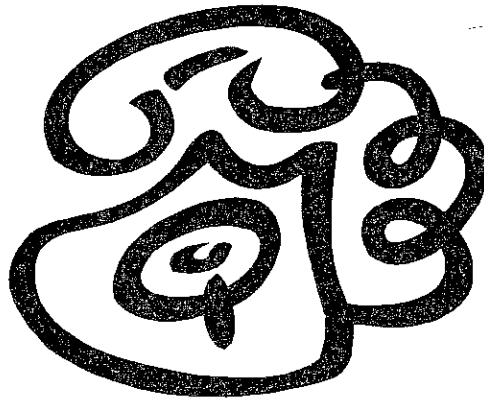


Quick Reference
for
Mental Health
Assistance
and
Treatment



Published by
SIU School of Medicine
Office of Residency Affairs
301 North 8th Street
Room 3A158
Springfield, IL 62794-9656
(217) 545-8853

**If you are employed by
Memorial Medical Center
Your insurer is Memorial Self Funded Insurance Plan administered by
Health Alliance PPO**

The most current information regarding the panel of psychiatrists and psychologists is available from Memorial Medical Center Human Resources at 788-3734

**If you are employed by
St. John's Hospital
Your Insurer is Personal Care HMO**

The most current information regarding the panel of psychiatrists and psychologists is available from Personal Care at 800/431-1211 or from their web site at www.PersonalCareHMO.com

**If you are employed by
Southern Illinois Healthcare
Your Insurer is either Health Alliance or Waterstone Benefits Admin.**

The most current information regarding the panel of psychiatrists and psychologists is available from Health Alliance at 800-851-3379 and Waterstone at 800-816-6049

**If you are employed by
Decatur Memorial Hospital
Your Insurer is Consociate**

The most current information regarding the panel of psychiatrists and psychologists is available from Consociate at 217-423-7788 or from their web site at www.consociategroup.com

**If you are employed by
Blessing Hospital
Your Insurer is Blessing Self Funded Insurance-SMH Benefit Services**

The most current information regarding the panel of psychiatrists and psychologists is available from Blessing Hospital Personnel Office at 217-223-1200 ext. 6850

On-Line Resources

A variety of interesting materials regarding nutrition, wellness, stress management and mental health are available at the Office of Residency Affairs website (www.slumed.edu/resaffairs).



Residency training is a time of tremendous personal and professional growth. It can also be very stressful. It is not at all uncommon for residents from time to time to feel stressed, overwhelmed, burned-out, or even to develop clinical depression. If you should experience any of these, we encourage you to seek or accept help. You do not need to shoulder these burdens alone. If you are feeling overwhelmed, find someone you trust to talk to, whether it be a colleague, friend or family member, your doctor, your pastor, or your program director. For any resident who needs some professional assistance, multiple resources are available.

EAP

An employee assistance program is provided for all residents and fellows by their employing hospital. This program provides professional, confidential assistance by a counselor to anyone in need. This is free, and no record of contact with the counselor is placed in your medical records, Health Service records or personnel file. All contact is kept confidential, except as required by law or in situations deemed potentially life-threatening.

Springfield Programs	
Memorial Medical Center Employee Assistance Program	Toll Free (888) 817-8989
St. John's Hospital Employee Assistance Program	(217) 744-2255
Affiliate Programs	
Decatur Memorial Hospital Employee Assistance Program	Toll Free (800) 433-7916
Blessing Hospital Employee Assistance Program	217 223 1200 ext 4525
Memorial Hospital of Carbondale Employee Assistance Program	618-549-0721

Psychiatric Care

Any resident or fellow who is in need of brief intervention by a psychiatrist has available to them one evaluation and up to six follow-up visits, free of charge and no questions asked. Any resident wishing to utilize this service can contact the Office of Residency Affairs (545-8853) and be assigned a confidential number. You do not need to give your name. All treatment information is kept confidential except as required by law, or if the resident gives permission. Participating psychiatrists are:

Springfield Area Psychiatrists	
▪ Joseph Bohlen, MD ^ (546-3100)	^ Memorial Self Funded Plan-Health Alliance PPO providers # Personal Care HMO providers
▪ Catherine Fox, MD ^ (793-0680)	
▪ SIU Psychiatrists ^ # To make an appointment with an SIU psychiatrist, please contact Jill Koester at 545-7675.	
▪ Terry Killian, MD ^ (544-3143)	

The Illinois Professionals Health Program

An advocacy program for impaired Illinois health professionals sponsored by the Illinois State Medical Society, the Illinois State Medical Insurance Exchange and other professional health organizations. This program is available to provide initial intervention, screening, and referral services as well as coordination of care and case management for impaired professionals (including substance abuse). They can coordinate intervention services, handle referrals to approved treatment providers for assessment and treatment, and make after-care arrangements. This program is available to all Illinois physicians, residents, and medical students. This program is independent from the Illinois Department of Finance and Professional Regulation and has no disciplinary role or authority.

24 Hour HelpLine: 1-800-215-4357