

# Aspirus Business Health

## Employee Assistance Services



Counselors assist with improving employee well-being by helping to resolve personal issues, provide encouragement and education.



**Sandy Holmes**  
MS, LPC, CSA

*Licensed Professional Counselor  
Certified Substance Abuse  
Counselor*

**Special Interests:** Sandy specializes in working with adults who need assistance with mental health, alcohol and drug abuse, anxiety, depression and grief. She enjoys helping people to strengthen their resources in order to live a happier, more productive, and healthier life.



**Steven P. Kuhn**  
MS, LPC-SAS

*Licensed Professional Counselor  
Substance Abuse Specialty*

**Special Interests:** Steve's passion is to provide assistance to people to help them deal with personal issues that may affect their health, well-being, relationships and job performance. His interests are anxiety, depression, communication issues, anger, addiction, and alcohol and drug abuse.



**Tisha Sleiter**  
MSW, LCSW

*Licensed Clinical Social Worker*

**Special Interests:** Tisha lives by the personal mantra "to be of use." She feels privileged to help people in developing personal goals and gaining a general understanding of the relationship between thoughts, emotions, and behavior as the key to unlocking the healthy changes they want to make.



**Gina Strasser**  
MSW, LCSW, SAC-IT

*Licensed Clinical Social Worker*

**Special Interests:** Gina utilizes a trauma informed, strengths-based approach to validate clients while also encouraging and fostering room for growth. She takes a special interest in working primarily with children, adolescents and marginalized populations and is passionate about creating a safe and encouraging atmosphere where clients feel valued and valuable.

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800.236.4457