



Counseling and Support Services Policy

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| Effective Date: February 2016 | Policy Owner: Graduate Medical Education Administration |
| Last Review Date: February 2016 | Policy Contact: Marsha Sellner |
| Next Review Date: | ACGME Institutional Requirement #: |
| Origination Date: February 2016 | ACGME Common Program Requirement #: |

POLICY STATEMENT

A TIGMER Resident or Fellow who wishes to seek *confidential free* counseling services for themselves and/or immediate family are encouraged to call the Aeta Employee Assistance Program at 1-888-238-6232.

The Resources For LivingSM Employee Assistance Program (EAP) is available at no cost to all full-time employees including residents and fellows. The program gives access to a wide variety of supportive services in areas such as relationship issues, substance abuse, wellness and more. Residents and Fellows can save time and effort because the resources are all in one place.

Some highlights of the program include:

Confidential counseling and referral service up to 3 free visits

- Worklife services
- Legal services
- Financial services
- Identity theft resolution consultation services
- Management Services
 - Management referral process
 - Training and education
 - Crisis response services
 - DOT & SAP services
- Covers the resident/fellow and anyone in their household
- Dependents up to age 26 outside of the home are also covered
- No waiting period
- Coverage up to 90 days after last day worked
- Unlimited telephonic consultations, 24/7

Call **1-888-238-6232** anytime, 24 hours a day, seven days a week or visit www.MyLifeValues.com Username: uiwtx Password: eap for easy access to information, interactive tools and self-assessments.

In emergencies, the Resident or Fellow is encouraged to use the Emergency Department at their nearest hospital. At the housestaff Resident and Fellow orientation, the process and policy for support services are reviewed. Program directors are advised to emphasize the same at their Program's individual orientation.

Residents and fellows may self-refer to the Texas Physician Health Program by calling 512-305-7462 or by visiting their web site at www.txphp.state.texas.us. The TXPHP can confidentially direct the resident or fellow to resources to assist with issues of impairment due to substance abuse or psychological illness.

During orientation and at least annually thereafter, the GME administration will review options for confidential counseling services for all trainees.

REASON FOR POLICY

PROCEDURES

FORMS/INSTRUCTIONS

RESPONSIBILITIES

FAQ

ADDITIONAL CONTACTS

| Subject | Contact | Phone | Fax/Email |
|--------------------|---------|-------|-----------|
| Primary Contact(s) | | | |
| Subject | | | |

DEFINITIONS

[Texas Physician Health Program Website](#)
[Aetna Employee Assistance Program Website](#)

RELATED INFORMATION

HISTORY