

COUNSELING SERVICES

Medical residents/fellows at the University of Connecticut School of Medicine (UConn SOM) have available to them consultation and/or counseling services.

A resident/fellow may choose to utilize the Employee Assistance Program (EAP) or the privately practicing mental health providers listed below. The Capital Area Health Consortium (CAHC) provides these services at no cost to the resident/fellow. There is no need for a resident/fellow to notify his/her Program Director, the CAHC or their health insurance carrier when accessing the Employee Assistance Program (EAP) and the Mental Health Services listed below.

A resident/fellow also may opt to utilize a provider of his/her choosing at their own expense and/or through their health insurance carrier.

Residents/fellows also have access to urgent or emergent care 24 hours a day, seven days a week through the emergency department at local hospitals. CAHC will not cover the emergency room copayment cost.

Employee Assistance Program (EAP)

All residents/fellows may contact the EAP at UConn Health to access counseling services from psychologists, social workers, and other counselors. There is no limit to the number of sessions provided.

UConn Health Employee Assistance Program, 860-679-2877

<http://health.uconn.edu/occupational-environmental/employee-assistance-program/>

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Mental Health Services

Mental health providers are available to counsel Capital Area Health Consortium (CAHC) employed medical residents/fellows. Residents/fellows may contact one of these providers as desired. Residents/fellows must identify themselves as resident/fellow employees of the CAHC at the time of initial contact. To verify employment, the resident/fellow must bring a pay stub to the first appointment.



Teo-Carlo Straun, MD
Telehealth
(860) 756-0455
*Hours: M-F 10a-6p



Maria Da Costa, MD
Telehealth
(860) 232-9209
*Hours: Morning and Evening Appts.



Amit Rathi, MD
Telehealth or In-Person
(860) 707-3502
*Hours: M-F 9a-5p
345 N. Main St., Unit 311
West Hartford



Anita Lowe-Choa-Lee, APRN
Telehealth
(860) 803-7647
*Hours: M-F after 5p



Angela Roberts, APRN
Telehealth
(959) 207-1951
*Hours: M, W, F 5-8p



Debra Bailey, PhD
Telehealth
(860) 561-0746
*Hours: M 7a-3p, T 7a-4p,
W 7:30a-1p, TH 7:30a-2p,
F 7a-12p, S 8:15-10:30a



Vamsi Koneru, PhD
Telehealth
(305) 321-5384
*Hours: M 8a-3p, T 8a-9:30p,
W 8a-2p, Th 8a-9:30p,
F 8a-3p, Sun 8a-5p



Judith Rosenberg, PhD
Telehealth or In-Person
(860) 667-3043
*Hours: M-F 8a-6p
20 Hurlburt Street, Ste. 100
West Hartford



Mark Meola, LCSW
Telehealth
(203) 305-8500
*Hours: T, W 5-8p, S 9a-3p

Unless a resident/fellow participating in these services has been referred by the UConn School of Medicine due to some performance-related concern, these services will be provided in a confidential manner.

Health Assistance Intervention Education Network (HAVEN)

A resident/fellow may also choose to access the Health Assistance Intervention Education Network (HAVEN).

HAVEN is the health and wellness program authorized by state law to serve 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. Residents/fellows may self-refer to HAVEN for evaluation and treatment. In some instances, residents/fellows may undergo a mandated evaluation by HAVEN (see [Fit for Duty/Employee Assistance Evaluations](#)). The Office of Graduate Medical Education must be notified when a resident/fellow self-refers or is referred to HAVEN. This notification can be made by the resident/fellow or by HAVEN once authorized by the resident/fellow to do so.

While the resident/fellow is participating in a UConn SOM residency/fellowship program and employed by the CAHC, the initial evaluation of the resident/fellow will be paid in full by CAHC. If an ongoing treatment plan is needed, the resident/fellow will be expected to pay 10% of the monthly fee of HAVEN. You are eligible for reimbursement of the biologic testing fees once you have paid \$500 per year out of pocket. The resident/fellow will be reimbursed by the CAHC for expenses incurred above this amount upon submission of all receipts/documentation of payment to the CAHC. Receipts must be submitted within 60

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days to be eligible for reimbursement. Residents/fellows will not be reimbursed for provider copays, mobile laboratory fees, emergency department laboratory fees, or sales tax. If a resident/fellow self-refers or is undergoing a mandatory evaluation to HAVEN, they must contact the CAHC in order for the CAHC to process payments to HAVEN.

HAVEN staff will make recommendations about further treatment and when appropriate 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.

Contact information is:

HAVEN

1210 Mill Street

East Berlin, CT 06023

Telephone: (860) 828-3175

Confidential Fax: (860) 828-3192

<http://haven-ct.org/>

Other Counseling Services

AnthemLive Health Psychology Program provides convenient access to licensed Psychologists and Therapists available 7 days a week in the privacy of your own home. Their trained professionals can assist with a variety of conditions, including stress, anxiety, depression, grief and relationship or family issues. There is no copay for these services.

[Anthem LiveHealth Psychology](#)

Guardian WorkLifeMatters Employee Assistance Program provides up to 3 free counseling sessions for support services to help promote well-being and enhance the quality of life for you and your family. A free consultation with an attorney and discounts on legal services thereafter as well as financial planning tools and assistance is also available.

[Guardian Employee Assistance Program](#)

Revised 9/17, 3/20, 11/20, 12/21, 3/22, 4/22, 8/22, 10/22, 1/23, 4/23, 7/23, 10/23

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