

## **What is the Teamsters' Assistance Program (TAP)?**

TAP is a nonprofit Labor-Management service provided to the Teamster and ILWU members of participating health and welfare plans. TAP was developed through Teamsters Joint Council No. 7 and has to provide assistance to the members and their families with alcohol and drug related job and personal problems.

## **What Type of Services Does TAP Provide?**

TAP provides eligible union members and their family with assessment, referral, and follow-up services for alcohol and drug related job and personal problems. TAP also provides limited EAP services for stress, anger management and critical incident debriefing. Training services are also provided.

TAP counselors help you determine if there is a problem, help you get to the right place for help and provide you with a variety of continuing care programs and opportunities for ongoing support.

## **Who Can Use TAP Services?**

All participants and their covered dependents who are covered by health and welfare plans that provide for TAP services.

## **How Can I Receive Assistance?**

You or your family member simply calls the TAP office and asks to speak to a counselor who will either schedule an appointment or direct you to the most appropriate health care provider or community resource for assistance. All phone calls are confidential.

## **What Type of Alcohol and Drug Abuse Treatment Programs are Available?**

TAP counselors refer to a variety of programs which offer a range of services including outpatient, day treatment, residential and inpatient levels of care. If your medical coverage is provided through an HMO, TAP counselors coordinate services through Kaiser and other HMO's to help you get the best care available.

## **Can TAP Help Me if I Have a Positive Alcohol or Drug Test?**

TAP counselors are very familiar with the DOT's alcohol and drug testing programs and will help you meet DOT requirements.

For other positive tests, TAP counselors will help by arranging for appropriate education/treatment and coordinate any necessary communication with your Business Agent and employer.

## **What Type of Follow-up is Provided Upon the Completion of Treatment for Alcohol or Drug Abuse?**

A meeting is scheduled with your TAP counselor to develop a recovery plan which includes continuing care opportunities and recovery activities such as continuing care groups, the monthly sobriety celebration, picnics and holiday parties. TAP counselors provide follow-up monitoring and assistance.

## **Are There Any Costs for Using TAP Services?**

No. TAP services are paid for by the participating health and welfare trusts. The actual coverage provided for alcohol and drug treatment services is determined by the health and welfare plan. TAP counselors will work with you to contact your health and welfare trust fund for more detailed information.

## **How Do I Contact TAP?**

By calling one of the following numbers between 8:00 A.M. and 5:00 P.M., Monday through Friday.

**(510) 562-3600**

**Outside the SF Bay Area  
1 (800) 253-TEAM (8326)**

After 5:00 P.M., and on weekends, leave a message and your phone number on the voice mail and a counselor will call you back.

Your phone call is confidential and no one will be given information without your permission.

You are welcome to drop-in at our monthly sobriety celebration held the third Saturday of each month at TAP's office. Lunch is provided and families are welcome. TAP's office is located at 300 Pendleton Way in Oakland.

## Teamsters' Assistance Program

### Scope of Services

- ◆ Alcohol and Drug Assistance Program
- ◆ Stress and Anger Management Training and Referral. Critical Incident Debriefing

### Ongoing TAP Services

#### Individual Members

- ◆ Confidential face-to-face assessment and referral
- ◆ Coordination of admission with preferred providers, HMO's and managed care
- ◆ Site visits while in treatment
- ◆ Case management through course of treatment
- ◆ Post treatment/return to work meeting
- ◆ Monthly follow-up for one year

#### Continuing Care

- ◆ Monthly sobriety party for members and family
- ◆ Annual summer family picnic
- ◆ Family Christmas party
- ◆ Ten weekly continuing care meetings
- ◆ Monthly TAP newsletter
- ◆ Teamster Support Volunteer (TSV) training

#### Organizational Services

- ◆ Weekly Local Union and Employer visits by each TAP counselor
- ◆ Seminars for Union members and their family
- ◆ Business Agent, shop steward and supervisor training
- ◆ DOT training
- ◆ Union and Employer consultation
- ◆ Ongoing provider evaluations and site visits
- ◆ Preferred provider rate negotiated
- ◆ Trust Fund Reports

## Teamsters' Assistance Program of Northern California

A Labor-Management  
Non-Profit Service to  
Teamsters and ILWU Members and  
Employers in Northern California

Administrative Office:  
300 Pendleton Way  
Oakland, CA 94621

(510) 562-3600

Outside the SF Bay Area  
1 (800) 253-TEAM

## Teamsters' Assistance Program



# TAP

Serving Teamster & ILWU Warehouse  
Health & Welfare Trust Funds in  
Northern California

General Information  
For Health Plan Members

Effective October 1, 2007