



A Union of Professionals



TRAUMA COVERAGE  
EMPOWERING RECOVERY™



A NEW BENEFIT FOR AFT MEMBERS<sup>1</sup>

## Trauma Coverage to empower recovery

### Trauma counseling and additional benefits, available to you beginning April 1, 2020

AFT members understand that our work to educate, heal, help and serve our communities often carries its own stresses and strains. As professionals, we are challenged to be fully present for others even as we shoulder the burden of our own traumas.

On April 1, the AFT is introducing an innovative form of mental health care and support—trauma counseling. It will be available to AFT members, free of charge, anywhere in the United States at any time in the one-year aftermath of a traumatic incident.

#### This no-cost benefit:

- Offers therapy, which can be scheduled 24/7, when you need it, where you need it.
- Connects you with a licensed, certified, master’s level (or higher) therapist with special training in post-traumatic care.
- Uses the latest communication technologies—phone, video, text and even AI (artificial intelligence)—to provide help that works with your schedule.
- Is confidential and free as a benefit to AFT members.

#### Traumas to AFT members covered by this new insurance include:

##### 24/7:

- Aggravated assault
- Domestic violence
- Sexual assault
- Mass shootings/Terrorist acts
- Major disaster

##### At work:

- Bullied, harassed or threatened
- Traumatized by witnessing a violent incident
- Infected by contagious disease
- Secondary trauma

1. Working members from Guam, Puerto Rico, the U.S. Virgin Islands and Department of Defense Dependents Schools (DoDDS) educators are all covered by this benefit. Retired members and members who pay a fee for representation (agency fee payers) are not eligible for this benefit.

2. Documentation/proof of injury is required in some categories. For more information, visit [www.aft.org/benefits/trauma](http://www.aft.org/benefits/trauma).

## How does this program work?

Members will gain access to the program through the AFT Member Benefits members-only portal. Privacy is ensured; no information about your use of this benefit is reported back to your employer.

Members meeting the criteria for a covered trauma<sup>2</sup> will have access to a total of 21 hours of counseling—as many, or as few, hours as needed—over a three-month period. Generally, the counseling period follows an arc with initial assessment and planning, then a series of sessions in lengths of both 50-minutes and 15-minutes, and finally a closing session for review of treatment results. Everything is confidential and jointly scheduled with your counselor for mutual convenience.

At the conclusion of these AFT-paid sessions, a member who seeks additional trauma counseling may purchase a member-paid policy. In addition, members can purchase expanded trauma coverage for the entire family, available to our members at a discounted rate.

To learn more about the AFT-paid Trauma Coverage benefit and find resources for communicating the benefit, visit [www.aft.org/benefits/trauma](http://www.aft.org/benefits/trauma).

To access the counseling benefit, visit the AFT member-only portal at [www.aft.org/members-only](http://www.aft.org/members-only) or call Trauma Coverage toll-free at 1-855-631-1421. After you initiate a claim, you will be contacted within 48 hours to schedule your initial session with a trauma counselor.

If you are experiencing a mental health crisis and are having thoughts of hurting yourself, call the National Suicide Prevention Lifeline at 800-273-8255 or call 911. You can learn more about the Lifeline at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).



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Trauma Coverage was founded by insurance executive Jason Stabile as a response to a shooting in his hometown in 2009, which deeply traumatized his community. Stabile, using the tools available to him as a business developer, founded Trauma Coverage to support and empower families in trauma recovery through focused, accessible and convenient counseling. This insurance is underwritten by the venerable Lloyd's of London. Counseling is provided by the eHome Counseling Group (Orlando, Fla.), which offers high-quality, technologically advanced services for trauma recovery to a broad and diverse market, which includes first responders and the military.

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