



Counselors at Sand Creek are available to help you and your family address issues and personal concerns such as these:

- *Program-related stressors/burnout*
- *Significant relationship and family struggles*
- *Anxiety/Depression/Mental Health concerns*
- *Chemical use*
- *Financial worries*
- *Struggles of significant other adjusting to resident life*
- *Eldercare/childcare needs*
- *Maintaining a support network / promoting self care behaviors*
- *Referral to longer term community resources*

Free, confidential support



Contact RAP / Sand Creek

651-430-3383

1-888-243-5744

610 North Main Street, Suite 200

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Resident/Fellow Assistance Program



Support for you and your family

- Confidential
- No cost to you or your family members
- Up to 5 sessions of service (no calendar year limitation)
- Flexible appointment times & locations
- Professional counselors



Residents and Fellows have said:

"I felt like I was taken seriously. My RAP appointment was treated just like a normal physician appointment -- which I believe is important to stop the stigma around mental health issues."

"The person I met with was easy to talk to and provided concrete ways to help me cope with what I was going through at the time."

"My spouse and I could finally talk with someone who really understood the stress of resident life on a relationship."

"I was able to choose an evening or weekend appointment with RAP to minimize the disruption to my clinic schedule. They also said that phone appointments were an option, which was nice to know."

"My RAP counselor talked with my attending physician, and we were able to set goals to allow me to complete my residency."



The bar is higher for professionals who are assumed to "have all the answers." With that in mind, the Metro Minnesota Council on Graduate Medical Education has contracted with a professional counseling agency, The Sand Creek Group, to provide Resident Assistance Program (RAP) services. It is an assistance program providing counseling support that is designed specifically for medical and dental residents and fellows, and their immediate family members. Sand Creek counselors have expertise in dealing with the unique needs of individuals in residency and fellowship programs. RAP will help explore options for achieving improved wellbeing and problem resolution – including accessing a variety of appropriate professional and community resources. RAP provides 24/7 support in times of immediate need. RAP also provides consultation to department heads, faculty, attending physicians, and supervisors who request help in dealing with residency and fellowship-related performance concerns.

RAP is here for you

Since privacy is a primary concern, an outside behavioral health agency, The Sand Creek Group, provides your RAP services in a strictly confidential manner. Except in cases where mandatory reporting of information needs to be followed, or providing safe patient care is in question, your written consent is required to disclose any information.



Free service for you

There is no charge associated with the assessment and short term counseling services provided through the RAP program.

When additional counseling support beyond the RAP benefit is recommended and desired, or in cases where more specialized services are recommended, you will be referred to professional resources outside of RAP for ongoing help. In those cases, your RAP counselor will work with you to locate appropriate, accessible and affordable resources, based on your specific needs, preferences and will take your health insurance coverage options into account.