



Employee Assistance Program

800-828-2778

Thank you for your interest in the Novant Health Employee Assistance Program (EAP).

The EAP program provides short-term counseling and support to employees and their immediate family members who live in their home. Some typical issues seen by our counselors include: relationship issues, stress management, depression, anxiety, older adult issues, work-life balance, etc. EAP also offers resources for a variety of other topics.

Due to the current health crisis and physical distancing, our team is primarily working from home offering video (Zoom) and telephone sessions until further notice.

If you are interested in scheduling an appointment to speak with a counselor, please contact our main number (800-828-2778). If the call is not answered live, you will be prompted to leave a clear message with your name, telephone number and a time that you may be reached. We will contact you as soon as possible.

If your matter is urgent, you may contact the Program Manager, Paul Turney, at 336-277-1648.

To find out more about Novant Health EAP or for additional resources, you may visit our website at: <http://www.novanthealth.eap.org/>.

Thank you again. We look forward to speaking with you soon.

Sincerely,

Employee Assistance Program Team

Jane Abel (Counselor) jvabel@novanthealth.org

Karen Artz (Counselor) kdartz@novanthealth.org

Mark Dunn (Counselor) mddunn@novanthealth.org

Tonia Lea (Administrative Specialist) tlea@novanthealth.org

Karen John Mannuzza (Counselor) kpjohn@novanthealth.org

Karan Montgomery (Counselor) ksmontgomery@novanthealth.org

Claudia Ramos (Counselor) caramos@novanthealth.org

Paul Turney (Manager) pturney@novanthealth.org

Meet the Novant Health EAP Team



Jane Vatz Abel

jvabel@novanthealth.org

I have been working as an Employee Assistance Program counselor with Novant Health for nearly 25 years. I have a BA in Psychology from UNC at Chapel Hill and a MS in Counseling from Boston University. I enjoy talking with team members (clients) about numerous issues that affect them in their daily lives both at work and at home. It is of major importance for individuals to focus on being resilient in today's changing world; I assist in promoting that strength in others and help them to focus on positive aspects of their lives.



Karen Artz

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I have worked as an Employee Assistance Counselor with Novant Health for 12 years and have experience with a variety of issues. I hold a Master's Degree in Human Development and Learning, am a Licensed Clinical Mental Health Counselor, Licensed Clinical Addictions Specialist, and a Certified Employee Assistance Professional with additional training in trauma therapy. I encourage self-care, personal growth and the practice of mindfulness. I believe that mind/body/spirit health must be a priority for healing. There is something very special about Health Care workers and am so grateful to serve our team members daily.



Mark Dunn

mddunn@novanthealth.org

I am a Licensed Clinical Mental Health Counselor, Board Certified Professional Coach and Board Certified Diplomate in Clinical Hypnotherapy with 30 years of experience. I seek to help Novant employees and family members effectively ease and navigate through anxiety, depression, relationships issues, concerns at work and personal life. I have a specific focus to help those going through grief, loss, traumatic stress and chronic conditions



Tonia Lea

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As the Administrative Specialist supporting the Employee Assistance Program, I am often the initial contact for Novant Health Team Members and their immediate family members seeking support. I enjoy meeting and working with our clients to schedule appointments and answer questions regarding the program. I am a Registered Health Information Technician (RHIT) and certified in Human Resources with over 20 years of experience in administrative and other related fields.



Karen John Mannuzza

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Courage is key to living well and it takes courage to ask for help. I support your courageous work through anxiety, depression, relationship issues, workplace difficulties and many other life concerns. I am a practical and engaged therapist who believes in empowering you to experience the growth and change you desire. I enjoy working across the developmental spectrum. I am a Licensed Clinical Mental Health Counselor and have specialized training and experience in EMDR (Levels I and II) - to help individuals work through the impact of traumatic experiences.



Karan Montgomery

ksmontgomery@novanthealth.org

I am a caring and compassionate counselor with 15 years of service with the Novant Health Employee Assistance Program. I hold a Master's Degree in Human Development and Learning, and am a Licensed Clinical Mental Health Counselor. My counseling approach is solution-focused and person centered based on empathy, respect and confidentiality. I utilize a variety of techniques in counseling sessions and my areas of interest include: anxiety, depression, grief/loss, job performance and stress.



Claudia Ramos

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Life is a journey that is unique to our own experiences. I have worked in diverse facets of mental health and substance abuse for over 17 years with a Master of Science degree in Rehabilitation Psychology and Counseling from UNC-Chapel Hill and am a Licensed Clinical Addictions Specialist. I am Bilingual and Bicultural in Spanish and English and supportive of diversity, inclusion, sensitivity and awareness. My approach is solution- focused, person-centered with motivational interviewing. I embrace the exploration of life changes, wellness/well-being and growth.



Paul Turney

pturney@novanthealth.org

I am a Licensed Clinical Social Worker (NC, VA, SC) and Certified Employee Assistance Professional with 30 years of experience: 10 in the treatment of addictions; 20 in the Employee Assistance setting. In addition to serving as program manager, I provide counseling and coaching for personal growth, with a focus on holistic health and developing and enhancing resilience.