



COUNSELING SERVICES

FREE counseling services are available to all Residents/Fellows employed by Capital Area Health Consortium.

There is **NO** cost to you. There is no need to use your insurance or tell your Program Director or Coordinator.

You may contact UConn's Employee Assistance Program or any of the participating providers:

EAP Contacts:



Caroline Finley, LCSW
(860) 679-2877
uchc_eap@uchc.edu
*Hours: M-F 8a-5p



**David Francis, LPC,
LADC, CEAP**
(860) 679-2877
uchc_eap@uchc.edu
*Hours: M-F 8a-5p



Melissa Ortiz, LPC
(860) 679-2877
uchc_eap@uchc.edu
*Hours: M-F 8a-5p

Participating Providers:



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



Dervin Cunningham, MD
Telehealth
(860) 756-0455
*Hours: M-F 10a-6p



Mohammad Dada, MD
Telehealth or In-Person
(959) 240-0250
*Hours: M-F 9a-5p
345 N. Main St., Unit 311
West Hartford

THERE IS NO COST FOR THIS SERVICE

- You need to be actively employed to qualify for services. Please bring your employee badge or a current pay stub to each appointment for employment verification.
- If you require urgent care, please go to the nearest emergency department.
- Alternatively, you can choose your own healthcare provider using your health insurance. There is no charge for in-network providers.
- If you have any questions or scheduling issues, please contact CAHC at (860) 676-1110 or email us at cahcgroupp@uchc.edu.



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Participating Providers Continued:



Karla Rodriguez-Perez, MD
Telehealth
(860) 756-0455
*Hours: M-F 10a-6p



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



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



Erin Hopkins, PsyD
Telehealth or In-Person
(203) 307-5564
*Hours: M, T 8a-6p
Some evening and
Saturday's upon request
1027 Farmington Ave, Ste. 100
Farmington



Nellie Filippopoulos, PsyD
Telehealth or In-Person
(860) 561-1662
*Hours: M-F 10a-8p, some
Saturday's upon request
18 North Main St., 3rd Floor
West Hartford



Debra Bailey, PhD
Telehealth
(860) 561-0746
*Hours: M-T 7a-3p and W-F
7:00a-1p



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



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



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

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ANTHEM IN-NETWORK PROVIDERS

In-Network Providers and Sydney Health App.:

Mental health and substance abuse care are covered at no cost to residents/fellow and their plan dependents insured through Anthem when you use in-network providers. This includes both virtual visits, and in-person appointments with participating providers.

To easily find an in-network provider, download **Anthem's Sydney Health App**. The app provides quick access to your benefits, claims, ID cards, and plan information.

You can also use the app to locate doctors, set up virtual care visits through **LiveHealth Online**, track your health, and stay up-to-date on your plan details.



Anthem's In-Network Behavioral Health Platforms Include:

Talkspace

Rula

valerahealth

wellnite

Equip

InStride Health™



Capital Area Health Consortium

GUARDIAN * COMPSYCH ***EMPLOYEE ASSISTANCE PROGRAM***

GuidanceResources®

For Employees: What is the Employee Assistance Program?



The Employee Assistance Program is provided by ComPsych® GuidanceResources® and offers counseling, legal and financial consultation, work-life assistance and crisis intervention services to you and your household family members.

Why is your employer providing access to an EAP?

Because your employer cares about you and your dependents. The EAP can be used free of charge as needed when you or your dependents are facing emotional, financial, legal or other concerns.

Are the services confidential?

Yes, the EAP is strictly confidential. No information about your participation in the program is provided to your employer.

Why might my family or I use the services?

There are many reasons to use these services. You may wish to contact the EAP if you:

- Are feeling overwhelmed by the demands of balancing work and family
- Are experiencing stress, anxiety or depression
- Are dealing with grief and loss
- Need assistance with child or elder care concerns
- Have legal or financial questions
- Have concerns about substance abuse for yourself or a dependent

What happens when I call?

When you call, you will speak with a GuidanceConsultantSM, a master's- or PhD-level counselor who will collect some general information about you and will talk with you about your needs. The GuidanceConsultantSM will provide the name of a counselor who can assist you. You can then set up an appointment to speak with the counselor over the phone or schedule a face-to-face visit.

What counseling services does the EAP provide? **3 face-to-face or virtual sessions per person, per issue, per year**

The EAP provides free short-term counseling with counselors in your area who can help you with your emotional concerns.

If the counselor determines that your issues can be resolved with short-term counseling, you will receive counseling through the EAP. However, if it is determined that the problem cannot be resolved in short-term counseling in the EAP and you will need longer-term treatment, you will be referred to a specialist early on and your insurance coverage will be activated.

Can my children use the EAP?

Yes. The EAP is a confidential benefit for employees and their household family members.

COMPSYCH®
GuidanceResources® Worldwide

Guardian®



24/7 Live Assistance:
Call: (855) 239.0743
TRS: Dial 711



Online: guidanceresources.com
App: GuidanceNowSM
Web ID: Guardian