COUNSELING SERVICE FOR UMMS RESIDENTS AND FELLOWS

The Office of Graduate Medical Education (OGME) offers a subsidized program which provides high quality, easily accessible and highly confidential counseling services to Residents and Fellows. Hours may be negotiated, with some evening hours available. A maximum of 10 visits is available to each Resident with no out-of-pocket payment. Health insurance coverage is accepted as payment in full.

COUNSELING – HOSC (House Officers/Student Counseling)

PRIMARY CONTACT: Kathy Anderson
EMAIL: Kathleen.anderson@umassmemorial.org
PHYSICIAN CONTACT: Dr. Alan Brown
EMAIL: alan.brown@umassmemorial.org
TELEPHONE: 508-856-4672 (508-856-HOSC)

Psychiatry residents may be referred for counseling outside the department, but coverage will be subsidized. Residents may also utilize the school Employee Assistance Program at www.umassmed.edu/eap. See below for more information regarding the EAP. Due to Psychiatry Department restrictions on treating Department members and confidentiality concerns, Psychiatry Residents should contact Marilyn Leeds in the OGME at 856-2903.

INSURANCE CONSIDERATIONS:
Mental health insurance benefits vary significantly from one health plan to another. The Residents and Fellows are encouraged to confirm their benefits with their health insurance representatives. Most health plans require referral by a primary care provider and limit the number of covered visits. Residents who have the GIC Indemnity Plan or Commonwealth PPO insurance are covered under the United Behavioral Health (UBH) Program. Coverage levels, co-payments and deductibles vary depending on whether the individual therapist is a Network or Out-of-Network provider, and care must be pre-certified. Residents and Fellows with UBH should contact United Behavioral Health at 1-888-610-9039 concerning their coverage.

EMPLOYEE ASSISTANCE PROGRAM – 1-800-322-5327
Another option for professional evaluation, brief counseling and referrals for Residents, Fellows and their families is the Employee Assistance Program (EAP). The EAP can assist with marital and family problems, job related stress, anxiety, depression, drug and alcohol issues, financial difficulties and legal issues. All contact with the EAP is strictly confidential: the program can be used anonymously or on a first-name basis. Use of the EAP is free of financial cost. If you are interested in a referral to an outside agency, every effort is made to find resources compatible with your financial situation.

CLINICIANS’ HEALTH AND WELL-BEING COMMITTEE
Residents who require assistance or support with difficulties due to emotional issues or substance abuse can access support, advice, and referrals for treatment from the Clinicians’ Health and Well-Being Committee. Call Carl Fulwiler, MD at 508-856-8389 for confidential help.

CENTER FOR ACADEMIC ACHIEVEMENT
Residents who require support or assistance for learning and related performance and test-taking difficulties can receive support including assessment of learning problems and support for test taking and communication skills. Contact can be made CAA: Madeline Johns - Madeline.Johns@umassmed.edu 508–856-5038 or through OGME at 856-2903.

FOR ADDITIONAL INFORMATION OR OTHER CONCERNS
Please contact Marilyn Leeds in the Office of Graduate Medical Education at 856-2903.