Resources to Support Residents

Mary Alice O’Donnell, Ph.D.
Associate Dean and Director
Graduate Medical Education
Resources

Resources for Residents

- HPMP
- HealthLink EAP
- Bright Horizons
- SelectPlus+
- Academic support
- Taxi voucher
- VCU Gold
- The Rainbow Society
- VCU Recreational Sports facilities
- And so much more....
Health Practitioners’ Monitoring Program

■ The Department of Health Professions has a contract with Virginia Commonwealth University Health System, Department of Psychiatry, Division of Addiction Psychiatry, to provide confidential services for the health practitioner, who may be impaired by any physical or mental disability, or who suffers from chemical dependency.

■ Available services include intake, referrals for assessment and/or treatment, monitoring, and alcohol and drug toxicology screens.

■ For more information view the Health Practitioners’ Monitoring Program Orientation Handbook.

■ For further information or referral, call HPMP toll-free at 1-866-206-4747 or email: VAHPMP@VCU.EDU.
HelpLink Employee Assistance Program

- Confidential
- No charge
- Stress management
- Healthy relationships
- Family coping skills
- Work/life balance
- Healthy check ins
- Call 828-4-EAP
- Information HelplinkEAP@mcvh-vcu.edu
Program Description:
VCUHS participates in the Back-Up Care Advantage Program to assist employees in balancing the competing demands of work and life. Employees can use the service when they need to be at work and their regular child or elder care is unavailable. In 2012, 1,055 days of work were saved!

Programs Available:
- Center-based back-up child care (as little as $15 per day co-pay)
- In-home child care (as low as $4 per hour)
- In-home mildly ill child care
- Elder/Adult Care
Registration: There are 2 ways to register and request reservations for back-up care:*

- Online at VCUHS’s HR Intranet: [http://humanresources.mcvh-vcu.edu/WorkLifeBenefits.aspx](http://humanresources.mcvh-vcu.edu/WorkLifeBenefits.aspx), OR

- [www.brighthorizons.com/advantage](http://www.brighthorizons.com/advantage) by entering:
  - User name **VCUHS**
  - Password **backupcare** OR

- By phone at 877-BH-CARES (877-242-2737)

Back-up care is available 20 days per employee/year.
In the spirit of helping our employees manage their busy home lives, we offer another layer of support through SelectPlus+, which includes child-focused services through Sittercity and adult-focused services through Years Ahead.

Employees register and complete a profile of services needed. Prescreened resumes and photos of care providers are provided for the employee to review. Employees negotiate the terms of the arrangements and payments independently. VCUHS pays for the membership to this valuable service.

Services include:
- Babysitting
- Tutoring
- Housekeeping
- Pet sitting
- Senior care companions

https://www.selectplus.com/vcuhs
Academic Support

- Questions about University Accommodations or further information about meeting these standards may review the website for the office at: http://www.specialservices.vcu.edu/index.html

- or feel free to contact the Office of Special Services for Students at (804) 828-9782.

- Study and test taking issues are also handled in this office.
Taxi Vouchers

When residents are too fatigued to drive home, we have implemented a service which the resident will log into the New Innovations’ page and print off a voucher for the cab.
Voucher

VETERANS CAB ASSOC.
275-5542 - 275-8820

Date________________________________________

Charge Martha Ecker
VCUHS Graduate Medical Education
PO Box 980257 □ Richmond, VA 23298-0257
Phone: 804-828-9783 □ Fax: 804-828-5613

With Service From________________________________________

To________________________________________ Amount $__________________

Signature____________________________________________

Print Name_________________________________________

No.____________________

Cab No.________________________ Driver:______________________________
Tuition Assistance/

- Helping our employees and their dependents advance their education remains one of our most appreciated benefits. **In 2012, we gave 666 employees and 123 dependents more than $4,117,898 to help advance their education.**

- **Employee Tuition Assistance** – Full Time employees may receive up to 18 credits per school year fully paid by VCUHS up to the VCU credit rate. Part Time may receive up to 6 credits. Must be job and mission related and have worked one full year in a benefit eligible position with VCUHS.

- Last year, we began offering **EdAssist** for our employees who are seeking advanced degrees. This online service provides a convenient, comprehensive resource to help employees maximize tuition dollars and advance their careers. Highlights of this program include free education counseling from dedicated advisors; access to discounts and 24/7 support.

- **Dependent Tuition Assistance** – Once employee has worked in a benefit eligible position with VCUHS for three consecutive years, eligible dependents (Spouse and/or Child(ren)) may go to VCU and receive up to 12 credits, if employee is FT or 6 credits if employee is PT. Must be in a degree-seeking program.
GME Hotline

- Anonymous mechanism for expressing concerns with residency training program including duty hours

- 827-LIFE
VCUHS offers many different voluntary benefits to all benefited employees. Most of the voluntary benefits can either be elected within the first 31 days of becoming a new hire, during a change in status from PRN to benefit eligible or at Open Enrollment in November.

- Flexible Spending Accounts
- GRTC Go-Cards
- GRTC Swipe Cards
- GRTC Van Pool
- Legal Resources
- Long Term Care
- MetLife Critical Illness
- MetLife Home & Auto
- Short term disability
VCUHS also offers additional Work/Life Benefits to help you balance your work and home life, including:

- **Adoption assistance** ($5,000 or $7,000 for special needs child)
- **Employee tuition assistance** (up to 18 credit hours per year)
- **Dependent tuition assistance** (12 credit hours per year @ VCU)
- **Computer purchase**

Because we know that reduced stress eases the transition of bringing a new baby into the household, VCUHS offers two dedicated registered nurses who provide doula services for our employees who deliver their babies here.

With backgrounds in labor and delivery and certifications in breastfeeding and doula services, the nurses provide initial telephone consultations and visits to help the new family welcome the newest family member home.

For more information, please contact Karen Hill, PhD, RN at 827-1702 or Theresa Mondovics, RN at 628-0249.
On-site Lactation Rooms

VCUHS is committed to helping our working mothers achieve work/life balance by making it possible for them to meet their breastfeeding goals.

Lactation rooms can be found on the Monroe Park Campus (The Well; 8 a.m.—4:30 p.m.; 828-6919); Sanger Hall (B1-033B; 7:30 a.m.—6 p.m.; 828-6911); VCU School of Nursing (3rd floor Rm. 3058; 8 a.m.—5 p.m.; 828-0720); Main 4, room 507 (The code for the room is 543); The Family Care Center (N-Deck; Room 153; 828-6291); 701 East Franklin (9th Floor; 8 a.m. - 5 p.m.) and Stony Point.

To obtain the combinations to the rooms, please contact Karen Hill, RN (827-1702), Theresa Mondovics, RN (628-0249); Valerie Coleman, RN (828-4634 or pager 4253) or HR Receptionist (628-3244).
Career Center

- **Sara Kohout** MCV: Professional Programs
- Mock-Interview Program and InterviewStream Kiosk
- Explore alternatives to Clinical Medicine
The MYLife Program extends discounts on local services and products to VCUHS employees. Employees simply contact or visit participating businesses and present their employee I.Ds.

We have also partnered with PerksCard, as an extension to MYLife. Through PerksCard, our employees gain access to additional discounts with vendors in the Richmond area, statewide and even nationally.

http://humanresources.mcvh-vcu.edu/WorkLifeBenefits/MYLIFE/MYLIFEVendors.Pdf
VCUHS offers employees an easy (and carbon footprint-reducing) way to do their grocery shopping. By partnering with Relay Foods, our employees can shop online at relayfoods.com. The site includes a multitude of local grocers, farmers, farmer’s markets, specialty shops, caterers and vendors.

Employees can select home delivery or pickup. We even have established a Friday pickup site at the Family Care Center on the MCV Campus!
Curriculum Innovation Resource Center (CIRC)

- [http://www.medschool.vcu.edu/circ/](http://www.medschool.vcu.edu/circ/)

- The contact person is:

  Jeanne B. Schlesinger, M.Ed.
  Assistant Professor, Faculty and Instructional Developer
  Curriculum Innovation Resource Center (CIRC), School of Medicine
  1217 E Marshall Street, Mezzanine Level
  Medical College of Virginia of Virginia Commonwealth University
  Richmond, VA 23298-0496
  (804) 828-3918
Additional work/life benefits

- Onsite fitness classes
- Onsite wellness seminars
- Employee-only pharmacy (Main basement)
- Geriatric care manager to help employees manage eldercare needs
- Employer assisted housing program, including downpayment assistance for those who qualify
- Financial literacy programs
- … plus many, many more programs that are designed to help you achieve success at work AND at home!