

# **USM Bylaws, Policies and Procedures of the Board of Regents**

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5. Employee Assistance services, including counseling and work-life referral services; and access to mental health counselors through an Employee Assistance program; and
6. Other wellness activities & benefits that the institution may establish.

### **IV. RELEASE TIME FOR WELLNESS ACTIVITIES**

Each institution shall provide a reasonable amount of release time for employees to participate in specified wellness activities and events taking place at the institution, operations permitting and with the permission of the supervisor.

- A. Such release time may be used for screenings, preventive health services, seminars, classes and other special events provided as part of the institution's wellness