



SCHOOL OF
MEDICINE

OFFICE OF PROFESSIONAL
WELLBEING

Psychosocial Resources for HSC Faculty, Staff and Learners

Department of Psychiatry and Behavioral Health Sciences
Office of Professional Well-being
The University of New Mexico School of Medicine
March 23, 2021

Entire HSC Community

Behavioral health faculty with an expertise in addressing racism and hate crimes are available to anyone in the HSC community in need. Please contact:

Maria Yellow Horse Brave Heart, PhD

Associate Professor - Clinician Educator
President of the Takini Institute
Please email AND call to reach Dr. Brave Heart
MBraveHeart@salud.unm.edu **505.280.0890**

Lindsay Smart, PhD

Associate Professor - Clinician Educator
Associate Vice Chancellor for Leadership in the
HSC Office for Diversity, Equity & Inclusion
Please use this SMART sheet to sign up to
connect with Dr. Smart

ANYONE IN THE HSC COMMUNITY:

- Can call the psychiatry clinic directly by calling **Dalia Thompson at 505.272.6130** to ask for a wellness check - they will have 1 or 2 appointments with a psychologist to check in, assess how they are doing and see if more formal counseling is needed. These sessions are NOT documented, free of charge, and can usually be arranged within 1-2 weeks (sometimes sooner)
- Access counseling through the Vassar House, the North Campus branch of the **Women's Resource Center**
- Visit mentalhealth.unm.edu and identify all resources they can access. Drop-in sessions and special events led by SHAC are also posted here

Residents and Fellows

- Can access **Jeff Dunn (JeDunn@salud.unm.edu)**, **Rebecca Ezechukwu (REzechukwu@salud.unm.edu)**, or **Raven Cuellar (RavenCuellar@salud.unm.edu)** for 1:1 sessions - depending on the urgency, they can usually be seen within 3 weeks or sooner
- Can access **Outcomes**, the resident employee assistance program - these folks have increased their capacity and can usually see a house officer within a week and are available for debriefing critical events
- Can screen for depression, anxiety, stress, suicidality and get a response from a counselor and follow-up within 24 hours: unmsom.caresforyou.org/welcome.cfm

Medical Students

- Can access **Drs. Dunn, Ezechukwu, and Cuellar (emails listed above)** - this extends to ALL learners on HSC campus
- Can access **SHAC - Student Health and Counseling** - has 24/7 crisis line, same day triage appointments, counseling, TAO - Therapy Assistance online (online self-help), group sessions, and often leads sessions related to current events
- Can also use unmsom.caresforyou.org/welcome.cfm for screening

Faculty

- Can access an in-town practice for up to six free sessions of counseling - email **Susan Kaspi, PhD** at spkaspi@behaviortherapy.com or call **505.453.0922**
- Can access **CARS - Counseling, Assistance & Referral Services** for employee assistance
- Can access unmsom.caresforyou.org/welcome.cfm for screening
- Can access local and national resources set up for psychosocial support during the COVID-19 pandemic

[OFFICE OF PROFESSIONAL WELL-BEING](http://unmsom.caresforyou.org)
OPW@salud.unm.edu | **505.272.7979**