



# well-being check-ins

## frequently asked questions

Emory University's Faculty Staff Assistance Program (FSAP) is offering Well-being Check-ins for first-year residents (PGY-1), Nov 2023 - Mar 2024.

### What are Well-being Check-ins?

Emory University's Faculty Staff Assistance Program (FSAP), in collaboration with the School of Medicine's Office of Graduate Medical Education (OGME), is offering Well-being Check-ins specifically for first-year residents (PGY-1). These check-ins are designed to promote physician wellness and resilience during a critical time in residency training. This preventive program will be administered virtually by a team of FSAP clinicians. Several common resident physician well-being concerns will be addressed during the check-ins and will include:

- Managing transitions
- Managing time effectively
- Navigating relationships
- Preventing burnout
- Coping with stress
- Enhancing self-care

### Why is Emory offering this program?

FSAP and the OGME are committed to the health and well-being of Emory resident physicians. Participation in a preventive program early on in training may reduce the risk of developing burnout or a mental health concern during residency and will provide resources for residents with a current concern.

### When is the program offered?

The 2023-2024 program will be offered from November 13, 2023 through March 29, 2024.

### What does the program involve?

The check-in is quick and easy -- it involves just a 15-minute online screening followed by a half-hour, one-on-one, well-being consultation, offered virtually. At the session, you will receive feedback and recommendations as well as resources to help you with resilience. You will also have the opportunity to provide feedback about your training program.

### **Why is it important that I participate?**

The first year of residency can be both rewarding and challenging. Addressing your well-being early on in your training can make a difference in successfully navigating your residency, while also maintaining your health and a sense of joy throughout your medical career. By participating, you will learn stress management tips and self-care coping strategies. You can also share your feedback for enhancing the graduate medical education experience.

### **How do I participate?**

As a PGY-1 resident, you will be automatically enrolled for a virtual check in. FSAP will work with your program to find a convenient time to schedule you for your one-on-one consultation. You will receive an email with a short survey for you to complete. If you decide that you do not want to participate in the check-in, you should contact FSAP to cancel your one-on-one consultation appointment no later than 48 hours prior to your check-in time.

### **Is the program completely confidential?**

Yes – the program is 100% confidential.

### **What if something changes in my schedule or I have a concern arise prior to my scheduled one-on-one consultation?**

If you need to reschedule, simply contact Dr. Janice Harewood at [janice.harewood@emory.edu](mailto:janice.harewood@emory.edu) or Dr. Paula Gomes at [pgomes@emory.edu](mailto:pgomes@emory.edu) no later than 48 hours before your scheduled check-in and they will assist you.

### **I already have a counselor or have met with an FSAP clinician before. Should I still participate?**

Yes, participating in the Well-being Check-in can still be beneficial even if you have a counselor or have used FSAP services in the past. The check-in is a good opportunity to take stock of your overall well-being status and coping strategies. Results can be discussed with your therapist.

### **What if I have additional questions about the Well-being Check-in?**

If you have questions, you can contact your chief resident or program director within your program. At FSAP, you can contact Dr. Janice Harewood at [janice.harewood@emory.edu](mailto:janice.harewood@emory.edu) or Dr. Paula Gomes at [pgomes@emory.edu](mailto:pgomes@emory.edu).

