

## Additional Information

### How many sessions are participants entitled to?

Total of five (5) sessions for each resident or fellow, and immediate family members under the same household per fiscal year (Sept. 1- Aug. 31)

### How is the referral process done?

You can refer yourself or a program director may refer you

### Is there a fee for the services?

Up to five (5) RAP sessions are provided per household per fiscal year at no cost to the individual.

### Are these services offered in other languages?

Services are offered in English and Spanish



## RESIDENT ASSISTANCE PROGRAM

**Caring and Confidential**

**For appointments call:**  
(915) 215-6257

Services are provided by:  
Department of Psychiatry  
Alameda Ave. El Paso, TX 79905  
(Located in the basement of the El Paso Psychiatric Center)

**Office Hours: M-F 8:00 a.m. to 5:00 p.m.**

**To expedite entry to the center, identification badge should be evident**



**Are you or a family member experiencing any of the followings?**

- ✓ Stress
- ✓ Workplace conflicts
- ✓ Problems at school
- ✓ Anxiety
- ✓ Depressed mood
- ✓ Anger control
- ✓ Marital/relationship difficulties
- ✓ Grief and loss
- ✓ Parenting difficulties
- ✓ Aging parents



## What is the Resident Assistance Program (RAP)?

TTUHSCEP recognizes that personal problems can have a direct and adverse impact on an individual's educational or job performance.

Confidential, on-site counseling services are offered to residents and fellows, and their immediate family members living in their households.

Intended to help with a variety of personal issues, including relational, family, cognitive, emotional, and behavioral concerns.

## What services are not included?

- Counseling for alcohol/drug abuse or addiction
- Legal advice
- Financial services

## How does the program work?

The participant will receive up to five (5) psychotherapy services free of charge.

If further intervention is recommended by the clinician, resources will be provided.

Cost of counseling or treatment beyond the five (5) RAP sessions are the responsibility of the individual.



## What happens if the participant requires medication?

The participant is referred to a physician on their insurance panel or to a physician in the TTUHSCEP Department of Psychiatry, based on the participant's preference.



## Are RAP services confidential?

In the RAP, we respect patients' privacy. RAP records do not become part of personal records

In matters where disclosure is not required by law, confidential information will not be released without the participant's written authorization