



## **Assessment Rehabilitation Services**

A.R.S. is a nationally established, industry-recognized provider of vocational rehabilitation, occupational medicine and disability management solutions across Canada. Established in 1999, A.R.S. has grown to be a steady and prominent pillar in the insurance community with experience in the Health, Disability and Casualty Insurance industries, Workers Safety and Insurance Board (WSIB) and employer market sector.

In response to our employer client's requirements for counseling services on behalf of their valued employees, A.R.S. is proud to offer a national Employee Assistance Plan (EAP) – "Optimal Health Solutions".

Today's employee experiences a variety of stressors, both at home and in the workplace. When left unresolved these stressors can greatly affect an employee's health and performance at work. The Optimal Health Solutions plan specializes in providing counseling services to employees and family members with the intention of improving their overall health, productivity in the workplace and quality of life.

The goal of our Optimal Health Solutions plan is to help employees obtain a higher quality of life with access to support services as needed. Our clinical model is primarily a cognitive-behavioural therapy (CBT) approach. These programs are designed to be short-term in focus with clearly defined and achievable behavioural change goals.

### **The Employer Advantage:**

- **Direct Access:** Upon assigning a registered Psychologist to an individual, he or she may contact the professional directly;
- **Quick Response:** The first counseling session will take place as soon as possible;
- **Direct Treatment:** If supplementary or long-term care are required we are pleased to offer appropriate referrals;
- **Availability:** Our staff is available to take referrals 24-hours a day 7 days a week.

At A.R.S. we realize the positive impact that simple, straight-forward counseling and support services can provide for an employee and his or her family. Through our partnerships with registered Psychologists across Canada, we are able to provide these services in a wide variety of geographic regions from coast to coast.

For more information, call 416-510-2468, toll-free 1-877-304-2239 or visit our website [www.arsi.ca](http://www.arsi.ca).

***A.R.S. Assessment Rehabilitation Services Inc.  
For all your assessment requirements across Canada***