UNM SCHOOL OF MEDICINE

SUPPORT GUIDE

SCHOOL OF MEDICINE

PROFESSIONAL WELLBEING

UNM School of Medicine Support Guide

The "SOM Support Guide" will provide you with resources to use during the times you feel well and the times you feel challenged. Knowing how and when to seek help is an important skill to have when you are a health care professional or biomedical scientist. Often intervention with a trained professional can facilitate your capacity to cope with and resolve problems in a constructive and growth-related manner.

Please do not hesitate to contact any of the people or resources listed, and please let me know if you come across information in this guide that will be useful to others in the future.

Best,
Kristina Sowar, MD and Cori Poffenberger, MD
Interim Co-Directors
Office of Professional Well-being
KSowar@salud.unm.edu
CPoffenberger@salud.unm.edu

Need a place to hang out and relax?
Check out the STUDENT LOUNGE
Domenici Center Auditorium Building, east end
24/7 access with HSC badge

Wellness Resources

OFFICE OF PROFESSIONAL WELL-BEING

Counseling and Psychotherapy Services. ALL SERVICES ARE FREE AND CONFIDENTIAL
(Available for School of Medicine Students, including HPP and BSGP students – if you want to get scheduled with the first available clinician in our office, please email OPW@salud.unm.edu)

UNM STUDENT HEALTH AND COUNSELING

The University of New Mexico Student Health and Counseling (SHAC) has a multidisciplinary professional staff (psychiatry, psychology, and counseling) with expertise and experience in the difficulties generally encountered within a student population. Counseling Services offers assessment and referral, counseling, and workshops in addition to crisis intervention.
Ongoing appointments are scheduled by calling 505-277-3136. Further information is accessible through their website at: https://shac.unm.edu/services/mental-health/index.html.

If you are in crisis that cannot wait until regular SHAC clinic hours, call SHAC Counseling Services After-Hours On-Call Service (for UNM students only) at 277-3136; select option #3. A licensed counselor will receive your call and convey your need to the Director of Counseling Services. You may use this line 365 days a year.

UNM HSC WELLNESS CENTER

Physical activity and exercise for mental well-being and cognitive function directly impact academic performance for students in healthcare professions. Regular exercise reduces stress, improves mood, and enhances memory and concentration, enabling students to manage the rigorous demands of their training more effectively and succeed. The Wellness Center is located on the second floor of Domenici Center West and is open 24/7. More information can be found at this link: https://hsc.unm.edu/about/wellness/

RELAXING ON CAMPUS

UNM SOM Student Lounge - *Fitz Hall Basement* - the student lounge is provided for SOM students and is in the basement of Fitz Hall (the room next to the vending machines). The student lounge is equipped with a microwave and a refrigerator. There are also a ping pong table, foosball table and television. Sporting equipment (Hula hoops, footballs, soccer balls, etc.) is stored in the Student Lounge cabinet and can be checked out by visiting **OMSA**. Contact OMSA at HSC-OMSA@salud.unm.edu or 505-272-3414 for the current Student Lounge code.

STUDENT ACTIVITIES CENTER

Enhance the academic student experience at the University of New Mexico by facilitating opportunities for students to develop and practice essential skills, cultivate meaningful relationships, and connect with the campus community. For more information, click here or call 505-277-4706

UNM BASIC NEEDS PROJECT

The UNM Basic Needs Project is an interdisciplinary collaboration of UNM faculty, students, and staff. Our goal is to improve the basic needs (food and housing) security of college and university students in New Mexico through a combination of data collection, research, and the development of evidence-based solutions. We also aim to build partnerships throughout the state with other schools, government, and civil society because together we can end food insecurity in higher education. Visit basicneeds.unm.edu for more information and access information on a wealth of resources.

LOBO FOOD PANTRY

Free to all currently enrolled UNM students. Students will have an opportunity to fill a basket with grocery offerings of their choice and must weigh the basket for final checkout. Students are required to sign a waiver for the semester and provide general identifying information (name, email, UNM ID number) when visiting the pantry in order to help us track the number of visits they use each month.
https://loborespect.unm.edu/services/campus-lobo-food-pantry.html

RECREATION FACILITIES & PROGRAMS

Recreational Services Department of the University of New Mexico is to provide a wide variety of opportunities to enhance the educational, recreational and cultural experiences for a diverse University community. For more information, click here or call 505-277-0178.

Library Wellness Room - *HSLIC Rm 325* - space to relax, reflect, meditate and unwind

INTERESTED IN MORE RESOURCES?

Check out mentalhealth.unm.edu

Safety Resources

CAMPUS SAFETY

The **UNM Police Department** operates 24 hours a day and 7 days a week. The police station is located on the main campus, at the west end of Hokona Hall. Our address is 1700 Mesa Vista Rd NE Albuquerque, NM 87106, MSC02 1540.

On-campus Police Escorts: 505-277-2241

Recognizing the safety needs of its campus community, the University of New Mexico has taken another step in its goal of enhancing safety for all its faculty, staff and students. UNM has added **LoboGuardian**, the latest technology-driven app designed to increase user safety through real-time interactive features that create a virtual safety network of friends and family. For a free download, go to http://loboguardian.unm.edu LoboGuardian allows users to designate "Guardians" to act as a virtual safety escort in timed Safety Sessions. From the LoboGuardian website, there are links to additional topics on campus safety.

AGORA CRISIS CENTER

"Call us anytime. Call us about anything." Agora is a hotline aimed specifically for students to talk about personal or academic problems they may be having.

Volunteers at Agora are trained peer counselors who offer compassionate and non-judgmental listening. Agora also acts as a referral service.

To contact Agora, call their hotline at 505-277-3013. They also offer walk-in counseling at 1820 Sigma Chi Monday through Friday, 8:00 a.m. to 5:00 p.m. Their website is accessible at: http://www.agoracares.org.

MANDATORY REPORTING

We care about discrimination and harassment and want all of you to have a respectful and safe place to learn. We are absolutely here to listen to you, but most faculty, administrators, and teaching assistants are what are called "mandatory reporters". If you describe a behavior to us that is potential discrimination and/or harassment against protected classes, we need to report what we hear to the UNM Office of Compliance, Ethics, and Equal Opportunity (CEEO), per federal and state laws and UNM policy. UNM CEEO maintains confidentiality to the extent allowable by law and UNM policy. If you prefer to speak with someone who does not have an obligation to report to CEEO (an "advocate"), please reach out to advocates at the following locations:

LoboRESPECT Advocacy Center
LGBTQ Resource Center
SOM Learning Environment Office - recommended place to start
Student Health and Counseling (SHAC)
Vassar House
Women's Resource Center
Office of Compliance, Ethics, and Equal Opportunity (Formerly Office of Equal Opportunity)

SEXUAL HARASSMENT AND ASSAULT

UNM has created a Sexual Misconduct and Assault Response Team (**SMART**). If you have been sexually assaulted, it is important to remember it is **not your fault**. Seek the appropriate services so that all your needs can be met. If you wish to be accompanied by a trained and sensitive advocate, you can **call the Rape Crisis Center's 24-hr hotline at 505-266-7711,** and an advocate will meet you.
You can choose to utilize any or all components of the sexual assault response team.
Call the SMART responder that you feel most comfortable contacting:

ABQ Sexual Assault Nurse Examiners (SANE)	**505-884-7263**	24-hour hotline
Rape Crisis Center of Central New Mexico	**505-266-7711**	24-hour hotline
Student Health and Counseling (SHAC)	**505-277-3136**	24-hour number
Counseling and Referral Services (CARS)	**505-272-6868**	
UNM Police Department (UNMPD)	**505-277-2241**	24-hour number
Dean of Student (DOS)	**505-277-3361**	

The LoboRESPECT Advocacy Center provides a safe and welcoming environment for students to receive support and advocacy services for several areas. It can be accessed at http://loborespect.unm.edu

CAMPUS ASSESSMENT RESPONSE EDUCATION (CARE)

CARE hosts a comprehensive online reporting form about students who are exhibiting any disturbing behaviors so students can receive or stay connected to the academic support and student wellness services. For more information, click here.

VASSAR HOUSE

Located at 917 Vassar NE, is the North Campus satellite office for the UNM Women's Resource Center. The Women's Resource Center offers free counseling and crisis intervention. https://women.unm.edu/

Support Groups and Community Resources

ALCOHOL AND SUBSTANCE ABUSE

Addictions & Substance Abuse Program (UNM)	505-994-7999
Cocaine Anonymous	505-359-8224
Narcotics Anonymous (Greater ABQ area)	800-798-6649
Prevent+Ed (National Council on Alcoholism & Drug Abuse)	314-962-3456
Adult Children of Alcoholics	310-534-1815
Al-Anon Information Service	505-262-2177
Alcoholics Anonymous	505-266-1900

COMMUNITY MENTAL HEALTH RESOURCES

Agora Crisis Center (24-hour hotline)	505-277-3013
Albuquerque Family Advocacy Center	505-243-2333
Catholic Charities of Central New Mexico	505-724-4670
Collegiate Recovery Center (UNM)	505-277-0560
Domestic Violence Resource Center	505-248-3165
National Suicide Prevention Lifeline	988
NM Crisis and Access Line (NMCAL)	855-662-7474
Outcomes	505-243-2551
Overeaters Anonymous	505-261-3553
Psychiatric Emergency Services	505-272-2920
Rape Crisis Center of Central New Mexico	505-266-7711
Sage Neuroscience Center	505-884-1114
Transgender Resource Center	505-200-9086
ULifeline	800-273-8255
UNM Dept. of Psychology Clinic	505-277-5164
UNM Psychiatric Center/Mental Health Center	505-272-2800
UNM Student Health & Counseling Center	505-277-3136
UNM Manzanita Center	505-277-7311

A detailed list of helpful resources and organizations in the Greater Albuquerque area is also available at https://www.cabq.gov/help

Albuquerque Psychiatrists, Psychologists, & Counselors Interested in Working with Health Sciences Students*

Clinic/Name	Number	Website	Notes
The Center for Dynamic Practice	505-416-8009	https://thecenterfordynamicpractice.com	Therapy; Located in Santa Fe, Offers Virtual Visits; Accepts Insurance
Third Wave Psychotherapy	505-345-6100	https://thirdwavetherapynm.com	Therapy, Accepts Insurance
Katherine Hull, PsyD	505-633-0643	https://anchoredtherapynm.clientsecure.me	Telehealth Appointments, Accepts Insurance
Umoja Behavioral Health		https://www.umojawellness.com info@umojawellness.com	BIPOC provider
Jamie Loor, PhD	417-501-9423	https://leadingedgetherapygroup.com	Insomnia, Disordered Eating, Trauma, Addictions (self-pay, telehealth only)
Janet Robinson, PhD	505-206-7558	https://nmpsychology.org/members/?id=22344274	
Kelly Albonico, PhD	505-633-5992 (text or call)	Email: kelly@desertthriving.com	Accepts Insurance (BCBS, Presbyterian, Aetna)
Maria Canyon, PsyD	303-351-1876	https://www.sunandmoonpsychotherapy.com Email: mariacanyon@rio-psychology.com maria@sunandmoonpsychotherapy.com	Accepts Insurance
Molly Adler, LCSW	505-916-1081	https://www.sextherapynm.com	Sexuality, Gender and Relationships
Kevin Rexroad MD	505-255-4701	https://www.kevinrexroadmd.com	Psychodynamic Therapy and Medication Management
Lewis Nemes, PhD	505-345-6616	https://www.lewisnemesphd.com	Individual, Couple, Marital & Sex Therapy; LGBTQ, Chronic Illness, Chronic Pain
Linda Najjar PhD	505-306-4144	https://innerwisdomcounseling.com	Feminist Multicultural Psychotherapy
Vicki Handfield, PsyD	609-841-9159	https://www.drvickihandfield.com	Therapy
Dr Debbie C. Gee MD	505-837-9782		Child & Adolescent Psychiatry
Evelyn Sandeen, PhD, ABPP	505-681-3925 (text)	https://www.evelynsandeen.com www.nmbhta.com	Does Not Accept Insurance, Offer a Trainee Rate of $50-$100/Session Depending on Income
Leslie Dozzo, PhD at CTC Mental Health Services	505-296-3965	https://ctcnm.com	Prescribing Psychologist; Accepts Most Insurance Plans; A Community Agency, Not Private Practice.

Juliet Kinkade-Black, LMFT	505-484-2366	https://www.curatedtherapysolutions.com	Trauma, LGBTQ, Bibliotherapy
Elevation Counseling	505-888-1686	https://www.elevationcounseling.com	Counseling and Medication Management.
Wild Magnolia Wellness	505-433-7561	https://www.wildmagnoliawellness.com	Counseling, Therapy
Roots of Resilience Child and Family Center	505-221-1746	https://rootsofresiliencecfc.com	Therapy for Children/Parent Coaching
Trenzitas de Amor Mental Health Center	505-382-6487	https://www.trenzitas.com	Therapy for Children/Parent Coaching
Search For a Provider by Name/Specialty/Insurance		https://www.psychologytoday.com/us/therapists/nm/albuquerque	Search tool from Psychology Today

***** Please note that these clinicians are in private practice and are not necessarily covered by UNM student health insurance. All financial arrangements must be worked out individually.
Group practices can offer a range of therapies and specialties with multiple therapists to select from. Reviewing the clinician bios, pictures, and specialties on the website can help you identify which therapist you might like to request to work with. If you are unsure where to start or have questions about starting therapy with any of these providers, contact OPW@salud.unm.edu and someone from the OPW clinical team will be glad to support you in any next steps.

Health Sciences Center (HSC) Resources

Resources Specific to Medical Students

APPLIED COGNITION IN THE MEDICAL SCIENCES PROGRAM

The Applied Cognition in the Medical Sciences Program (ACMSP) focuses on the use of cognitive science to enhance student abilities throughout medical school. ACMSP teaches advanced techniques for retaining medical knowledge, and methods of transferring complex information into problem solving skills for medical exams or clinical settings.
ACMSP provides workshops and walk-in support for preparing for USMLE Step 1 & 2 exams; developing data driven study habits; improving memory by understanding neural networks; and understanding the science of comprehending high volumes of information. For more information: HSC-ACP@salud.unm.edu

OFFICE OF MEDICAL STUDENT AFFAIRS (OMSA)

Academic Record Maintenance, Scheduling, Career Advisement, Committee Support, Medical Student Events, & Visiting Student Learning Opportunities (VSLO)
Current SOM students can find more information on these and other services provided by OMSA on the Office of Medical Student Affairs SharePoint.
HSC-OMSA@salud.unm.edu

Academic & Career Services

LEARNING ENVIRONMENT OFFICE

The mission of the Learning Environment Office (LEO) is to foster an inclusive learning environment where teachers, staff, and learners thrive, and relationships are mutually respectful and beneficial to each other and to our institutional climate. If you have experienced or witnessed potential Title IX concerns (Sexual Misconduct or Sexual Harassment), and you are not sure if you want to report it, please consider speaking directly with Diana, Emma, or Brenda who are Confidential Reporters and not required to report such details to the UNM Office of Compliance, Ethics and Equal Opportunity (CEEO). Reach out to LEO at any time with questions or concerns.

Diana can be reached at deemb@salud.unm.edu Emma at ecpettit@salud.unm.edu and Brenda at blloya@salud.unm.edu
Learn more about LEO at: https://hsc.unm.edu/medicine/education/leo/

UNM HSC ACCOMMODATONS

If you think that you might need accommodations while you are in school and/or for national standardized testing for a disability, diagnosis, or chronic health condition, please contact the HSC Accommodations Specialist through the Accessibility Resource Center. You may also contact us at arcsrvs@unm.edu.

CENTER FOR TEACHING AND LEARNING – GRADUATE SUPPORT

For more information, click here or call 505-277-1407. You can also schedule an appointment with a Learning Specialist through email: ctlgs@unm.edu. To learn more, visit: https://ctl.unm.edu/graduate-students/resources/index.html.

OFFICE OF GRADUATE STUDIES (OGS)

Staff are always eager to assist students, and we often collaborate with UNM administrators, faculty, graduate students, and staff in implementing many programs and services. For more information, click here or call 505-277-2711.

CAREER SERVICES

Many free supports while you are a student and for life after graduation. Services include resume/CV, interviews, job search, personality assessments, career advice, etc. For more information, click here or call 505-277-2531.

CLINICAL LAW PROGRAM

Law students provide limited legal assistance with attorney supervision for a small fee. Call to schedule an appointment; 505-277-5265 or visit for more information, click here

Community & Demographic Resources

AFRICAN AMERICAN STUDENT SERVICES

African American Student Services aims to recruit, retain, and uplift the Black student population at UNM by providing educational discourse, leadership development, holistic wellness, and community engagement.

We support students in realizing their full potential self through collaborative advocacy, intentional allyships, and the exploration of the many facets of Blackness. As an essential resource, AASS contributes to the University's commitment to a diverse campus culture by appreciating and creating space for Black student scholars to thrive. For more information, click here or call 505-277-5645.

AMERICAN INDIAN STUDENT SERVICE (AISS)

American Indian Student Services (AISS) was established during the 1980-1981 academic year to increase the recruitment & retention of Native students. Currently, American Indian Student Services provides a range of student support programming for American Indian students attending The University of New Mexico-Main Campus to ensure their academic achievement and assist in the development of personal, cultural, and social success. For more information, click here or call 505-277-6343.

ASIAN AMERICAN PACIFIC ISLANDER RESOURCE CENTER

The Asian American Pacific Islander Resource Center (AAPIRC, pronounced a-perk) was officially established in the 2021-2022 school year. We aim to build a sense of belonging for AAPI students during their studies at the University of New Mexico. AAPIRC also seeks to provide culturally relevant programs that cultivate Asian American and Pacific Islander leaders within communities. AAPI designation refers to all Asians including heritages in East Asia, Pacific Islands, Southeast Asia, West Asia/Middle East, South Asia, and Central Asia. We are inclusive of all AAPI-identified students including those who are multicultural/mixed race, adopted, and part of the widespread diaspora. For more information, click here or email aapirc@unm.edu.

CENTER FOR NATIVE AMERICAN HEALTH

If you are a current Native American HSC student and would like more information on student services and events, please contact Lorissa Garcia, Education & Engagement Manager at LoriGarcia@salud.unm.edu or 505-925-0776. For more information, click here.

CHILD CARE CENTER (CHILDRENS CAMPUS)

The Children's Campus provides the children of UNM's student, staff and faculty parents with a high-quality early childhood experience. The Campus is a site for UNM student and faculty research, observation and practicum.
If you have any questions regarding the program or options for care, please contact the UNM Children's Campus at (505) 277-3365 or send an email to:

unmccenrollment@unm.edu for all waiting lists and enrollment inquiries. This includes submitting health screenings, immunization records, student schedules, and all other registration-related documents.

unmccbilling@unm.edu for all billing inquiries. This includes questions about rates, questions about your bill, flexible spending requests, tax information, etc.

weecare@unm.edu for general inquiries not concerning the waiting list, enrollment, and billing.

EL CENTRO DE LA RAZA

El Centro de la Raza will positively impact the transition, retention, and graduation of students through an engaging environment built on academic, cultural, personal and professional activities. El Centro commits to cultivating a supportive community that helps students develop skills to fulfill their lifelong goals and expectations. For more information, click here or call 505-277-5020.

FAMILIES-IN-MEDICINE (all plus Residents)

This UNM School of Medicine networking group connects you with other parents in medicine for sharing experiences and activities. To join the Families in Medicine listserv, you can fill out **this form** or email us at OPW@salud.unm.edu.
Sign-up/list-serv: https://app.smartsheet.com/b/form/0f0d4fa4fe1d47efa5b4e862dbb38e84
Facebook: https://www.facebook.com/groups/3064481010489882/?ref=share_group_link

LGBTQ RESOURCE CENTER

The LGBTQ Resource Center strives to create a welcoming and inclusive atmosphere for all members of the University of New Mexico and surrounding community. As a safe zone environment, we stand up against homophobia and value the worth and dignity of all people. Through education, we aim to bring a heightened visibility of the LGBTQ* community on campus and to issues that affect LGBTQ* individuals. Through leadership development, we promote a more civically engaged campus community committed to equality and equal opportunity for all people. For more information, click here or call 505-277-5428.

MEN OF COLOR INITIATIVE (MOCI)

The Men of Color Initiative (MOCI) is a project of the Division for Equity and Inclusion that focuses on educational success and the well-being for men of color. MOCI is driven by Asian/Pacific Islander, Black, Latino, Native and other men of color students organizing together with campus and community partners to increase access and success for men of color in education. For more information, click here or call 505-277-2015.

PROJECT FOR NEW MEXICO GRADUATE STUDENTS OF COLOR (PNMGC)

Project for New Mexico Graduates of Color (PNMGC) is a student-led program working to retain graduate students of color through ongoing peer mentoring that provides academic, social, cultural and emotional support. For more information, click here.

SOM OFFICE FOR DIVERSITY, EQUITY AND INCLUSION (DEI)

The office helps to support the academic, professional and personal well-being and success of diverse learners across the SOMs graduate and certificate programs, including the MD Program, Residencies/Fellowships, the Health Professions Programs, and Research Education Programs. Learn more about office staff, resources, and programs via https://hsc.unm.edu/medicine/diversity/.

VETERANS RESOURCE CENTER

Dedicated to providing the highest quality and comprehensive support to student veterans in an atmosphere that provides commitment, respect, and academic excellence. They provide education, administrative services, and job advisement to our student veterans, their families, and active-duty students, as well as outreach to military communities at large. For more information, click here or call 505-277-3181 or 505-277-3184.

WOMEN'S RESOURCE CENTER

The Women's Resource Center is a place of advocacy, support, and safety for all members of the University of New Mexico and greater community. Through a feminist model of empowerment, we offer educational, social, and cultural programming aimed at encouraging women's self-determination and community engagement. The Women's Resource Center promotes awareness and the advancement of women's rights to ensure equity regardless of gender identity, sex, race, ability status, age, sexual orientation, economic class, or religious affiliation. We seek to facilitate understanding and mutual respect among all campus and community members to achieve social justice, as well as foster a positive UNM environment. The Women's Resource Center provides the tools and resources necessary to enhance success within academic, personal, and professional aspects of students' lives. For more information, click here or call 505-277-3716.