



As we approach the busy holiday season and the new year, your NSTU Group Insurance Trustees would like to take this opportunity to wish you all the best during the holiday season!

Looking ahead to holiday gatherings, events, and activities may fill you with anticipation and excitement! For many people, the holidays can also bring as much stress as they do joy. The NSTU Group Insurance Trustees want to remind members that the programs outlined below are available to you and/or your family to assist in coping with the added holiday stress along with the prospect of a long winter ahead.

## Employee and Family Assistance Program (EFAP)

Through the Manulife Employee and Family Assistance Program, you can reach a team of experienced counsellors from Homewood Health Inc. who can help you with issues such as stress, divorce, family issues, mental health issues, weight, smoking or general health issues, and more. You can also access other services such as lifestyle and specialty coaching, depression care, trauma care and, online resources.



Direct access to the Manulife EFAP is provided 24 hours per day, seven days a week at 1-877-955-NSTU (6788) and services can be provided in a way that is most convenient and comfortable for you, whether that be in-person, by phone, or through a secure online service. Access to all online features is also available by visiting [www.manulifeefap.com](http://www.manulifeefap.com) (enter plan contract number 39146).

## NSTU Registered Nurse

One of the very unique features of the NSTU MAP is access to a registered nurse who is an NSTU staff member. The registered nurse is available to assist members and provide direction on how best the NSTU MAP can address individual needs.



The NSTU nurse can be accessed at 1-800-565-6788, press 3. In addition, you can e-mail the NSTU nurse at the NSTU at [nurse@nstu.ca](mailto:nurse@nstu.ca).

## NSTU Counselling Services

The NSTU has two internal counsellors that provide confidential short-term counselling services to members, their partners, and dependents. This service is designed to provide help and intervention at an early stage of difficulty. If there becomes a need for long-term counselling after assessment, members are referred to an appropriate community based professional.



You can contact the registered nurse for more information on the NSTU Counselling Services at 1-800-565-6788, press 3.

## Early Intervention Program (EIP)

The NSTU also have on staff three Early Intervention Case Coordinators to assist members working or absent from work experiencing injury or illness and struggling to remain at work or return to work. The Early Intervention Program Case Coordinators are occupational therapists who focus on maintaining or improving a person's independence. The goal of the Early Intervention Program is to help decrease the incidence and duration of disability. Participation in this program is voluntary and confidential and EIP staff will travel to your community to provide services.



You can contact the registered nurse for more information on the NSTU Early Intervention Program at 1-800-565-6788, press 3.

## Independent Psychological Consultation Services

Through the NSTU MAP, active members can access a Halifax based clinical psychologist that will perform a psychological assessment for members in need. The purpose of this program is to assist NSTU members to access timely assessment which will lead to quicker treatment. Reports are provided to the Member Assistance Program at the NSTU for discussion with the member with regard to treatment options and further direction.



This program can be accessed through the registered nurse at the NSTU by dialing 1-800-565-6788, press 3.

## Carepath – Chronic Disease Program

The Chronic Disease program is a healthcare navigation service that provides comprehensive and personalized support to employees and their families in the event of illness or other health crises. The Chronic Disease Program is led by Nurse Case Managers who act as partners and advocates for you and your family. Nurse Case Managers will help you understand your condition, test results, and treatments and will follow the most up-to-date guidelines for all chronic conditions to ensure the best possible outcomes.



The Chronic Disease Program can be accessed directly by contacting Carepath at 1-844-453-6788 or by email at [info@carepath.ca](mailto:info@carepath.ca).

## Carepath – Elder Care Program

The Elder Care Program will connect you with a Nurse Case Manager who will work with you and your family one on one to help you understand and navigate the health care system so you can make informed decisions and appropriate arrangements for care. Carepath will have an initial consultation assessment with you and/or your aging loved one and develop a personalized care plan based on your individual preferences and common senior health care needs.



The Elder Care Program can be accessed directly by contacting Carepath at 1-844-453-6788 or by email at [info@carepath.ca](mailto:info@carepath.ca).

## Carepath – Mental Health Program

Carepath's Mental Health program was designed to promote prevention and early intervention for mental health issues, including acute mental illness and chronic mental health conditions. The program provides timely access to confidential support for those who need it, as well as return-to-work planning for members on sick leave or long-term disability.



The Mental Health Program can be accessed directly by contacting Carepath at 1-844-453-6788 or 1-888-393-8267 or by email at [info@carepath.ca](mailto:info@carepath.ca).

For more information on the benefits and programs available under the NSTU Group Insurance Program, please visit the NSTU Group Insurance Trust website at [www.nstuinsurance.ca](http://www.nstuinsurance.ca).

# Subject Line: EDUWellness Grants

## – For Members By Members



Hello Fellow Plan Members,

With the holiday season almost upon us, we hope you will take some time to relax and recharge with family and friends. This is so important given the constant change and challenges you continue to face. We recognize your efforts and applaud your dedication, determination, and willingness to adapt to these uncertain times. It has been truly remarkable.

As education professionals, we do everything we can to support our students. We devote countless hours planning, preparing, and volunteering. Achieving a work life balance is a constant challenge. Unfortunately, we often forget about one very important person – ourselves.

Your NSTU Group Insurance Trustees want to ensure that you have an opportunity to focus on your well-being and the well-being of active plan members within your school community. With that said, we want to remind you of the Plan Member focused EDUWellness Grant – For Members, By Members.

The EDUWellness Grant has been established to support initiatives that promote the well-being of our Plan Members. If you have an idea for an activity, meal, program, etc. that would not only boost your well-being, but also the well-being of your fellow colleagues, applying for the EDUWellness grant is your opportunity to bring that idea to life.

For more information, please review the following Frequently Asked Questions:

**Q: *What is the purpose of the EDUWellness Grants?***

**A:** The NSTU Group Insurance Trustees will fund initiatives / projects that promote and support the mental health and well-being of plan members across Nova Scotia. For more information, visit the NSTU Group Insurance Trust website at [nstuinsurance.ca/grants/the-eduwellness-grant/](https://nstuinsurance.ca/grants/the-eduwellness-grant/) or [nstuinsurance.ca/grants/la-subvention-edubien-etre/](https://nstuinsurance.ca/grants/la-subvention-edubien-etre/).

**Q: *Who is eligible for the grants?***

**A:** To be eligible, the individual must have a permanent, probationary, or term contract and be a member of the NSTU, PSAANS or RTO at the time of application.

**Q: *What is the selection process for the EDUWellness Grants?***

**A:** The NSTU Group Insurance Trustees will be awarding 10 grants valued at up to \$1,500. A minimum of one grant will be awarded per Educational Entity (Annapolis Valley, Cape Breton-Victoria, Chignecto-Central, Halifax, South Shore, Strait, Tri-Country, APSEA, and CSAP) and RTO, with the remaining grants being awarded to those with the highest scores. If there are no grants submitted in one of the above regions, that allocated grant will be added to the pool of highest scored grants. The criteria should include the project description, creativity, impacts on plan members, materials and budget, and overall impression.

**Q: *What is the deadline to submit applications for the EDUWellness Grants?***

**A:** The deadline to submit EDUWellness Grant applications for the current school year is January 15th, with grants being awarded within two weeks of the deadline.

For more information regarding this initiative or the many other benefits and programs available to you through the NSTU Group Insurance Plan, please visit our website at [www.nstuinsurance.ca](http://www.nstuinsurance.ca).

Take Care and Happy Holidays,

Your NSTU Group Insurance Trustees

**For Members by Members**  
**EDUWellness**

**Purpose**  
The NSTU Group Insurance Trustees will fund original ideas that support the mental health and well-being of plan members across Nova Scotia.

**Deadline**  
January 15.

**Grant Amount**  
Up to \$1,500 each.

**One grant for each of the following**  
Annapolis Valley, Cape Breton-Victoria, Chignecto-Central, Halifax, South Shore, Strait, Tri-Country, APSEA, CSAP and RTO.

For more information:  
<https://nstuinsurance.ca/grants/the-eduwellness-grant/>

**Grant**

**Pour les membres par les membres**  
**EDUBien-être**

**Objet**  
Les fiduciaires du régime d'assurance collective du NSTU financent des idées originales qui soutiennent la santé mentale et le bien-être des membres du régime partout en Nouvelle-Écosse.

**Date limite**  
Le 15 janvier.

**Montant de la subvention**  
Jusqu'à 1 500 \$ chacun.

**Une subvention pour chacune des entités suivantes**  
Vallée de l'Annapolis, Cap-Breton-Victoria, Chignecto-Central, Halifax, South Shore, Strait, Tri-Country, CESP, CSAP et RTO.

Pour de plus amples renseignements:  
<https://nstuinsurance.ca/grants/la-subvention-edubien-etre/>

**RÉGIME D'ASSURANCE COLLECTIVE DU NSTU**

**Subvention**