



THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON

Graduate Medical  
Education

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## House Staff Counseling Policy

### Well-Being

#### Purpose

In compliance with the ACGME Institutional and Common Program Requirements, the Graduate Medical Education Committee (GMEC) sets forth this policy to ensure access to confidential mental health services for trainees in ACGME-accredited and Non-Standard Training (NST) Programs.

#### The ACGME Institutional Requirements (2021) state:

*III.B.7.c).(3) The Sponsoring Institution, in partnership with its ACGME-accredited program(s), must provide access to confidential, affordable mental health assessment, counseling, and treatment, including access to urgent and emergent care 24 hours a day, seven days a week. (Core)*

#### Procedure

1. House Staff Counselors are independent, practicing psychiatrists employed by the University of Arizona College of Medicine – Tucson (UACOM-T) to provide free, confidential mental health services to trainees in our ACGME-accredited and NST programs.
2. To ensure confidentiality, House Staff Counselors maintain their own independent clinical records outside of the university system and do not use the Electronic Health Record of any of UACOM-T participating sites.
3. Information on how to schedule a confidential appointment with a House Staff Counselor is available on the UACOM-T GME website at <https://mentalhealthservices.medicine.arizona.edu/services/residents-fellows>
4. House Staff Counselors are available for routine mental health care. Services for urgent or emergency mental health issues are provided at the Crisis Response Center at 520-622-6000. The Crisis Response Center is open 24 hours/day, 365 days/year for mental health emergencies.
  - a. Further emergency contact information is also available at this website including:
    - National Suicide and Crisis Lifeline at 988
    - Crisis Response Center at 520-622-6000
    - Counseling and Psych Services (CAPS) Crisis Line at 520-621-3334
    - 911 or to go to the nearest Emergency Department
  - b. Additional resources for mental health and well-being are also available on the UACOM-T website.
5. The Designated Institutional Official, Associate Dean of GME, and the GME staff do not access any confidential information for any trainees seeking services through the UACOM-T website and are therefore not aware of any trainees seeking or receiving mental health services.
6. Annually, a summary report of the mental health services provided over the previous academic year by the House Staff Counselors will be provided to the GMEC. This report will include only de-identified data to review:

1. Aggregate number of visits
2. Average number of visits per trainee
3. Any additional service provided by the Counselors (presentations, meetings with departments, etc.)
4. Any identified concerning trends regarding the mental health and well-being of the trainees

Effective: 07/01/2012

Reviewed: 07/01/2016

Revised: July 2023, approved by GMEC August 2023