



Member Overview

As an Open Arms member you are entitled to free and confidential Employee Assistance Program services, referrals, and resources. We provide confidential counseling services, evaluation and assessment, brief interventions, screened referrals, and follow-up supports. Our EAP program include services such as the following:

- Professional counseling services to employees **and** family members through personal confidential sessions
- Assessment and referrals to external therapists within your health plan network
- Work-life programs that include elder care, childcare, and financial assistance referrals
- Consultation on employee performance issues

Open Arms EAP addresses a wide variety of topics including (but not limited to):	
<ul style="list-style-type: none"> • Anxiety and Stress Management • Depression • Grief and Loss • Domestic Violence • Marital/Relationship Difficulties • Eating Disorders • Post-Traumatic Stress Disorder 	<ul style="list-style-type: none"> • Sexual Addiction • Gambling Addiction and Internet Addictions • Drug and Alcohol Misuse • Workplace Issues • Work/Life Balance • Child Care & Elder Care • Legal/Financial Matters

Our Executive Team:

<p>Open Arms EAP Director Mary Ellen Kundrat, LCSW, CEAP, SAP 516-747-2606 x 108 mkundrat@licadd.org</p>	<p>Open Arms EAP Specialist Megan Dwyer, LMSW 516-747-2606 x 104 mdwyer@licadd.org</p>
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LICADD is a 501c3 non-profit organization located in both Nassau and Suffolk County. Our primary mission is to help individuals and families who are struggling with substance use and mental health related issues. We have also been providing evidence-based prevention, intervention and education services for over 63 years!

We are available to you 24/7/365!

1-800-585-5422

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