Dear Resident Colleagues,

We always want to ensure that residents are aware of the avenues available to them whether that be the confidential wellness resources or the resident advisor, research opportunities, how to find informal mentors, or how to proceed with negative feedback of rotations or teachers. As a result, we are circulating this memo every 6 months and posting it on our website. Please allow me to address these one at a time:

1) Confidential wellness resources
1A) Depending on what kind of help and support you need, there are many possible people to whom you can speak.

1. You can always talk to your supervisors or site directors.
2. You can get in touch with me mark.fefergrad@sunnybrook.ca. I would be happy to assist.
3. Our PG Wellness Lead and Associate Program Director is Deanna.Chaukos@sinahealthsystem.ca.
4. The PGME office also has a Wellness office https://pg.postmd.utoronto.ca/current-trainees/while-youre-training/access-wellness-resources/
5. paula.ravitz@sinahealthsystem.ca is the head of our PHE (Psychotherapy, Humanities and Education Scholarship) division and can help on the psychotherapeutic side.
6. PARO also has a helpline: 1-866-HELPDOC (1-866-435-7362).
7. The OMA has all kinds of services to support physicians: 1-800-851-6606.
8. We have a resident advisor Dr. Chetana Kulkarni you can contact as well https://www.psychiatry.utoronto.ca/resident-advisor. There is also a "red button" in the top right corner of all postgrad web pages that contains these resources.

2) Resident Advisor
2A) https://www.psychiatry.utoronto.ca/resident-advisor

3) Research Opportunities
3A)

1. Our CSP Lead is Benjamin.goldstein@sunnybrook.ca
2. Our vice-chair of research is alastair.flint@uhn.ca
3. Our chair is very interested in supporting research benoit.mulsant@utoronto.ca

4) Informal Mentor
4A) Residents are encouraged to work with their supervisors, site directors and local physicians-in-chief to find suitable mentors. The selection of mentors is a complex process. Sometimes it’s done on the basis of fit, sometimes based on mutual interest, sometimes based on similarities (like gender). If you have an unmet need, I encourage you to speak with me mark.fefergrad@sunnybrook.ca or Deanna Chaukos Deanna.Chaukos@sinahealthsystem.ca. We will find a way to help support you.
5) Negative Feedback of Rotation or Teachers
5A) There are many strategies to provide negative feedback.

1. Residents can speak directly to the relevant supervisor
2. Residents can speak with their local site director
3. The POWER system which allows for assessment of both teachers and rotations. Those details cannot be viewed by faculty members until there are at least 3 in the system AND 365 days have elapsed.
4. Residents can speak confidentially with the Resident Advisor
   https://www.psychiatry.utoronto.ca/resident-advisor
5. Site Feedback occurs every 6 months and is a way to provide feedback about rotations/structures (but generally not specific supervisors)
6. Residents can meet with our Wellness Lead/Associate Program Director Deanna Chaukos
   Deanna.Chaukos@sinahealthsystem.ca
7. Residents can meet with the Program Director mark.fefergrad@sunnybrook.ca
8. Residents can submit written documentation directly to the Program Director
   mark.fefergrad@sunnybrook.ca

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