



CONFIDENTIAL

To Welcome You...

In the months ahead, you'll be seeing issues of the Residents Assistance Program Newsletter in your mailbox. This quarterly publication, produced by Wood & Associates, provides "news you can use," about issues you may deal with as a medical resident. We also encourage you to find us on the Web at www.woodassociates.org, where you can read current and back issues of the publication.

Special Issue Residents Assistance Program Newsletter 2002

Resident Stress: It Comes With the Territory,

As a medical resident, you'll be spending long hours caring for others. But it's important to take care of your own well-being, too. The College of Medicine takes a special interest in your success as a resident, and has established a Residents Assistance Program (RAP) tailored for your special needs.

"Most people, at some point in their lives, experience what is called a 'major life stress,'" says Gary L. Wood, Psy.D. "Examples may include financial worries, marital difficulty, separation or divorce, drug or alcohol dependency, child and adolescent concerns. These may be problems that affect you directly or indirectly regardless of age, gender or job. Generally, you can deal with your own problems and manage them successfully. When problems grow beyond your ability to deal with them, you can be affected emotionally, physically, socially and occupationally."

Wood's Tampa organization, Wood & Associates, provides

the Residents Assistance Program for University of South Florida College of Medicine residents. The program is staffed by highly qualified professionals who are available to provide guidance and assistance.

Confidentiality is Key

Your contact with the RAP is confidential as provided within the parameters of professional ethics and statutes.

You and Your Family Members May Use the Program

The services of the Resident Assistance Program are available to you and any family member eligible for insurance benefits whether or not they are currently covered under your policy.

First Three Visits Free

By arrangement with the College of Medicine, the first three visits by you and/or each of your family members to your RAP are free of charge. Additional contacts may be

covered by your medical insurance plan. If testing is recommended, the costs will be the expense of the client or may be covered by your medical insurance. You may also be referred to other resources, in which case charges may apply.

How to Contact Your RAP

Reach RAP by dialing the designated RAP line at (813) 870-3344. If you are out-of-area, call the RAP line collect. The phone is answered, "Resident Assistance Program" both during regular office hours and by the after-hours service, and ask for the RAP. During evening hours or holidays, a live answering service will take your call and a RAP representative

See *Introducing Your RAP*, page 2

Wood & Associates' corporate office is located at:

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4700 North Habana Avenue, Suite 300
Tampa, Florida 33614

Located north of Martin Luther King, Jr. Boulevard/Habana Avenue intersection).

***Introducing Your RAP,
continued***

on-call will respond promptly.
**We Understand and We're
Here to Help**

Nearly everyone finds it difficult to begin talking about a problem. Most problems are not easy to define and have been around long enough to have become complicated. Making the first contact by calling your RAP can be a major step in resolving the largest of problems. Remember, the people you talk to will be warm, sympathetic,

and understanding.

Your RAP representative will help you identify your problem and find a qualified resource near your work or home to help you. Remember, this is not a treatment program; rather, it is an assessment, support, and referral program. After talking with you or a member of your family about the problem that prompted your call, your RAP representative will find the best source of help.

Through experience, Wood & Associates has found that many people contacting the RAP want

assessment and support from a RAP representative for personal, marital or family concerns. Insurance benefits may provide coverage for these services. In some cases, your RAP representative may suggest clinics, as opposed to private practitioners as a further step toward the lowest possible costs. Every case, every problem, every budget is different. There may very well be low cost or no-cost ways to resolve your problem. One thing is certain, however; it won't cost you anything to find out.

***The free, confidential
Residents Assistance
Program Hotline,
(813) 870-3344, offered
by Wood & Associates
is as close as your
phone.***

\$\$\$ Money

Managing debt, making financial decisions, planning for your family's financial security, and other topics are among those covered in the quarterly ***Money Matters*** column. The column is contributed by Julio C. Muniz of Tampa-based Muniz and Associates. Mr. Muniz is a Certified Financial Planner (CFP) and a Chartered Life Underwriter (CLU).

For more information find Muniz and Associates online at www.munizandassociates.com

Problems Your RAP Can Help Resolve

Alcohol/drug use/abuse of personal or family nature

Money or credit problems

Problems that can be resolved by counseling or therapy:

- Marital problems
- Troubled children/adolescents
- Distress, anxiety, depression, other emotional concerns

Problems that are typically resolved by the courts:

- Divorce, child support
- Property/lease suits
- Court orders
- Imprisonment

Other problem areas of concern:

- Care for aged/infirm
- Local social services
- Learning disabilities
- Battered spouse
- Vocational/aptitude testing
- Immigration
- Sex counseling

Crisis situations such as rape, assault, robbery, suicide or other life-threatening trauma.