About the Employee Assistance Program

The Employee Assistance Program is a confidential resource to assist both the employee and their immediate family members with the following concerns:

- **Substance Abuse**
  - Alcohol
  - Other drugs
- **Emotional Problems**
  - Depression
  - Grief
  - Stress
- **Family Problems**
- **Relationship Problems**
- **Financial Problems**
- **Work Problems**

**Why Use the EAP?**

Life can pull you in many directions and present many challenges. Your well being, health and happiness depend on you creating a balance between work, home, relationships and also being able to handle and or overcome various obstacles. The EAP provides a clinically trained resource to help you work through these challenges and obstacles.

**Who is Providing the EAP?**

Lifecycle to Recovery is an experienced counseling practice, trained to assess and cope with a variety of emotional and relationship problems. We also offer outpatient and family therapy that creates structured programs for those dealing with substance abuse dependency problems. Lifecycle to Recovery was founded in Asheboro by Dr. Harold Lilly in 1992.

- **Harold Lilly** brings over 40 years of counseling/management experience in mental health and chemical dependency to his practice. As a Licensed Clinical Addictions Specialist (LCAS), Harold’s practice concentration is disorders related use/abuse and its impact on the individual, the family and the community. He specializes in the areas of individual and family therapy, adolescent issues, PTSD, and sexual dysfunction. He has developed and implemented co-dependency and relapse prevention problems at several hospitals and has worked in the field of Employee Assistance since 1974.

  Harold currently serves as a team member for the cardiac rehabilitation unit of Randolph Hospital and volunteers as a member of the Crisis Response Team for Randolph County. He is married with 4 children and a growing number of grandchildren, he competed as a decathlete in the 1974 Olympic trials and remains active as a avid cyclist in his spare time.

- **Mary Jane McGill** is a Licensed Professional Counselor in North and South Carolina, a Licensed Clinical Addiction Specialist in North Carolina, Certified Clinical Supervisor in North Carolina, and Certified Master Addiction Counselor by National Association of Alcoholism and Drug Abuse Counselors. She has over 38 years of counseling experience in the areas of addiction, anger management, women’s issues, trauma, grief, depression, adolescent issues, personal development and anxiety. Mary Jane is joining Harold Lilly in providing outpatient services in the Asheboro area. She enjoys working with adolescents and adults. She will also be providing DWI services for the community.

  Mary Jane currently serves on the Addiction Professionals of North Carolina Board and APNC liaison to the North Carolina Substance Abuse Professional Practice Board.

- **Patricia (Patti) Board** is a Licensed Professional Counselor (LPC) and Licensed Clinical Addiction Specialist Associate (LCASA) in North Carolina with a Masters of Education in Clinical Mental Health Counseling. Patti has accumulated experience in working with a variety of clients in the mental health and addiction fields ranging from children to adolescents, adults, the elderly, couples, and families in the areas of mentorship, crisis intervention, personal development, parenting education, anger management, sexual offenders, and addictions. Patti’s areas of interests include addictions, play therapy with children and minors, individual psychotherapy, group work, and the elderly population.