

COUNSELING SERVICES

Medical residents/fellows at the University of Connecticut School of Medicine (UConn SOM) have available to them consultation and/or counseling services.

A resident/fellow may choose to utilize the Employee Assistance Program (EAP) or the privately practicing mental health providers listed below. The Capital Area Health Consortium (CAHC) provides these services at no cost to the resident/fellow. There is no need for a resident/fellow to notify his/her Program Director, the CAHC or their health insurance carrier when accessing the Employee Assistance Program (EAP) and the Mental Health Services listed below.

A resident/fellow also may opt to utilize a provider of his/her choosing at their own expense and/or through their health insurance carrier.

Residents/fellows also have access to urgent or emergent care 24 hours a day, seven days a week through the emergency department at local hospitals.

Employee Assistance Program (EAP)

All residents/fellows may contact the EAP at UConn Health to access counseling services from psychologists, social workers, and marriage counselors. There is no limit to the number of sessions provided.

Contact information is:

Elizabeth Robinson
LMFT, CEAP, Director

David Francis
LPC, LADC, CEAP, Counselor

Allyson Powell
LCSW, Counselor

UConn Health Employee Assistance Program, 860-679-2877

<http://health.uconn.edu/occupational-environmental/employee-assistance-program/>

Mental Health Services

Four privately practicing psychiatrists and one APRN are available to counsel Capital Area Health Consortium (CAHC) employed residents/fellows. Residents/fellows may contact one of these providers as desired. Residents/fellows must identify themselves as resident/fellow employees of the CAHC at the time of initial contact. There is no limit to the number of sessions. To verify employment, the resident/fellow must bring a pay stub to the first appointment.

Mary Ayre, MD
682 Prospect Street
Hartford
860-233-1141

Eric Chamberlin, MD
49 Welles Street, Suite 202
Glastonbury
860-659-4010

Angela A. Capiello, MD
49 Welles Street, Suite 216
Glastonbury
860-430-1997

Alfred Herzog, MD
200 Retreat Avenue
Hartford
860-545-7877

Lisabeth Johnston, APRN
361 Park Road
West Hartford
860-523-1101

Unless a resident/fellow participating in these services has been referred by the UConn School of Medicine due to some performance-related concern, these services will be provided in a confidential manner.

Health Assistance Intervention Education Network (HAVEN)

A resident/fellow may also choose to access the Health Assistance Intervention Education Network (HAVEN).

HAVEN is the health and wellness program authorized by state law to serve healthcare professionals in Connecticut. **HAVEN** provides a safe environment for coordinating educational, rehabilitative, and supportive services for concerns related to alcoholism, substance abuse, behavioral or mental health issues and/or physical illness. Residents/fellows may self-refer to HAVEN for evaluation and treatment. In some instances, residents/fellows may undergo a mandated evaluation by HAVEN (see "[Fit for Duty/Employee Assistance Evaluations](#)"). The Office of Graduate Medical Education must be notified when a resident/fellow self-refers or is referred to HAVEN. This notification can be made by the resident/fellow or by HAVEN once authorized by the resident/fellow to do so.

The initial evaluation of a resident/fellow will be paid in full by the CAHC. If an ongoing treatment plan is needed, the resident/fellow will be expected to pay a portion of the cost. While the resident/fellow is participating in a UConn SOM residency/fellowship program and employed by the CAHC, the resident/fellow will be expected to pay 10% of the monthly fee of HAVEN, provider copays, and laboratory fees up to a maximum of \$500 per year. The resident/fellow will be reimbursed by the CAHC for expenses incurred above this amount upon submission of all receipts/documentation of payment. If a resident/fellow self-refers or is undergoing a mandatory evaluation to HAVEN, he/she must contact the CAHC in order for the CAHC to process payments to HAVEN.

HAVEN staff will make recommendations about further treatment and when appropriate will work with the UConn School of Medicine (UConn SOM) Graduate Medical Education (GME) Office designee and the Program Director in identifying whether or not the resident/fellow is fit for duty.

Contact information is:

HAVEN

835 West Queen Street, 2nd Floor

Southington, CT 06489

Telephone: (860) 276-9196

Confidential Fax: (860) 276-9202

<http://haven-ct.org/>

Grief Counseling

MetLife provides Grief Counseling as part of your Group Life Insurance. Sessions can either take place in-person or by phone. This includes situations you perceive as a major loss such as the death of a loved one, a divorce, receiving a serious medical diagnosis for yourself or a loved one, or losing a pet. In addition, this service can help with locating local funeral homes, locating back-up child care for children or older adults, finding specific types of support groups, finding storage facilities, finding estate sales planners, and finding charities that pick up donations. They can also provide information such as

Residents/Fellows Policies and Procedures Manual

notifying the Social Security Administration, banks, and utilities. This is limited to 5 confidential counseling sessions per event.

This service is provided by MetLife through:

Harris, Rothenberg International (HRI), Inc.

Dedicated 24/7 toll-free number 1-855-609-9989

<https://griefcounseling.harrisrothenberg.net/default.aspx>

User name: MetLife Password: grief

In addition to health related counseling services we offer financial counseling and contracting advice:

Residents/fellows may access financial counseling and/or contracting advice through the CAHC or through their program. These services are available at affordable cost to the resident/fellow, and group sessions are available at no cost through the CAHC or through some individual programs.

Please call members of the Capital Area Health Consortium staff with any questions about these benefits.

Revised 9/17