

# OHIO PHYSICIANS HEALTH PROGRAM

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## WHO WE ARE

**MISSION:** To facilitate the health and wellness of healthcare professionals in order to enhance patient care and safety.

**VISION:** OPHP envisions a medical community that supports healthcare professionals in pursuing optimal health and wellness.

**VALUES:** Wellness, confidentiality, equality, patient safety, education.

- Nonprofit organization established in 1995.
- Created by the medical community for the medical community
- Began as Committee of medical association in mid-1970's.
- Created to support the overall health of physicians and other healthcare professionals with mental, behavioral, or addictive disorders or illnesses impacting their wellness.
- Oversight provided and governed by Board of Directors
- Led by physician medical director specializing in addiction medicine
- Staffed by individuals specializing in addiction medicine, psychiatry, master's level chemical dependency and clinical counselors
- Serve the entire state of Ohio

## WHAT WE DO

- Provides services to 5 major healthcare boards and licensees:
  - State Medical Board of Ohio
  - Ohio State Dental Board
  - Ohio Veterinary Medical Licensing Board
  - Ohio State Chiropractic Board
  - Ohio Vision Professionals Board
- Through 3 primary programs:
  - Confidential Resource Program
  - Monitoring & Advocacy Program
  - Educational Outreach Program
- In 2018, piloted Wellness & Resiliency Program at 3 Ohio hospitals.

OPHP provides a **compassionate, supportive, and safe** environment for healthcare professionals to receive confidential services to improve their health and well-being.

# MISPERCEPTIONS

## WHAT WE DO

- Recommend evaluation, treatment, and aftercare/continuing care
- Provide resource referrals
- Provide therapeutic support
- Provide confidential services or monitoring services for individuals with board action for impairment

## WHAT WE DON'T DO

- Discipline or suspend licensees for impairment
- Provide legal advise
- Provide substance use disorder or mental health disorder treatment
- Provide direct counseling services

## PROGRAMS CONFIDENTIAL RESOURCE

- CONFIDENTIAL RESOURCE
  - Identification, intervention, or referral for assessment/treatment
    - Healthcare professionals with mental, emotional and behavioral illness, substance-related and addictive disorders, and others
  - Community resource referrals for:
    - Stress/burnout
    - Psychosocial therapist
    - Family and marriage counseling
    - Ethics/boundary training
    - Legal counsel
    - Skills assessments
    - Others

## PROGRAMS MONITORING & ADVOCACY

- For licensees seeking help for substance use disorders
  - Provide referrals for evaluation and/or treatment at a Board approved facility
  - Enrollment for services available post-treatment
  - Oversight of toxicology testing (urine, hair, nail, blood, breath, etc.)
  - Monitor compliance with ongoing treatment and therapy requirements
  - Monitor recovery activities such as support group attendance, etc.
  - Therapeutic support from physicians, master's level clinical counselors and chemical dependency counselors for the duration of their agreement
  - Earned advocacy for issues related to licensing board action, credentialing bodies, federal and insurance programs, other

## PROGRAMS EDUCATIONAL OUTREACH

- Educational presentations available on topics:
  - Addiction, Intervention, Treatment & Recovery: A guide to help healthcare professionals understand and intervene on peers with substance use disorders
  - Balancing It All: How to cope with stress and burnout
  - Confidential Treatment (One-Bite Program) and how to get help
  - Others

# CONFIDENTIAL SERVICES

State Medical Board of Ohio One-Bite Program: allows for licensees of the SMBO to receive confidential services for the treatment of substance use disorders if it is their first time through the program and they have not previously been disciplined by the SMBO for impairment.

Ohio State Dental Board – honors One-Bite Program

Ohio Veterinary Medical Licensing Board – honors One-Bite Program

Ohio State Chiropractic Board – honors One-Bite Program

Ohio Vision Professionals Board – honors One-Bite Program





# ONE-BITE PROGRAM

## ELIGIBILITY

- The practitioner is impaired;
- The practitioner has not participated previously in the program; and
- Unless the SMBO referred the practitioner to the program, the practitioner has not been sanctioned previously by the SMBO for impairment.

## REQUIREMENTS

- Seek evaluation at One-Bite approved treatment provider;
- Suspend practice for minimum of 30 days; or until determined eligible to return to work by treatment provider/monitoring organization;
- Complete treatment at One-Bite approved treatment provider;
- Complete minimum 6 months continuing care with One-Bite approved provider; and
- Complete minimum 5-year monitoring via agreement with Board approved monitoring organization.

## WHY CONFIDENTIALITY IS IMPORTANT

### CONFIDENTIAL/ONE-BITE PROGRAM

- Focus on treatment and health
- Not reported to licensing board – maintain confidentiality
- Accountable to monitoring organization
- Therapeutic support available for long-term monitoring and recovery

### DISCIPLINARY ACTION RELATED TO “IMPAIRMENT”

- Suspension/probation on license
- Public information - associated with license for perpetuity (includes treatment information)
- Disciplinary action is reportable to NPDB
- Possible Medicare, Medicaid, Private insurance exclusions

## PARTICIPANTS

Physicians – 58%

Physician Residents/Medical Students – 6%

Other Medical Board Licensees – 4%

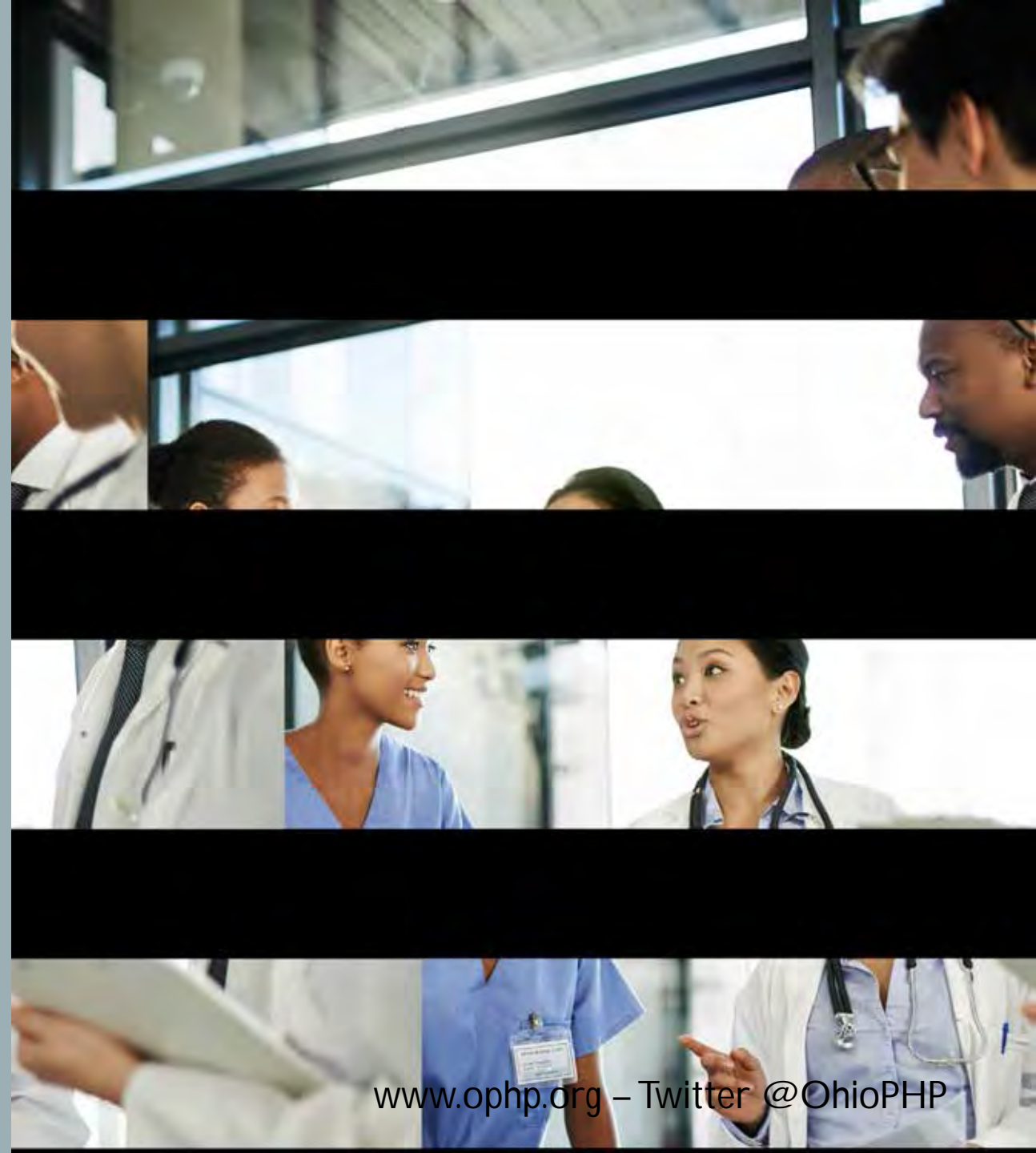
Dental Professionals – 12%

Veterinary Professionals – 10%

Optometrists – 1%

Chiropractors – 2%

Others – 7%



# REFERRALS

- Reason for Referral

- Substance Use Disorders - 57%
- Education - 21%
- Mental Health – 5%
- Behavioral – 6%
- Sexual Boundaries – 1%
- Other – 10%

**258** referrals received in 2018

- Referral Source

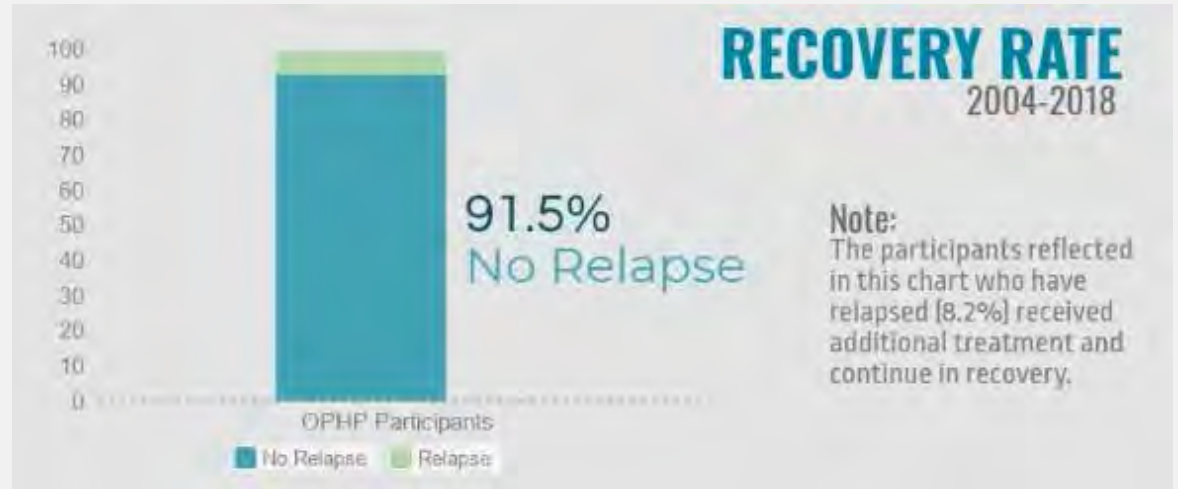
- Colleagues – 26%
- Self referrals – 20%
- Treatment facilities – 17%
- Hospitals/employers – 15%
- Licensing Boards – 8%
- Other state physicians health programs – 5%
- Attorneys – 4%
- Others – 5%

# MONITORING INFO

## CONFIDENTIAL AGREEMENTS



## RECOVERY RATE



# QUESTIONS?

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