

## WELLNESS BASICS 4.0 Resource Page – Supports for Residents

Category	Resources
<b>Supports for Residents in Distress</b>	<p><b>Resource – Post Graduate Medical Education Office of Resident Affairs and Physician Wellness:</b></p> <ul style="list-style-type: none"> <li>A great new first stop resource for figuring out how to approach any issues that may arise during residency, including wellness for all PGME trainees in Calgary. Their office hours are Monday through Wednesday from 8-4pm. They can both help and refer you to proper resources. There is also a psychologist available in the office. Contact is by phone (403-210-6525) or email (<a href="mailto:residentwellness@ucalgary.ca">residentwellness@ucalgary.ca</a>). You can also visit them in person in the Health Sciences Center. Find out more at: <a href="https://cumming.ucalgary.ca/pgme/wellness/residents">https://cumming.ucalgary.ca/pgme/wellness/residents</a>.</li> </ul> <p><b>Resource – AMA Physician and Family Support Program (PFSP):</b></p> <ul style="list-style-type: none"> <li>Included in your AMA membership. You and your immediate family members (spouse/partner, dependent children) may contact PFSP toll-free 1-877-SOS-4MDS (1-877-767-4637), 24 hours a day, 7 days a week, 365 days a year. As part of this program, PFSP will cover the cost of up to six counseling hours for you over a 12-month period, and up to an additional six hours total per family. <b>They can also help you find your own family doctor.</b> Find out more at: <a href="https://www.albertadoctors.org/services/pfsp">https://www.albertadoctors.org/services/pfsp</a></li> </ul> <p><b>Resource – AHS Employee and Family Assistance Program (EFAP):</b></p> <ul style="list-style-type: none"> <li>The AHS Employee and Family Assistance Program provides <b>free</b> access thru AHS, including residents <b>and</b> their immediate family members, to a variety of mental wellness resources, including individualized counseling both in person and via email or online chat. EFAP is completely confidential within the limits of the law. No one, including your employer, will ever know that you have used the service unless you choose to tell them. You can contact EFAP at 1-877-273-3134, 24 /7/365. Find out more at: <a href="https://insite.albertahealthservices.ca/hr/Page964.aspx">https://insite.albertahealthservices.ca/hr/Page964.aspx</a>.</li> </ul> <p><b>Resource – UC Wellness Centre:</b></p> <ul style="list-style-type: none"> <li>The campus Wellness Centre offers massage and chiropractic to all students, residents, staff, and public.</li> <li><b>Important Note:</b> Residents do NOT have access to counseling services and medical support through the Wellness Centre, as they are covered via the AMA PFSP and AHS EFAP (see above). They do provide these services for U of C Medical Students and would be an important resource to recommend to medical students you work with. Find out more at: <a href="http://www.ucalgary.ca/wellnesscentre/">http://www.ucalgary.ca/wellnesscentre/</a>.</li> </ul> <p><b>Resource – PARA</b></p> <ul style="list-style-type: none"> <li>The Professional Association of Residents of Alberta is a group devoted to supporting resident wellbeing. We encourage you to log on to the member side of <a href="http://para-ab.ca">http://para-ab.ca</a> for crisis &amp; harassment resources and to partake in wellness initiatives including event tickets as well as wellness research &amp; event funding for residents.</li> <li>PARA representatives are available for residents to reach out: 403-236-4841, Monday to Friday 8h00-16h00.</li> </ul> <p><b>Resource – Chief Residents:</b></p> <ul style="list-style-type: none"> <li>An important part of the role of your Co-Chief Residents (1 for each division) is to <i>support wellbeing and morale of fellow Residents; provide a consistent level of support for concerns and issues; advocate for their needs; and work collaboratively in ongoing development and evolution of Family Medicine Residency.</i> If you identify a problem within the program or your residency experience, consider reaching out for confidential support.</li> </ul> <p><b>Resource – Ombudsperson:</b></p> <ul style="list-style-type: none"> <li>The Department of Family Medicine Residency Program Ombudsperson is a Family Physician who serves as an impartial third party in conflict resolution. The Ombudsperson acts as a resource to residents who may have personal issues or difficulties in the Program, where they don't feel comfortable going to their home program. <b>Anything discussed with them is confidential and will not affect evaluations or reputation.</b></li> <li>The current Ombudsperson for Calgary Family Medicine is Dr. Rita Dahlke (email: <a href="mailto:ritadahlike@hotmail.com">ritadahlike@hotmail.com</a>).</li> </ul> <p><b>Resource – Office of Professionalism, Equity and Diversity (OPED), Cumming School of Medicine:</b></p> <ul style="list-style-type: none"> <li>OPED acts as a resource for issues relating to professionalism, equity and diversity, and develops fair policies, practices and collaborative relationships to support various needs and circumstances. The office triages matters relating to mental health and will assist you in navigating the healthcare system. The office will hear matters concerning conflict in the workplace in accordance with established faculty protocols. All concerns brought to the office are confidential and will be treated with dignity and respect.</li> </ul>

- To reach out with concerns relating to Mental Health, Conflict Resolution, Harassment, and Professionalism breaches where you don't feel comfortable going to your home program, please reach Dr. Beverly Adams at [OPED@ucalgary.ca](mailto:OPED@ucalgary.ca) (confidential email).

**Important Policies:**

- U of C Family Medicine Resident Wellness Policy:** <https://goo.gl/bfbg7B>
- U of C Family Medicine Resident Safety Policy:** <https://goo.gl/jnRkHm>

**Supports for Residents – Key Calgary Family Medicine Program Contacts 2020-2021**

Site	Role	Name	Email
Calgary: NW Division	<b>Chief Resident</b>	Dr. Eric Gulliver	<a href="mailto:eric.gulliver1@ucalgary.ca">eric.gulliver1@ucalgary.ca</a>
	<b>Division Director(s)</b>	Dr. Doug Myhre	<a href="mailto:dmyhre@ucalgary.ca">dmyhre@ucalgary.ca</a>
		Dr. Debbie Ferguson	<a href="mailto:dafergus@ucalgary.ca">dafergus@ucalgary.ca</a>
<b>Division Coordinator</b>	Sonia Beniwal	<a href="mailto:fmrnw@ucalgary.ca">fmrnw@ucalgary.ca</a>	
Calgary: NE Division	<b>Chief Resident</b>	Dr. Alexis Katzell	<a href="mailto:alexis.katzell@ucalgary.ca">alexis.katzell@ucalgary.ca</a>
	<b>Division Director</b>	Dr. Martina Barton	<a href="mailto:mbarton@ucalgary.ca">mbarton@ucalgary.ca</a>
	<b>Division Coordinator</b>	Christine Serpico	<a href="mailto:serpicoc@ucalgary.ca">serpicoc@ucalgary.ca</a>
Calgary: South Division	<b>Chief Resident</b>	Dr. John Wink	<a href="mailto:john.wink@ucalgary.ca">john.wink@ucalgary.ca</a>
	<b>Division Director</b>	Dr. Penny Borghesan	<a href="mailto:penelope.borghesan@ucalgary.ca">penelope.borghesan@ucalgary.ca</a>
	<b>Division Coordinator</b>	Tannis Dorscht	<a href="mailto:fmrnsouth@ucalgary.ca">fmrnsouth@ucalgary.ca</a>
Rural: Lethbridge	<b>Chief Resident</b>	Dr. Jake Blanco	<a href="mailto:jacob.blanco1@ucalgary.ca">jacob.blanco1@ucalgary.ca</a>
	<b>Site Director</b>	Dr. Elaine Godwin	<a href="mailto:eigodwin@ucalgary.ca">eigodwin@ucalgary.ca</a>
	<b>Site Coordinator</b>	Melissa Hoppe	<a href="mailto:Melissa.Hoppe@albertahealthservices.ca">Melissa.Hoppe@albertahealthservices.ca</a>
Rural: Medicine Hat	<b>Chief Resident</b>	Dr. Jim Soetaert	<a href="mailto:james.soetaert@ucalgary.ca">james.soetaert@ucalgary.ca</a>
	<b>Site Director</b>	Dr. Saira Malik	<a href="mailto:saira.malik2@ucalgary.ca">saira.malik2@ucalgary.ca</a>
	<b>Site Coordinator</b>	Cassy Sinclair	<a href="mailto:cassy.sinclair@albertahealthservices.ca">cassy.sinclair@albertahealthservices.ca</a>
ALL	<b>Postgraduate Director</b>	Dr. Lindsay Jantzie	<a href="mailto:jantzie@ucalgary.ca">jantzie@ucalgary.ca</a>