Overview

• What is the Faculty & Staff Assistance Program (FSAP) and how does it work?

• Concerns addressed at FSAP

• Counseling & Coaching

• Confidentiality
What is FSAP?

FSAP provides counseling, coaching and referral services designed to assist residents and fellows in managing the challenges of daily life, whether work-related or personal.
How Does it Work?

• Professional assistance with personal or work-related problems

• Voluntary

• No Cost Employee Benefit

• Confidential

• Short-term (with exceptions)
What Happens When You Call

(415) 476-8279

The person who answers the call will briefly gather information to determine the nature of the problem and set up an appointment. If you leave a non-urgent message after hours, your call will be returned the next working business day. If it is an emergency, please call 911.
What Happens During an Appointment?

• The counselor assesses your situation
• The counselor will provide further counseling or coaching, or
• The counselor will refer you to someone specialized to assist you, and who takes your UCSF insurance
Personal Concerns

• Marital/Partnership Concerns
• Mood Disorders (Depression, Anxiety)
• Grief and Loss
• Coping with Change
• Substance Abuse
• Fatigue & Sleep Deprivation
• Domestic Abuse
• Financial Stress
Work-Related Concerns

- Workplace Stress
- Problems with job performance
- Interpersonal difficulties with supervisors or peers
- Career choices and directions
- Work/Life Balance challenges
- Changes in roles and responsibilities
- Disciplinary actions
Confidentiality

• FSAP ensures confidentiality: Discussions with an FSAP counselor are confidential and do not become part of your personnel file

• Information released
  – only with signed release
  – stricter policies than HIPAA
Questions?