



Ohio
Physicians
Health
Program



2018 Annual Report

Our **mission** is to facilitate the health and wellness of healthcare professionals in order to enhance patient care and safety.

BOARD OF TRUSTEES



I am excited to report on OPHP's activity from 2018 and hope you will agree that this was a successful year for OPHP. A year full of many milestones, our impact on the medical

community was significant and through our many collaborative efforts, I anticipate it to continue to grow in the future

For several years, OPHP has been at the forefront of improving state legislation regarding the treatment and monitoring of physicians and other healthcare professionals with substance use disorders. We are pleased to report that House Bill 145 was enacted in February 2018. The new legislation updates the process known as "One-Bite" that allows for confidential treatment for physicians and other healthcare professionals with substance use disorders. The new One-Bite Program eliminates previously disqualifying conditions and expands the One-Bite Program to include all licensees under jurisdiction of the State Medical Board of Ohio. Thanks to this new One-Bite Program more healthcare professionals will be able

to receive the confidential help and care they need to improve their health and well-being. We would like to thank the many organizations and the steadfast work of the Medical Association Coalition (MAC) who helped make this important change happen.

2018 was an exciting year for OPHP as we experienced significant growth. We received more referrals than ever before from colleagues, attorneys, hospitals, and others. We were also able to surpass our fundraising goal to help support the increase in services provided to the medical community. OPHP also welcomed Matthew A. Vail, M.D., MPH and Craig A. Brown, MAP to the OPHP Board of Trustees. They both bring significant knowledge and expertise to the organization. OPHP welcomed new Case Manager, Sally M. Murphy, MA, LICDC and Office and Program Assistant, Carley J. Sparks.

OPHP piloted a Wellness & Resiliency Program in collaboration with three hospitals in Ohio. Physicians at these facilities have access to an online portal with wellness resources and direct access to coaching sessions and counseling

services with OPHP staff. We are excited to continue the development of this program as we adapt it to fit the needs of Ohio's healthcare professionals. To further build upon wellness initiatives, OPHP continued to serve as a founding member of the Ohio Physician Wellness Coalition (OPWC). OPWC identified, developed, and is in the final stages of launching a wellness video series that offers free continuing medical education to physicians.

2018 was a year of excitement and growth for OPHP but we know that we cannot do the work we do without the support of our loyal donors and many stakeholders. Your support makes a difference in the lives of Ohio's healthcare professionals. We at OPHP look forward to serving Ohio's medical community by providing a compassionate, supportive, safe place for healthcare professionals to seek help in order to improve their health and well-being.

Sincerely,

David D. Goldberg, D.O.
Medical Director

2018 Directors

Chair	Christina M. Delos Reyes, MD, FASAM Cleveland, Ohio	Director	Jeffrey L. Hunter, MSC, DC, DO, FAAFP, FACHE Columbus, Ohio
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Director	Jonathan A. Good, Esq Hudson, Ohio	Director	Matthew A. Vail, MD, MPH Dublin, Ohio

OPHP's Board of Trustees and staff wish to thank everyone who contributed to the 2018 annual campaign. Because of your financial support, OPHP is able to advance the health and wellness of medical professionals who are then better able to deliver consistent, high quality care to all Ohio's citizens. We hope that you will continue to promote and support our mission. For the complete list of 2018 donors visit: www.ophp.org.

The Ohio Physicians Health Program (OPHP) is proud to provide you with an overview of activity for 2018. We continue our efforts to provide a compassionate, supportive, and safe environment for healthcare professionals to receive confidential services to improve their health and wellbeing. Our goal is to inspire physicians and other healthcare professionals to seek treatment and monitoring for their illnesses in order to ensure patient care and safety. To support this goal, OPHP executed the third year of our strategic plan and our activity focused on the following three initiatives:

Engagement: Increase awareness of OPHP services and improve education throughout the medical community to reduce the stigma of substance use disorder and mental illness in Ohio.

Services: Maintain current programs and implement new services to increase the impact of OPHP's programs on Ohio's medical community.

Government Relations: Implement a strong government relations effort to advocate for the health and wellness of Ohio's healthcare professionals.

To help support these strategic initiatives, we remained focused on building upon our strong collaborations and strategic partnerships with members of Ohio's medical community.

As we reflect on these community partners and the work accomplished in 2018, it is apparent that their support is essential to the success of OPHP. We could not do the work we do without them, specifically, the Ohio Physician Wellness Coalition (OPWC) and our key stakeholders featured on pages 5 and 6. We would like to recognize the tireless work of the Medical Association Coalition (MAC) in their efforts to support the establishment of the new One-Bite Program.

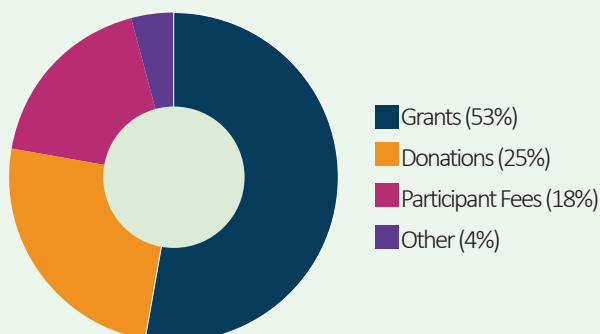
OPHP's major source of funding is the Ohio Medical Quality Foundation (OMQF) and we are honored and grateful for their continued support. To be good stewards of OMQF's funding, accurate budgeting, regular oversight of expenditures, internal controls, and improving efficiency continues to be priorities for the organization.

As the Board of Trustees expands and diversifies, we will continue to pursue growth and opportunities to promote OPHP's programs and to support the health and wellness of healthcare professionals in Ohio. We hope we can continue to count on your support!

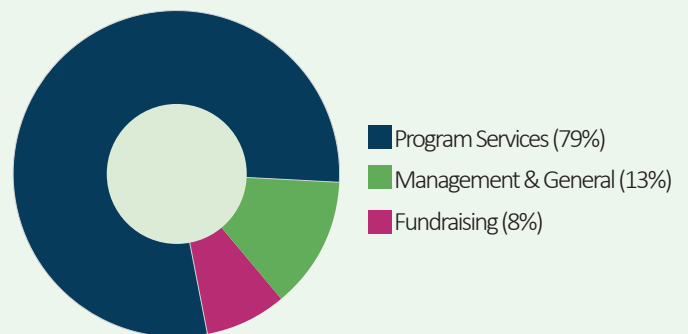
STRATEGIC PLAN IMPACT

- Engagement: Improved online presence and outreach by utilizing social media platforms and increased subscribers in our electronic newsletters.
- Services: Promoted educational outreach programs to medical schools and residency programs. Built new programming and collaborations with prominent organizations in Ohio's medical community – including the Ohio Physician Wellness Coalition.
- Government Relations: Collaborated with the Medical Association Coalition and other stakeholders to implement the new confidential One-Bite Program.

REVENUE SOURCES



FUNCTIONAL EXPENSES



PROGRAM DATA

CONFIDENTIAL RESOURCE

OPHP assists with identification, intervention, and referral for assessment for those who may be affected by mental, emotional and behavioral illness, and substance-related and addictive disorders.

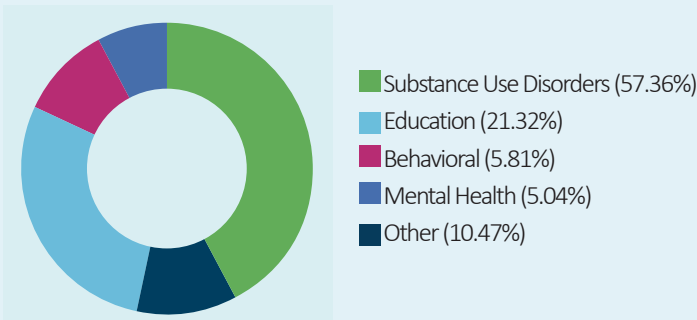
OPHP provides referrals to community resources for: stress, burnout, individual psychotherapy, family and marriage counseling, ethics training, boundary violations, prescribing guidelines, legal counsel, skills assessment, and others.

Referrals are accepted from any source and OPHP protects the confidentiality of program participants and anonymity of referral sources to the fullest extent allowed by law.

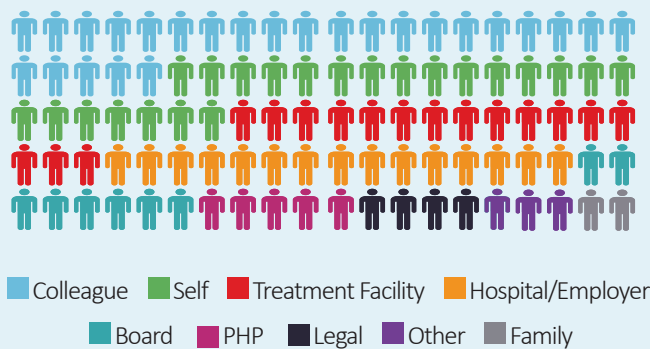
HIGHLIGHTS

258 referrals were received in 2018
41% of referrals were from hospitals, employers, or colleagues.

2018 REFERRAL TYPE



2018 REFERRAL SOURCE



MONITORING & ADVOCACY

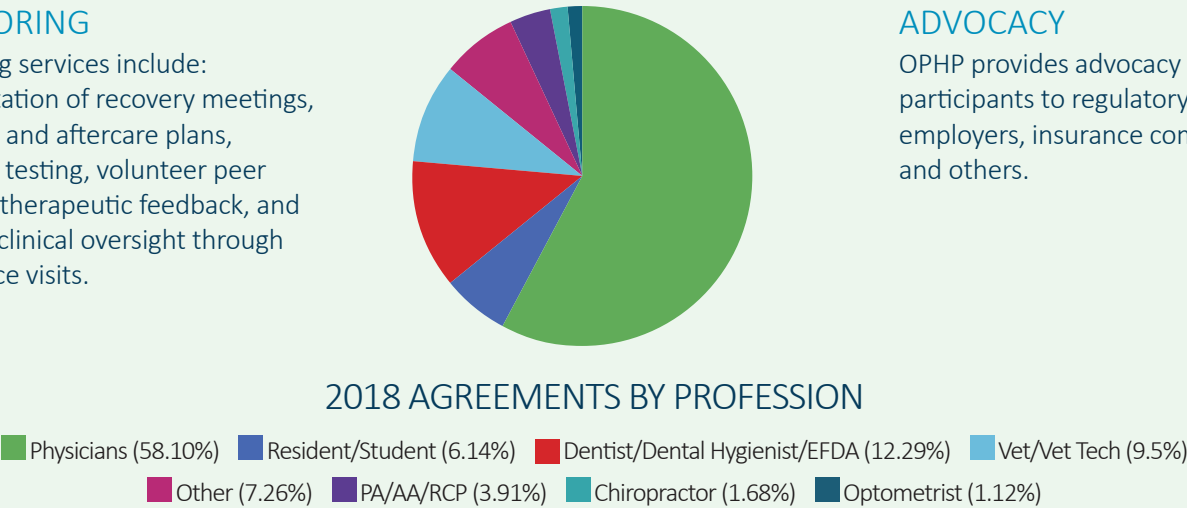
MONITORING

Monitoring services include: documentation of recovery meetings, treatment and aftercare plans, toxicology testing, volunteer peer monitors, therapeutic feedback, and providing clinical oversight through face-to-face visits.

ADVOCACY

OPHP provides advocacy for program participants to regulatory boards, employers, insurance companies, and others.

2018 AGREEMENTS BY PROFESSION



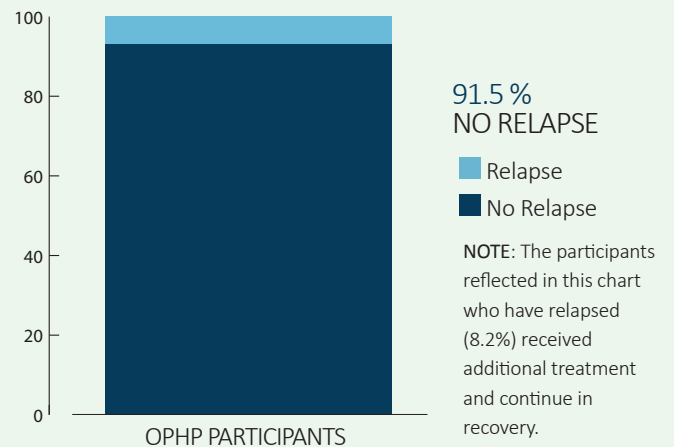
MONITORING & ADVOCACY CONTINUED

2014-18 CONFIDENTIAL AGREEMENTS

Graph reflects OPHP monitoring agreements with no Regulatory Board involvement.



2004-2018 RECOVERY RATE



EDUCATIONAL OUTREACH PROGRAMS

2018 EDUCATIONAL PROGRAMS

OPHP provides educational presentations to individuals or groups throughout Ohio. Presentations are delivered on the prevention of mental, emotional and behavioral illness, substance-related and addictive disorders, stress, burnout, and suicide; statutory guidelines for medical professionals; and the role of OPHP in the healthcare community.

OPHP presented to:
1,609 ATTENDEES
through 28 programs

2018 EDUCATIONAL OUTREACH PROGRAMS

Henry County Hospital	Napoleon
Western Reserve Health Education, Inc.	Youngstown
University of Findlay	Findlay
University Hospitals of Cleveland Medical Center	Cleveland
Ohio State University College of Veterinary Medicine	Columbus
Healthsource of Ohio ATSU-SOMA	Mt. Orab
Fireland's Regional Medical Center	Sandusky
MercyHealth	Cincinnati
Ohio State University	Columbus
Kent State University	Kent
Lake County Medical Society	Painesville
OhioHealth Grant Medical Center	Columbus
University of Cincinnati College of Medicine	Cincinnati
Mount Union Physician Assistant Program	Alliance
Marietta College Physician Assistant Program	Marietta
ProMedica Memorial Hospital	Fremont
Cuyahoga Community College Physician Assistant Program	Parma
OhioHealth McConnell Heart Health Center	Columbus
Ohio Dominican University Physician Assistant Program	Columbus
OhioHealth Riverside Methodist Hospital	Columbus
Southwest General Hospital	Middleburg Heights
MedPro Opioid Crisis Panel	Cincinnati
Promedica Memorial Hospital	Fremont
Wood County Hospital	Bowling Green
Community Hospitals & Wellness Centers	Bryan

SURVEY RESULTS



99% of attendees AGREED to apply the information they gained from the lecture!

A WORD FROM OHIO'S MEDICAL ASSOCIATION COALITION

The members of the Ohio Medical Association Coalition (MAC) would like to congratulate the Ohio Physicians Health Program (OPHP) on another successful year dedicated to improving the health and wellness of physicians.

The MAC is proud to support the programs and services of the OPHP. This outstanding organization has been working for decades to help physicians and other healthcare professionals cope with stress, burnout, substance use disorders, and other behavioral health problems. No other organization in Ohio has more experience in protecting patient safety through timely intervention with healthcare professionals than OPHP.

These are stressful and challenging times for physicians and the medical profession. Thanks to the ongoing work of the OPHP, physicians battling substance use or other personal health issues once again had a place to turn to in 2018. Thanks to the dedicated leadership of OPHP staff, our organizations have been working together since 2014 to strengthen and improve the current medical board process that allows confidential treatment and monitoring for a physician who self-reports a substance use issue. This confidential program, known as the "One-Bite" program, gives physicians an opportunity to come out of the shadows of addiction and seek the treatment they need to get healthy and find a path to meaningful long-term recovery.

Through consultation, intervention, counseling and ongoing monitoring, the OPHP provides a helping hand for physicians who are struggling with health and wellness difficulties, including behavioral and psychiatric concerns, to get their lives back on track and continue to provide the safest and highest quality care for patients in Ohio.

It is with great honor that we commend and thank the OPHP for its continued work and dedication in supporting and improving the health of Ohio's physicians.

Sincerely,



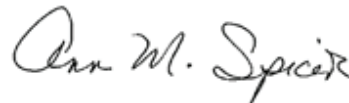
Todd Baker, Chief Executive Officer
Ohio State Medical Association



Matt Harney, MBA, Executive Director
Ohio Osteopathic Association



Janet Shaw, MBA, Executive Director
Ohio Psychiatric Physicians Association



Ann Spicer, Executive Vice-President
Ohio Academy of Family Physicians



Elayne R. Biddlestone, EVP/CEO
The Academy of Medicine of Cleveland & Northern Ohio



Jimelle Rumberg, Ph. D., CAE, Executive Director
Ohio Foot and Ankle Medical Association



Robert Falcone, M.D., C.E.O.
Columbus Medical Association



Melissa Wervy Arnold, C.E.O.
American Academy of Pediatrics, Ohio Chapter

SUPPORT FROM OHIO'S MEDICAL COMMUNITY



Ellen Yoakam

President, Ohio Veterinary Medical Association

For all medical professionals, there is no greater accomplishment than to improve the lives of our patients and their families, regardless of whether those patients walk, fly, crawl, hop, swim, or slither. Although practicing any form of medicine is a rewarding career, at some point we all realize that we cannot save everyone—a realization that can be hard to face.

The way that realization manifests varies greatly from person to person, but one thing remains the same: It is impossible to overcome the challenges of anxiety, compassion fatigue, depression, burnout, and substance abuse alone. Thanks to the Ohio Physicians Health Program, we have an invaluable resource ready and waiting. All we have to do is take the first step: Reach out and ask for help.

It might be a long, difficult road, punctuated by doubts and even a few setbacks—but with a strong support system like OPHP, we can make it to the finish line to discover once again how meaningful it is to care for others.

A third-generation veterinarian, Dr. Ellen Yoakam is a 2008 graduate of The Ohio State University College of Veterinary Medicine. Previously a mixed-animal veterinarian for a private practice, she now works for the Ohio Department of Agriculture. Dr. Yoakam lives in Mansfield with her husband and their two children.



Nicholas Strata

Executive Director and CEO, Ohio State Chiropractic Association

As we have done in the past, the Ohio State Chiropractic Association (OSCA) would like to state it is a privilege to add the OSCA to your long list of like-minded healthcare associations from around the state that have previously endorsed OPHP.

Nicholas Strata is the Executive Director and Chief Executive Officer of the Ohio State Chiropractic Association.



Michael Earley, OD

President, Ohio Optometric Association

On behalf of the 1,300 member optometrists of the Ohio Optometric Association (OOA), I thank the Ohio Physicians Health Program (OPHP) for its continuous efforts to assist Ohio health care professionals dealing with substance abuse and other serious conditions. The OOA is proud to continue its partnership with the OPHP as it provides resources and intervention through treatment, monitoring and recovery services. We appreciate the OPHP's commitment to patient safety and look forward to the organization's continued success.

Dr. Michael Earley, OD, PhD is an optometrist, the Associate Dean of Academic Affairs at The Ohio State University College of Optometry, and president of the Ohio Optometric Association. He received his OD degree from The Ohio State University College of Optometry and practices in Columbus, OH.



Mark S. Wenzel, DDS

Chairman, The Ohio Dental Association Subcouncil on Dentists Concerned for Dentists

The Ohio Dental Association through its Subcouncil on Dentists Concerned for Dentists (DCD) has worked closely with the Ohio Physicians Health Program for many years now. The mission of DCD is to help dental professionals with alcohol and/or substance abuse issues navigate the journey through assessment, treatment, aftercare and monitoring to attain and maintain a life of sobriety. The Ohio Physicians Health Program has been a steady partner with us toward this goal.

The Ohio Physicians Health Program has served as an advocate and monitor for dental health care professionals who are working a program of recovery. We are blessed in Ohio to have such an advocate for recovering health care providers.

Mark Wenzel is the DDS Chairman of the ODA's Subcouncil on Dentists Concerned for Dentists (DCD).



WELLNESS
CONFIDENTIALITY
&
EQUALITY
PATIENT SAFETY
EDUCATION

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