic consultation
- 20% discount on subsequent financial services for the first year
- Financial matter examples include budgeting, taxes, wealth management, retirement, etc.

For prompt response, please email Dan Groenveld at dan@vmde.com and identify yourself as a Caledonia Community Schools SAP member.

Additional Contact Info

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