

## **POLICY ON RESIDENT COUNSELING SERVICES**

### **PURPOSE:**

The George Washington University recognizes that Graduate Medical Education programs place substantial responsibility on residents that may affect physical and mental health. The University seeks to alleviate some of the stressful effects of participation in residency programs by providing residents with access to appropriate confidential counseling and psychological support services.

### **SCOPE:**

This policy applies to all residents and fellows participating in ACGME-accredited training programs sponsored by The George Washington University.

### **PROCEDURE:**

- **Faculty/Employee Assistance Program**

- The Faculty Employee Assistance Program (F/EAP) provides confidential counseling and referral services. This program is available to all Residents and dependents at no cost and is provided through CIGNA Behavioral Health.
- The service is available 24 hours a day throughout the year. The F/EAP is a confidential service and each counselor is a licensed mental health professional. EAP counselors are available to provide Residents and their dependents with professional counseling and problem assessment to assist them with developing a counseling plan. Where appropriate, short and long term referrals may be made to approximately thirty-one (31) different counseling resources.
- Residents and their dependents who wish to take advantage of this benefit should contact Cigna Behavioral Health directly by calling 1-877-622-4327 to speak with a personal F/EAP Advocate who will provide the required authorization to obtain additional F/EAP assistance, if necessary.
- Residents may also go online to [www.cignabehavioral.com](http://www.cignabehavioral.com) and enter the employer ID: **gwu**, for additional helpful resources and information.

- **MFA Department of Psychiatry**

- Residents may also seek confidential mental health services from the MFA Department of Psychiatry.
- Residents may be referred to the Department of Psychiatry by their Program Director or they may self-refer by calling the Department of Psychiatry.

- Residents are eligible to be seen by the MFA Psychiatry Department for an initial evaluation and for up to four (4) follow-up sessions, if needed, at no charge to the Resident. Prior to the initial visit, Residents must identify themselves as residents to be seen without charge.
- The MFA Department of Psychiatry will refer the resident to the most appropriate practitioner if further treatment is necessary beyond the initial evaluation and four (4) follow-up sessions. An effort will be made to provide a referral to a practitioner who offers discounted fees for residents. The Resident is responsible for payment of these additional services.

**Approved by GMEC: Sept. 21, 2009**