

GME Well-being Services

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Outline

- ▶ Who I am
- ▶ Confidentiality
- ▶ GME Well-being Services
- ▶ Your insurance and mental health visits
- ▶ Contact info
- ▶ Your questions

Who I am...

- ▶ Licensed psychologist
- ▶ Background in higher education and student affairs
- ▶ Research and clinical interest in twice-exceptionality
- ▶ Prior experiences in hospital, university, embedded settings
- ▶ Provide care to house staff
- ▶ One person 😊



Confidentiality

- ▶ Legal and ethical mandate
- ▶ Separate records
- ▶ No cost, no insurance
- ▶ Cannot confirm or deny that someone is using/has used services without prior written consent
 - ▶ Challenges with this
 - ▶ Two hats
- ▶ Limits
- ▶ What that looks like with clients outside the therapy room



GME Well-being Services

- ▶ **Initial consultation:**
“Figuring out what to do” appointment
- ▶ **Individual therapy**
Goal-focused, based on adequate dose of treatment and booster as needed
- ▶ **Case management**
Finding community providers or other community resources
- ▶ **Problem-solving/Coaching**
Appointments to address a specific problem or concern; focus on performance enhancement

Other initiatives:

- Outreach/psychoeducation to departments
- Interactive Screening Program through AFSP
- Well-being Collaborative
- Chief Residents for Well-being
- Faculty Champion

Coverage of mental health visits

	UISELECT (BLUE HMO)		UICHOICE (BLUE POS)		
MENTAL HEALTH CARE VISITS	Level 1: \$0 copay	Level 2: \$0 copay	Level 1: \$0 copay	Level 2: \$0 copay	Level 3: 50% coinsurance

▶ **PsychologyToday.com**

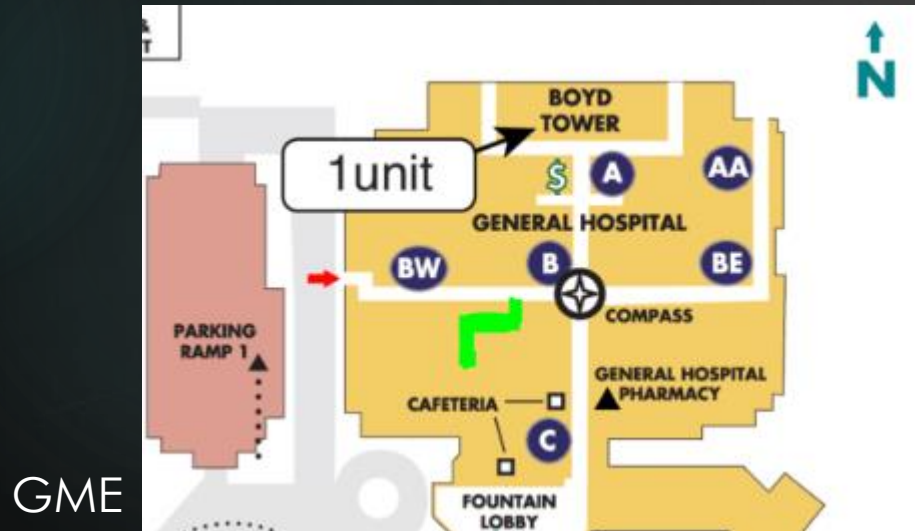
- Select for those who take your insurance (specifically *Wellmark BC/BS*)
- Wide net is best

▶ **DoctorOnDemand.com**

- \$0 copay
- Their psychiatrists do not prescribe controlled substances such as stimulants or benzodiazepines

My contact info

- ▶ kristin-wurster@uiowa.edu
- ▶ 319.353.6342
- ▶ Offices in GME (1st floor GH) and Family Medicine (LL PFP)



Family
Medicine

