

## Long School of Medicine (LSOM) Faculty Behavioral Health Services

### Purpose and Eligibility

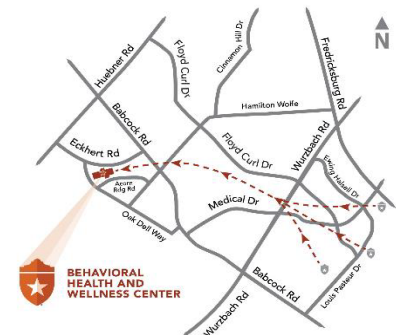
Faculty Behavioral Health Services (FBHS) is part of a multifaceted UT Health San Antonio LSOM wellbeing support program. FBHS was jointly created by the LSOM Dean's Office, the LSOM Office for Faculty, and the LSOM Department of Psychiatry & Behavioral Sciences to meet rising concerns with faculty well-being and burnout in part due to COVID-related stressors. The goal of FBHS is to provide easier and quicker access to behavioral health services for LSOM faculty members.

Mary Buzzetta, Ph.D., an experienced Licensed Psychologist, and member of the Psychiatry faculty, is the principal FBHS clinician. LSOM faculty members are eligible for individual therapy services with the FBHS clinician. Couples and family therapy options are available as potential treatment recommendations that can be discussed with the FBHS clinician.



### Location

- Appointments are available:
  - In person at the Behavioral Health and Wellness Center:  
**5788 Eckhart Road, San Antonio, TX 78240**
  - Telehealth virtual visits through EPIC My Chart when suitable after care is established.



### Access

- LSOM faculty members may request behavioral health services by emailing their name, contact phone number, and self-identifying as a LSOM faculty member to:  
[lsomfacultywellness@uthscsa.edu](mailto:lsomfacultywellness@uthscsa.edu)
- A clinic staff member will follow-up with the LSOM faculty member via phone within 1-2 business days.
- FBHS does **not** provide same day crisis/emergency services. *The Department of Psychiatry does offer same day crisis services (8:00AM – 4:00PM, Monday – Friday) for any UT Health patient experiencing in the moment distress (210-450-6450).*

### Presenting Concerns/Length of Care

- FBHS can address a wide variety of presenting concerns including but not limited to:
  - Stress, burnout, depression, anxiety, anger/frustration, grief/loss (including death and non-death losses), adjustment issues, marital concerns, family distress, life decisions, or any other concern for which behavioral health support is indicated.
- FBHS follows the standard short-term care model of 8 - 10 behavioral health sessions.
  - Faculty members seeking longer term care or requiring a higher level of care will be referred for ongoing treatment as a priority referral to the appropriate clinical psychiatrist or other resource in the Department of Psychiatry & Behavioral Sciences or in the local community if preferred.

### Cost

All service costs will be billed to the faculty members' health insurance. The applicable co-pay (e.g., \$35.00) will be collected from the covered individual.

## Excluded Services

FBHS does **NOT** address:

- Formal Psychological Evaluations, including but not limited to those determining the following:
  - Fitness for duty,
  - A learning disability; neuropsychological or ADHD diagnoses,
  - Employment clearance,
  - Eligibility for vocational rehabilitation or disability benefits (e.g., Social Security Insurance, etc.),
  - Forensic or legal matters (e.g., lawsuits, divorce, child custody, court-ordered/mandated assessments, etc.).
- Acute situations such as psychosis, chronic severe suicidality, homicidality, and/or self-injurious behaviors that are life threatening, and/or aggressive, violent behaviors towards others.
  - **For 24/7 Urgent or Emergency Care:**
    - UT Employee Assistance Program (EAP): 800-346-3549
    - Suicide & Crisis Lifeline: **Call 988** or send any **text** to 988. Go to [988lifeline.org/chat](https://988lifeline.org/chat) to connect to a crisis counselor and resources for yourself or others.
    - Crisis **Text** Line: Text HOME to 741741
    - The nearest emergency facility
- Care requests that may place the FBHS Psychologist in a dual relationship and/or conflict of interest (e.g., the faculty member is considering litigation or is in dispute with the institution).
- A faculty member's children seeking behavioral health services. If appropriate, FBHS will facilitate access to the Division of Child and Adolescent Psychiatry services through a priority referral.
- Returning clients who have already received significant FBHS and are returning requesting help with the same presenting concerns as presented in previous FBHS counseling.

Thank you for spreading the news about Faculty Behavioral Health Services now available to LSOM faculty members!