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. House Officer/Student Counseling Services (HOSC).

Services are provided Dr. Christine (Tina) Runyan, PhD, a clinical psychologist in the Department of Family Medicine with expertise on resident health and well-being and by Dr. Alan Brown, MD, a psychiatrist with the Department of Psychiatry who has worked with residents and medical students. Together, they offer evaluation and short term therapy and medication treatment on-site for house officers and fellows who feel they may benefit. Initial meetings are free and confidential.

Continuing treatment will involve billing your insurance and using the sensitive portion of the medical record for documentation. They will also assist with community referrals as needed or requested.

To access HOSC services:
For new consultations:
Please call the confidential voice mail at 508-856-4672 (508 856-HOSC)
or email Kathy Anderson at Kathleen.Anderson@umassmemorial.org

You can also email Dr. Brown or Dr. Runyon directly:

PHYSICIAN CONTACT: Dr. Alan Brown
EMAIL: alan.brown@umassmemorial.org
PSYCHOLOGIST CONTACT: Dr. Tina Runyan
E-MAIL: christine.runyan@umassmemorial.org

Due to restrictions on treating department members and confidentiality concerns:

- Psychiatry Residents should contact Tina Runyan directly or Marilyn Leeds in the OGME at 856-2903.
- Family Medicine Residents should contact Alan Brown directly or Marilyn Leeds in the OGME at 856-2903.

Another excellent resource available to residents and fellows is the school Employee Assistance Program:

The Employee Assistance Program (EAP) The EAP offers a range of supports to deal with personal or work-related difficulties, such as family/relationship concerns and work stress/burnout. EAP also offers child care information/resources; personal legal/financial consultation; and online mental health screening. EAP is free and confidential and is located off-site yet nearby.

You can visit EAP at http://www.umassmed.edu/eap/ to learn more; or call at 1-800-322-5327; or email at: eap@umassmed.edu
INSURANCE CONSIDERATIONS:
Mental health insurance benefits vary significantly from one health plan to another. Residents and Fellows are encouraged to confirm their benefits with their health insurance representatives as coverage, co-payments and deductibles vary based on your selected plan. Dr. Brown and Dr. Runyan are in-network provider for most plans but you should verify this with your plan. Most health plans do not require referral by a primary care provider but may limit the number of covered visits without authorization. The initial visit does not require any insurance coverage.

POSITIVE CLINICAL LEARNING ENVIRONMENT:
Our three graduate schools and GME program, in collaboration with the Diversity and Inclusion Office, established a new position at the Medical School, The Director for a Positive Learning Environment. He works collaboratively with the three schools and GME and serve as a liaison with the Diversity and Inclusion Office (DIO) and UMass Memorial’s Standard Behaviors Group. The Director for a Positive Learning Environment will provide learners with a confidential and supportive opportunity to discuss their concerns in a way that ensures respect for all individuals and facilitates communication, and will assist learners with reporting concerns to the appropriate offices. Learners wishing to speak confidentially with our new Director for a Positive Learning Environment, Mark Miceli, EdD, MSW, may call (508) 856-1829 or email Dr. Miceli at Mark.Miceli@umassmed.edu.

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 Scott Wellman, MD, Director of the CAA, at Scott.wellman@umassmed.edu, Cheryl Mackinney at (508) 856-5434, or through OGME at (508) 856-2903.

FOR ADDITIONAL INFORMATION OR OTHER CONCERNS
Please contact Marilyn Leeds in the Office of Graduate Medical Education at (508) 856-2903.