

IDENT	GME20
Type of Document	Policy
Applicability Type	Department-Level
Title of Owner	Dir GME
Title of Approving Official	GMEC
Date Effective	9/18/2025
Date of Next Review	9/18/2028



TITLE: Employee and Family Assistance Program

POLICY: The UVM Medical Center Employee & Family Assistance Program (EFAP) is available to assist residents/fellows (trainees) and their household family members with the following:

- Work-related problems
- Depression and Anxiety
- Relationship Difficulties
- Alcohol and Substance Use Questions
- Recovery following a traumatic event
- Work-based Critical Incident Response (CIR)

PROCEDURE:

- Services available through EFAP include assessment, short-term counseling, consultation, and referral services in person or by phone.
- All services of the EFAP are free and confidential.
- EFAP counselors are licensed and certified providers and certified employee assistance professionals.
- For an appointment or assistance call EFAP (802) 847-2827 or e-mail EFAP@UVMHealth.org.
- Off-shifts call the switchboard and request the on-call social worker.
- EFAP is open Monday-Friday, 7:30 am – 5:00 pm.

DEFINITIONS: None

REFERENCES: Accreditation Council for Graduate Medical Education, Institutional Requirements

REVIEWERS: DIO, GMEC

OWNER: Dir GME

APPROVING OFFICIAL: DIO, GMEC