Welcome to *A-line: Your Access to Wellness*, a Resident Wellness Committee e-newsletter highlighting news and events in our department!

*In This Issue:*

- Mental Health
- Personal Emergencies
- Wellness Tutorials
- Wellness Events
- Resident Spotlight
Mental Health

With 400 physician suicides occurring every year it is time to break the silence and discuss this issue openly. Residency is a time of incredible stress with long hours, sleep deprivation, high-stakes exams, and high-acuity patients. Whether it is fear of repercussions or looking “weak”, lack of time to seek help, or simply a denial that there is a problem, physicians often ignore their own depression. It is time to change the culture and start to talk about these issues, seek help and develop institutional strategies and personal strategies to enhance our own wellness. Our department is committed to the mental health of all of our residents. Resources are available and time will be made for you to attend appointments during work hours if necessary. Stay tuned for more initiatives on mental health in the upcoming months. Below is a list of resources for residents:

**House Officer Mental Health Program (HOMHP)** provides a range of mental health services to house officers for issues including depression, anxiety, sleep difficulties, ADHD, stress management, interpersonal difficulties and work-life balance issues.

- 734-763-4215: Identify yourself as a house officer and you will make an appointment at UH or at the Rachel Upjohn Building adjacent to EAA.
- EXPEDIENT
- FREE
- CONFIDENTIAL initial evaluation (insurance is not billed and the visit is not documented in MiChart). You will be seen by an attending physician
—no residents or medical students involved
  - FLEXIBLE evening appointments available
  - Subsequent visits can be arranged (however, these are billed / documented) or, if preferred, referrals for community based providers can be made

**Employee Assistance Program (EAP)**

- 734-763-5409
- eap@umich.edu

**Community Resources accepting UM Premier Care:**

- **Ann Arbor Consultation Services** (evening and weekend hours available)
  - 734-996-9111
  - a2consultation.com
- **Huron Valley Consultation Center** (evening and weekend hours available)
  - 734-913-1093
  - Heronridgeassocs.com
- **Lotus Consulting** (psychotherapy only—no psychiatrists)
  - 734-478-7358
  - Lotusconsultingpllc.com

**Urgent / Emergency Services**

- U-M Psychiatric Emergency Services (Available 24/7)
- Hotline 1-800-273-8255

**National Suicide Prevention**

- Hotline 1-800-273-8255

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**Personal Emergencies**

They happen to all of us at one time or another! If you find yourself in this predicament, here is what you do:

- During normal hours: Notify **Pam Mulholland**. Please stress that you need to get out *immediately*. She will mobilize resources to get you out of
the OR. If she is not available, her backup is Heather Wourman.

- Outside of normal work hours: Notify the floor runner / CA-3 on call. Again, please stress the immediacy of the situation. You do not need to go into detail at this time!

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**Wellness Tutorials**

The CA-1s have had 2 Wellness Based tutorials in the past month. The first was a senior resident-led "check in" where issues common to residents were discussed. The second was a session led by Joy Pehlke, MEd of Wolverine Wellness and Kate Baker, MD from our Psychiatry department. They discussed issues of stress, mindfulness and wellness and were well received. Thank you to our session leaders to all who participated!

Interns have also had a resident-led "check in" during their SIM session this month.

Stay tuned for more to come!

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**Resident Spotlight: Sarah Biel**
1. Where did you grow up, go to school, and so on?

I was born in this very hospital back when my father was at UM School of Engineering getting his PhD. We soon moved to Korea, and I grew up on a farm. We grew rice, peppers, tomatoes, pears, persimmon, and chestnuts, and we raised chicken and cows. We moved back to the states in 1998, and I have lived in Ann Arbor since. I majored in Classical Languages & Literature and Neuroscience at University of Michigan for undergraduate school and attended University of Michigan Medical School thereafter.

2. What are your hobbies or interests? What do you like to do in your spare time?

I have played the piano since I was 4. I bought a baby grand piano last year, and I try to practice regularly. When the weather permits, I enjoy riding my motorcycle, swimming, and gardening. I love to dance as well: I have danced Argentine tango for over 10 years, and I occasionally go salsa dancing.

3. What made you decide to pursue anesthesia?

I had no prior exposure to anesthesia until I did an M4 rotation in the CVICU.
There, I found that I really enjoyed balancing the competing interests of various organ systems in the critical care setting, and decided to investigate anesthesiology as a pathway to critical care. I have enjoyed it ever since.

4. Where do you see yourself in 5 years?

*I hope to be raising chicken[s].*

5. Tell us one last thing that makes you unique, special, and wonderful that we simply must know about you!

*I don't think I'm very special...*

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**Recent Wellness Events**

Residents enjoyed ice skating at Yost Ice Arena, broomball, and skiing at Mount Brighton!