

COUNSELING SERVICES

Medical residents/fellows at the University of Connecticut School of Medicine (UConn SOM) have available to them confidential counseling services. A resident/fellow may choose to use any of the services below. Also, a Program Director may recommend counseling services to residents/fellows and a resident/fellow can self-report to their program director the need for counseling.

The following services are available:

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, and there is no cost to the resident/fellow.

Contact information is:

Elizabeth Robinson, LMPT, CEAP, Manager

David Francis, MS, LADC, LPC, Counselor

UConn Health Employee Assistance Program, 860-679-2877

http://doem.uchc.edu/clinical_services/eap/index.html

Psychiatry

Three privately practicing psychiatrists and two APRNs are available to counsel Capital Area Health Consortium (CAHC) employed residents/fellows. Residents/fellows may contact one of these providers as desired, and upon identifying that the resident/fellow as a CAHC employee, the chosen provider will make time in his/her schedule to meet with the resident/fellow as needed. There is no limit to the number of sessions and the CAHC covers all the cost of this completely confidential service. To verify employment, please bring a pay stub to the first appointment.

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

Michael Balkunas, MD
Hospital of Central CT
100 Grand Street
New Britain
860-224-5804

Angela A. Cappiello, 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

Health Assistance Intervention Education Network (HAVEN)

If a resident/fellow feels he/she may be unfit for duty, the resident/fellow may contact HAVEN themselves for assistance. If a resident/fellow self-refers to HAVEN, he/she must contact the CAHC in order for the CAHC to process payments to HAVEN.

The evaluation and initial treatment will be paid 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

Residents/Fellows Policies and Procedures Manual

participating in a UConn SOM residency/fellowship program and employed by the CAHC, the resident/fellow will be expected to pay 10% or \$2,000 (whichever is less) of the total balance. If a program director feels a resident/fellow may be unfit for duty, he/she may mandate an evaluation by HAVEN (see "[Fit for Duty/Employee Assistance Evaluation](#)"). HAVEN is the Health InterVention Assistance program authorized by state law to serve most 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. HAVEN staff will make recommendations about further treatment and 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.

In both scenarios the Program Director and the GME Office will be notified and the Program Director will work with Haven to provide performance evaluations.

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 serious medical diagnosis for yourself or a loved one or losing a pet. In addition, this service can help with locating local funeral homes, locate back-up child care for children or older adults, find specific types of support groups, find storage facilities, find estate sales planners and find charities that pick up donations. They can also provide information such as 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.