

LAURA WHITE, LPC-MHSP-S, CEAP, SAP, SAE

## BIOGRAPHY

Laura White is a Supervisor on the Optum EAP Management Consultant Team. Laura is a Certified Employee Assistance Professional (CEAP), Substance Abuse Professional (SAP), Substance Abuse Expert (SAE) and Licensed Professional Counselor Supervisor(LPC-S), with an extensive history in Employee Assistance Programs (EAPs) providing workplace support to customer accounts. Laura partners with key company stakeholders, Human Resource Leaders, Executive Leadership, Occupational Health, and Medical Professionals on best practices to address complex organizational and behavioral health issues. She has cultivated relationships with key stakeholders to implement positive culture change. Laura is a trained Critical Incident Responder and has assisted individuals and organizations in recovering from disruptive and traumatic events in the workplace. She develops and delivers customized training programs on a variety of workplace and wellness issues.

Since joining Optum, in 2016, Laura has been instrumental in launching State of TN Take Charge at Work, coaching program. Take Charge at Work helps employees learn to manage symptoms of depression and stress in the workplace. Laura conducted training for the Delta Air Lines Peer Support Program. She is on the dedicated Constellation Energy Generation, LLC team providing strategies to address behavioral disturbances, and consultation on risk and adherence with regulatory compliance with the U.S. Department of Transportation, and the Nuclear Regulatory Commission.

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