Resources for Peer Mentoring

University of Minnesota Medical School

2011-2012
MEDICAL SCHOOL ADMINISTRATORS

Marilyn Becker, Director of Learner Development
- becke024@umn.edu, Office phone: 612-626-7196
- Counseling for improving learning approaches and test-taking skills, and student well-being
- Assistance with specific learning or performance problems (e.g. difficulties in concentration/attention, procrastination, interpersonal skills, test/performance anxiety)
- Assistance with preparation for the USMLE Step 1 and Step 2
- Tutoring services
- Assessment and referral to Disability Services, Boyton Health Services, etc.

Ted Thompson, Director of Clinical Advising
- thomp005@umn.edu, Phone: 612-626-2841

Kathleen Watson, Associate Dean for Students and Student Learning
- drwatson@umn.edu, Phone 612-626-5812

Brad Clarke, Education Specialist (Years 1 and 2 Curriculum)
- clark772@umn.edu, 612-624-6996

B.J. Gibson, Financial Aid
- b-gibs@umn.edu, 612-624-7675

Faculty Advisors
http://www.meded.umn.edu/students/advisors/index.php

Committee on Student Scholastic Standing (COSSS)
- Jurisdiction
  - Twin Cities students
  - 3rd and 4th year Duluth students
- Composition
  - 15 faculty members
  - 2 students (1 voting, 1 alternate)
  - Associate Dean for Students and Student Learning (non-voting)
  - Director of Clinical Advising (non-voting)
- COSSS Referrals
  - Requests for decelerated program
  - Requests for leave of absence
  - Academic Progress and Performance Reviews
  - Basic Science or Clinical Course Failures
  - Non-satisfactory Academic Progress
  - USMLE Step 1, Step 2 CK, or Step 2 CS Failures
  - Behavioral, Conduct Code, or Professionalism Violations
ON-CAMPUS RESOURCES

Flexible M.D.
- Contacts
  - Scott Davenport (daven016@umn.edu 612-624-8601)
  - Kathleen Watson, MD (drwatson@umn.edu 612-626-5812)
  - Marilyn Becker, PhD (becke024@umn.edu 612-626-7196)
- http://www.meded.umn.edu/flexmd/

University Counseling and Consulting Service
- http://www.uccs.umn.edu/
- 612.624.3323
- Locations:
  - Minneapolis: 340 Appleby Hall
  - St. Paul: 199 Coffey Hall
- Individual and Group counseling available
- Study skills resources
- Confidential
- Free for university students

Boynton Mental Health Services
- http://www.bhs.umn.edu/east-bank-clinic/mental-health-services.htm
- Crisis counseling phone: 612.379.6363 or 612.625.7900
  - Immediate resource for domestic violence and sexual assault
- Scheduling: 612.624.1444 or online
  - Confidential counseling
  - $10 copay for each visit, up to 11 sessions per 12 month period
  - Variety of group therapies available
- Nutritional Consultation: 612.625.3222
- Variety of group therapies available

Office of Equal Opportunity and Affirmative Action
- http://www.eoaffact.umn.edu/index.html
- Medical School Liaison, Mary Tate (tatex001@umn.edu)
- eoaa@umn.edu
- Phone: 612.624.9547
- Deals with discrimination, sexual harassment and stalking

Minority Affairs and Diversity
- Mary Tate (tatex001@umn.edu 612-625-1494)

Mistreatment and Harassment
- Oversight Team
  - Mary Tate, Director of Minority Affairs and Liaison to the Office of Equal Opportunity and Affirmative Action (tatex001@umn.edu)
  - Kathleen Watson, MD, Associate Dean for Students and Student Learning (drwatson@umn.edu)
  - Ted Thompson, MD, Director of Clinical Advising (thomp005@umn.edu)
- To submit a report
  - http://www.meded.umn.edu/apps/mistreatment/
  - Reports will be reviewed solely by the Mistreatment and Harassment Oversight Team
Disability Services
- Disability Services Office
  - http://ds.umn.edu
  - 612-626-1333

CRISIS LINES
Suicide
- National hotline: 1.800.SUICIDE
- HCMC Crisis Referral Line: 612.873.3161

Eating Disorders
- Information and nationwide referrals: 1.800.931.2237
- http://www.nationaleatingdisorders.org

Poison Control
- MN Poison Control Center: 1.800.222.1222

OFF-CAMPUS RESOURCES
Physicians Serving Physicians
- http://www.psp-mn.com/
- 952.920.5582
- Confidential service for physicians and medical students
- Deals with addiction, chemical, or compulsive behaviors
- Physicians or medical students may refer themselves or a family member to PSP; family members, colleagues or other concerned persons may refer a physician to PSP

OTHER RESOURCES:
Anger Management
- Anger Management Classes - Twin Cities Men's Center
  - 612-229-3102
  - 12-week anger management classes for men combine education and support. $225 fee.

Chemical Dependency/Addiction
- Fairview Chemical Dependency - Confidential chemical dependency evaluations.
- Alcoholics Anonymous Intergroup Number - Can give you the time and location of a group that will fit your schedule.
- Al-Anon - Support groups for those affected by someone else's alcoholism.
- Adult Children of Alcoholics
- GLBT in Recovery Minnesota
- Narcotics Anonymous
- Hazelden Information Center
Counseling -- Clinics with Sliding Fee Scale or No Fee

- **African American Family Services Counseling Center** - Individual, marriage, and family counseling; male/female support groups; walk-in counseling. Specialties in chemical dependency and family violence counseling.
  - 612-871-7878 (Minneapolis Office: 2616 Nicollet Avenue).
  - 651.642.0043 (St. Paul Office: 1041 Selby Avenue)

- **Walk-In Counseling Center** - Provides free counseling services by volunteer mental health professionals on a short-term basis.
  - 612-870-0565
  - Minneapolis (2421 Chicago Ave S)
    - M, W, F afternoon from 1 - 3 p.m.
    - M, T, W, Th evenings from 6:30 - 8:30 p.m.
  - St. Paul
    - Family Tree Clinic (1619 Dayton Ave. # 205)
      - Monday evenings from 5 - 8 p.m. starting April 25, 2011
      - Wednesday evenings from 5 - 8 p.m.
    - First Lutheran Church Love Grows Here Wellness Center (431 Maria Ave.)
      - Services suspended during summer months; begin again in September

- **Catholic Charities** - Locations over the metro area. Individual, family, crisis, and couples counseling. Fees based on income and family size. Affirming of incorporating client's religious/spiritual perspectives.
  - 651-215-2209

- **Community-University Health Care Center -- Mental Health** - Sliding fee scale, free to Hennepin County residents if below poverty level. Individual and family counseling, cultural transition counseling, family violence counseling, mental health day treatment, and sexual assault counseling.
  - 612-638-0700 Option 8 Behavioral Health
  - South Minneapolis (2001 Bloomington Ave)

- **The Family Partnership** (Minneapolis) - Confidential, professional counseling to individuals and families regardless of ability to pay. Individual, couples, group, and family therapy, and medication management. Specialized counseling services: community counseling, credit counseling, family violence prevention and intervention, GLBT counseling.
  - 612.728.2061
  - Locations downtown Minneapolis, Lake Street, North Minneapolis, Hiawatha, Brooklyn Park, Bloomington.

- **Grace Church counseling referrals** - Referrals to professional counselors and Christian-identified counseling centers from the website of a local non-denominational, evangelical Christian church.
- **Hamm Memorial Psychiatric Clinic** - Provides quality and culturally competent mental health care to adults and families, particularly those who cannot afford the full cost of care. Services include individual, group, couples, family psychotherapy, and medication management. Length of therapy varies depending on need. Staffed by licensed psychologists, licensed social workers, and psychiatrists.
  - 651-224-0614
  - 408 Saint Peter Street, Suite 429 St Paul

- **Hennepin County Mental Health** -- Information and Referral Nurse - Adult Outpatient Program provides a full range of outpatient mental health services to adult residents of Hennepin County, including individual, couple, family and group therapy, and medication management. Also has an Aftercare and Community Treatment Program which provides long-term, supportive psychotherapy and medication maintenance for persons who experience serious and persistent mental illness.
  - 612-347-5770
  - 1801 Nicollet Ave Minneapolis

- **Jewish Family Service** (St. Paul) - Individual/couple/family counseling, group counseling and support groups. Provides services to all community members and ethnic groups. Priority given to residents of Ramsey County.
  - 651-698-0767
  - 1633 West 7th Street; St. Paul, MN 55102

- **Lutheran Social Services** - Individual, family, and group therapy and medication management, 24 hour emergency service. Staffed by licensed psychologists, licensed social workers, licensed marriage and family therapists, chemical dependency professionals, and psychiatrists. Currently two counselors available who are also ordained ministers; staff affirming of incorporating client's religious/spiritual perspectives.
  - Minneapolis -- Intake Counselor 612-879-5320 or 5316
  - St. Paul -- Intake Counselor 651-310-9432

- **Neighborhood Involvement Program -- The Counseling Center** - Sliding fee scale (slides down to $0, depending on income). Short and long-term counseling available. Counseling provided by supervised counseling interns and professional psychologists and social workers. Call for 15 minute phone intake. Specialized services available for survivors of sexual assault and abuse through NIP's Rape & Sexual Abuse Center.
  - 612-374.4601
  - 2431 Hennepin Ave. S., Minneapolis, MN 55405

- **Ramsey County Mental Health** –
  - Crisis – 651-266-7900
  - Information and Referral – 651-266-7890
  - Case Management & Mental Health Center Intake – 651-266-7890

- **Westminster Counseling Center** - Counseling provided by ordained clergy (Lutheran, Presbyterian, United Methodist) with advanced education in psychology. Sliding fee scale based on income. Individual, family, couples, and groups.
  - 612-332-7743
Divorce Support/Uncoupling

- **Chrysalis** - Center for Women - Uncoupling Support Group (coping with ending a marriage or relationship), Uncoupling with Children Support Group, Legal Assistance for Women, Divorce Information Sessions (Divorce Information and Divorce Dollars & Sense)
  - 612.870.2426

- **Catholic Charities Office for Separated and Divorced** - Information and referral, short-term counseling (no fee), divorce education, mediation (sliding fee), premarriage seminar for second marriages. Open to anyone.
  - 651-603-0251

Eating Disorders

- **Melrose Institute** - Nationally recognized comprehensive program in treating anorexia and bulimia; affiliated with University of Minnesota physicians. Team approach including physicians, physical and occupational therapists, registered nurses, psychiatrists, psychologists, and dietitians. Inpatient treatment, intensive day or partial inpatient treatment, outpatient treatment, residential care, and support groups for patients and families.
  - 952-993-6200

- **The Emily Program** - Outpatient treatment program that provides comprehensive psychological, nutritional and medical care for individuals with eating disorders. Program incorporates group therapy, individual therapy, eating disorder groups, nutritional education and counseling, and family therapy.
  - 651-645-5323
  - Located in St. Paul - Midway, St. Louis Park, and Stillwater.

Financing

- [https://www.mint.com/](https://www.mint.com/)

Domestic Abuse/Relationship Violence

- 24 hour Minnesota Domestic Violence Crisis Line 1-866-223-1111
- The Men's Line (24 hour line for men) 612-379-MENS
- **Minnesota Coalition for Battered Women** 651-646-0994
- Casa De Esperanza (for Latina women) 651-772-1611
- Women of Nations (for American Indian women) 651-222-5836
- Asian Women United of Minnesota 651-646-2261
- OutFront Minnesota (for same-sex relationship violence) 612-822-0127 (ext 702)
- **Sexual Violence Center - 24 hour Crisis Line** 612-871-5111
- **National Domestic Violence Hotline** 1-800-799-SAFE
- **Domestic Abuse Project** - Individual and group therapy for domestic abuse victims and perpetrators. Sliding fee scale. 612-874-7063
- **Domestic Abuse Service Center** - Provides help with Orders for Protection and Harassment Orders. 612-348-5073
Sexual Assault/Sexual Violence

- **Rape and Sexual Abuse Center** - 612-825-4357
  - 24 hour/7 day phone help line
  - Walk-in crisis counseling for recent sexual assault
  - Free, drop-in support groups for rape survivors (women's group and men's group); and a Concerned Persons Support Group
  - Short and long-term therapy groups for survivors of childhood sexual abuse (sliding fee scale, some insurance and MA accepted)
  - Clinical services are provided by licensed and master's or PhD level staff therapists or graduate interns; advocacy services provided by trained volunteers

- **Aurora Center at the University of Minnesota** - 612-626-9111
  - 24 hour/7 day crisis line
  - Walk-in assistance Monday-Friday 8am - 4:30pm
  - Accompaniment to the hospital for physical exam and treatment
  - Advocacy for filing police reports
  - Arrangements for safe housing
  - Support group for victim/survivors of sexual assault
  - Legal advocacy, including the writing of restraining and harassment orders and accompanying people to court
  - Advocacy services provided by trained volunteers

- **Sexual Violence Center** - 612-871-5111
  - 24 hour/7 day crisis line
  - Telephone or walk-in short-term advocacy services
  - Liaison between police and victim
  - Free support group
  - Advocacy services provided by trained volunteers