BCTF Health and Wellness Program

An early intervention and return to work program for teachers

My recovery and gradual return to work has been very challenging, with many unexpected obstacles along the way. (My rehab consultant)… has provided wisdom and support during this very difficult time. Her experience, combined with her ability to listen and empathize, has given me the encouragement and practical information I have needed to successfully return to work.

—Past program participant

Prior to working with my rehabilitation consultant, I felt at a loss as to how to recover and regain the ability to be useful and productive again… with their direction and guidance, I feel I am making progress in reclaiming my life… step by step we have developed small realistic and attainable goals that certainly help build confidence and strength.

—Past program participant
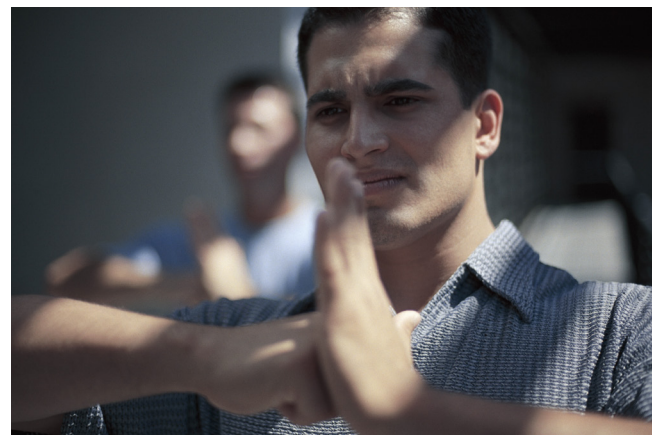
BCTF Health and Wellness Program Vision

The BCTF will assist teacher-members who are unable to maintain, or return to, their teaching positions due to a medical illness or disability by funding an early intervention rehabilitation program. This program is offered on a voluntary basis. The BCTF will promote wellness initiatives in districts and at individual work sites.

How does the program assist a teacher?

The Health and Wellness Program contracts professional rehabilitation consultants located in communities throughout the province. In consultation with your health care provider, these consultants will coordinate services that help to improve the teacher's health and functional abilities.

How can I be referred to the program?

Potential candidates can be referred to the program in four ways:

- **self-referral**
- **by local president or designate**
- **by local school district representative**
- **by the BCTF Salary Indemnity Plan (short-term disability or long-term disability).**

For more information, contact the BC Teachers' Federation:

100-550 West 6th Ave, Vancouver, BC V5Z 4P2
604-871-1921 or 1-800-663-9163 *www.bctf.ca*

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