



Ohio  
Physicians  
Health  
Program

# 2019 Annual Report

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



# Medical Director Message



I am pleased to report on OPHP's activity from 2019. It was my first year serving as the Medical Director and a very impactful year for our organization. We continued to experience growth as we focused on implementing the One-Bite Program and our collaborations with state and local health organizations.

In 2019, OPHP was approved by the State to serve as the monitoring organization responsible for determining eligibility and administering the One-Bite Program.

The One-Bite Program is a confidential program now available to all of the Medical Board's licensees. Through this program, licensees who seek treatment for a substance use disorder may do so confidentially without the involvement of the Medical Board.

OPHP 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.

We welcomed new members to both our Board of Trustees and staff. Longtime Medical Director of OPHP, David Goldberg, D.O., retired in June. We welcomed new Case Manager, Dawn M. Riegel, MS, LPC, LCDC III. We also added two new positions: Micah D.

Wright, CDCA, as our Clinical Coordinator and Colleen M. Opremcak MD, MS, FAPA, as our Wellness Director. Dr. David Goldberg from Dayton was selected to join the Board.

As a member of the Ohio Physician Wellness Coalition (OPWC), part one of the first series of wellness videos was launched, offering one hour of free continuing medical education (CME) credit for each module. These videos cover topics such as mental health, isolation, gratitude, and meditation and mindfulness. The OPWC plans to launch part two of the wellness video series in 2020.

2019 was a year of development and growth for OPHP. The work we do is only possible with the generous support of our loyal donors and many stakeholders. We at OPHP look forward to serving Ohio's medical community and thank you for your continued support.

Respectfully,

A handwritten signature in blue ink that reads "Craig T. Pratt, M.D." The signature is written in a cursive, flowing style.

Craig T. Pratt, M.D., DFASAM, FAPA  
Medical Director

# 2019 Board of Trustees

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# Thank you

OPHP's Board of Trustees and staff wish to thank everyone who contributed to the 2019 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, quality care to Ohio's patients. We hope that you will continue to promote and support our mission. For the complete list of 2019 donors visit: [www.ophp.org](http://www.ophp.org).

# To Our Stakeholders

The Ohio Physicians Health Program (OPHP) is proud to provide you with an overview of activity for 2019. We continue our efforts to provide a compassionate, supportive, and safe environment for healthcare professionals to receive confidential services to improve their health and well-being. Through our tireless efforts, we aim to encourage early intervention and treatment, destigmatize substance use and mental health disorders, and improve the health and well-being of healthcare professionals. We believe that healthy practitioners provide better care to Ohio's patients. OPHP continues to offer three primary programs.

- **Confidential Resource:** OPHP serves as a confidential resource that assists with identification, intervention, and referral for assessment or treatment of physicians and other healthcare professionals who may be affected by mental, emotional and behavioral illness, substance-related and addictive disorders, or other issues.
- **Monitoring and Advocacy Services:** OPHP specializes in providing confidential monitoring and advocacy for qualifying physicians and other healthcare professionals. OPHP also provides monitoring and advocacy to healthcare professionals who have formal action with licensing agencies.
- **Educational Outreach Programs:** OPHP provides educational presentations to individuals or groups throughout Ohio. Presentations are delivered on the prevention of mental, emotional and behavioral illness and substance-related and addictive disorders. Programs also cover the topics of stress, burnout, and suicide; statutory guidelines on seeking treatment for mental health and substance use disorders; and the role of OPHP in the healthcare community. Presentations meet the criteria for continuing medical education credit.

After years of working with the State Medical Board of Ohio (SMBO) and our many stakeholders to improve the process for licensees of the SMBO to access confidential treatment, the new "One-Bite Program" was officially launched in 2019. OPHP was selected by the State as the organization responsible for determining eligibility and conducting the One-Bite Program. The One-Bite Program allows an eligible individual who is impaired due to substance use disorder to avoid formal disciplinary action by the Medical Board when certain conditions exist. As the monitoring organization for the One-Bite Program, we also provide monthly educational seminars for the approved treatment and continuing care providers. We have been busy in this new role, receiving 121 referrals during the first year of the new One-Bite Program and are looking forward to continuing to improve the 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 continue 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 of Ohio's healthcare professionals.

# Strategic Plan

2019 marked the first year of our new 2019-2021 strategic plan. The three priorities identified in the plan are:

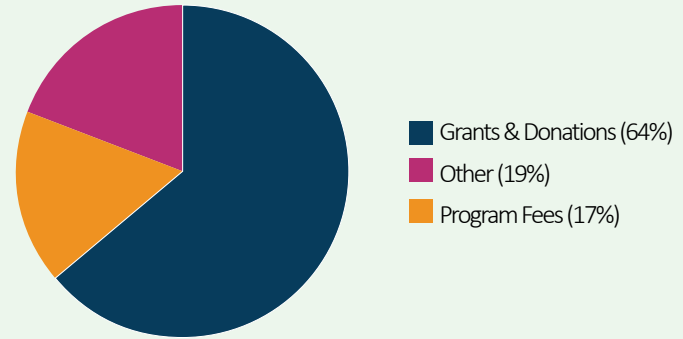
**Outreach & Engagement:** In 2019, we increased awareness of OPHP programs, the One-Bite Program, improved online presence and outreach by utilizing social media platforms and increased subscribers to our electronic newsletters. We also improved education on stress/burnout, mental health and substance use disorders.

**Programs:** In 2019, we maintained current programs and implemented new programs to increase the impact of OPHP on Ohio's medical community. We promoted educational outreach programs to medical schools and residency programs. We built new programming and collaborations with prominent organizations in Ohio's medical community – including the Ohio Physician Wellness Coalition.

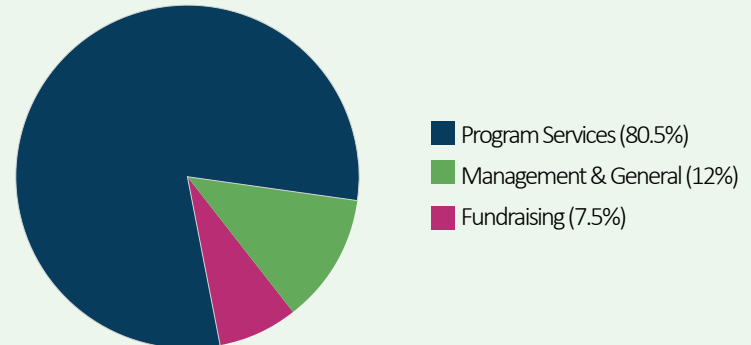
**Government Relations:** In 2019, we implemented a strong government relations effort to advocate for the health and wellness of Ohio's healthcare professionals, and we collaborated with the Medical Association Coalition and other stakeholders to implement the new confidential One-Bite Program.

In addition to these three priorities, there were two focus areas outlined in the strategic plan; **Board Governance**, which OPHP continues to focus on expanding and diversifying the Board of Trustees and to develop effective training to support Board performance and engagement. The second area of focus is **Development**, which focused on expanding fund development efforts and to generate new funding sources in order to support new and existing programs as well as financial sustainability. As reflected in the chart to the right, 64% of OPHP's operating budget was from grants and donations. 80.5% of 2019 functional expenses were for programs and services.

## Revenue Sources



## Functional Expenses



# Confidential Resource

OPHP's confidential resource program allows us to assist health care professionals 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, legal counsel, skills assessment, and others.

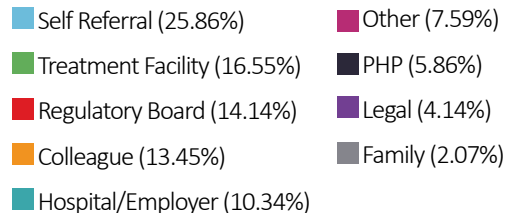
Referrals are accepted from any source and OPHP protects the confidentiality of program participants and anonymity of referral sources to the fullest extent allowed by law.

## HIGHLIGHTS

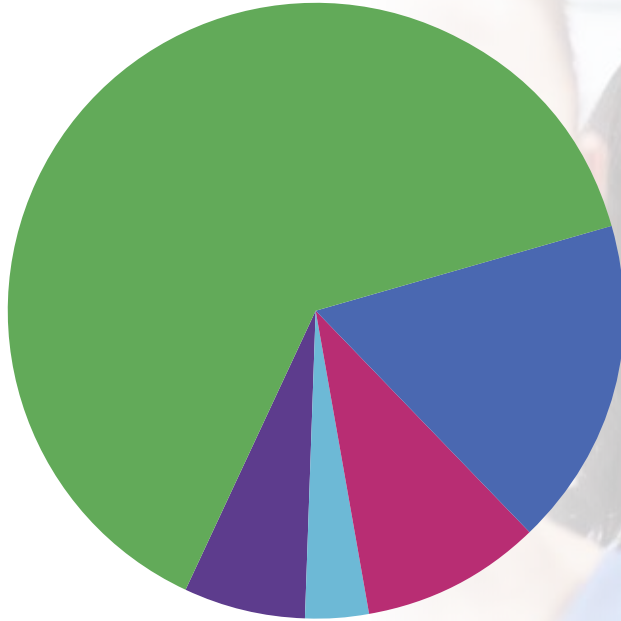
290 referrals were received in 2019

50% of referrals were from self-referrals or from hospitals, employers, or colleagues.

## Referral Sources



## Referral Types



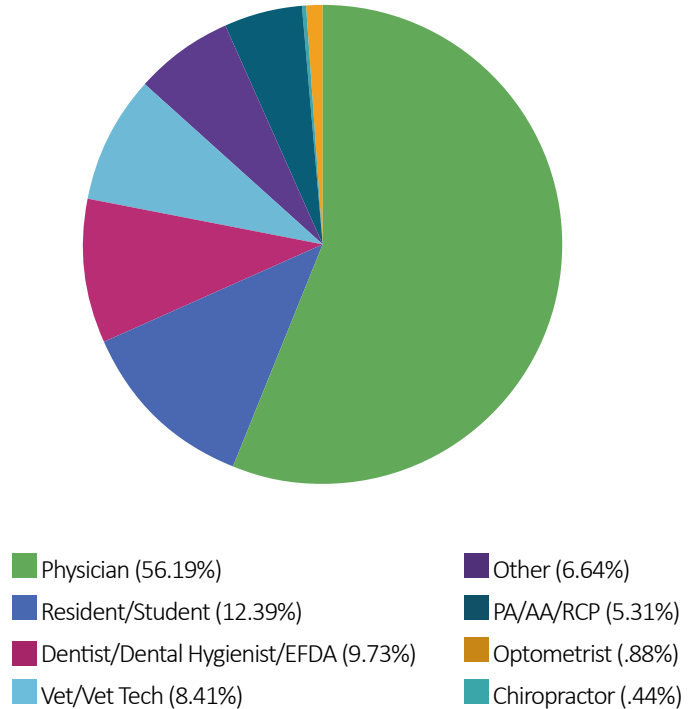
- Substance Use Disorders (63.79%)
- Education (17.24%)
- Other (9.31%)
- Mental Health (6.21%)
- Behavioral (3.45%)

# Monitoring & Advocacy Program

OPHP's monitoring and advocacy program provides services including: documentation of recovery meetings, treatment and aftercare plans, toxicology testing, volunteer peer monitors, therapeutic feedback, and providing clinical oversight through face-to-face visits. Practitioners have access to these services after successful completion of treatment for mental health and/or substance use disorders or others.

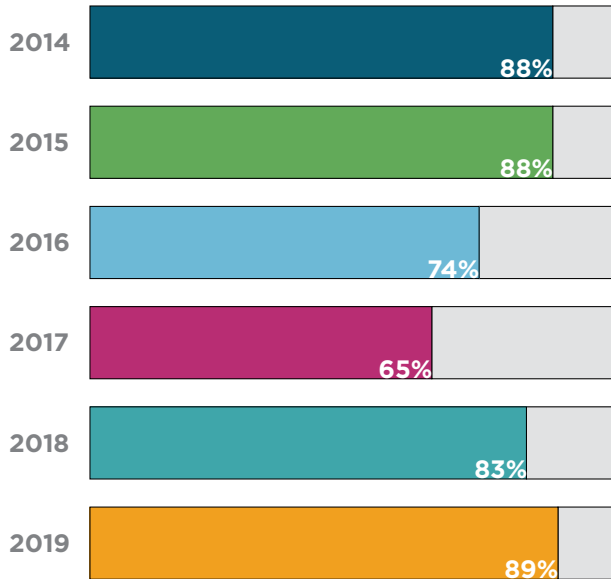
OPHP provides advocacy for program participants to help document their recovery and compliance in the monitoring and advocacy program to regulatory boards, employers, insurance companies, and others.

## Monitoring Agreements by Profession



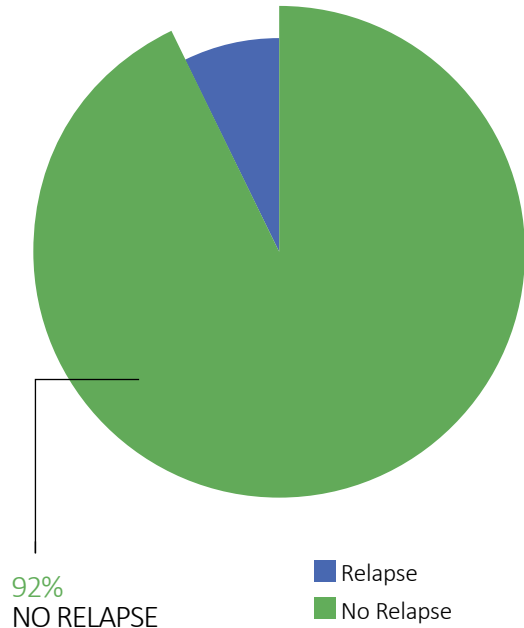


## Confidential Monitoring Agreements



Graph reflects OPHP monitoring agreements with no Regulatory Board involvement.

## Recovery Rate



NOTE: Data included in this chart is cumulative from 2004-2019.

# Educational Outreach Programs

OPHP provides educational outreach programs to individuals or groups throughout Ohio. Presentations on the prevention are delivered as well as the role 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:  
**1,025 ATTENDEES**  
through 27 programs

Programs about OPHP and the One-Bite Program are delivered by our Clinical Director, Nelson Heise, PCC-S, LICDC-CS and programs about Physician Wellness and Mindfulness are delivered by Colleen Opremcak, M.D., MS, FAPA. On page 11, please find a listing of the educational outreach programs delivered in 2019.

The chart listed here reflects outcomes from surveys issued to program attendees evaluating the effectiveness of our educational outreach programs.

Speaker was knowledgeable



Speaker communicated effectively



New information was provided



Information will be applied



**98% of attendees AGREED to apply the information they gained from the educational outreach program!**

Licking Memorial Health Systems  
University of Findlay  
UH Cleveland Case Medical Center  
Columbus Bar Association  
All-Ohio Institute on Community Psychiatry  
Firelands Regional Medical Center  
Dayton Dental Association  
OSU College of Veterinary Medicine  
Kent State College of Podiatric Medicine  
Ohio University PA Program  
University of Cincinnati Medical School  
OhioHealth Marion General Hospital  
Firelands Regional Medical Center  
Firelands Annual Spring Medical Staff Event  
Marietta College PA Program  
Grandview Psychiatric Residency Program  
Adena Health System  
Ohio Dominican University PA Program  
OSU College of Medicine Opiate Panel  
Promedica Defiance Regional Hospital  
Adena Health System  
Columbus Medical Association  
University of Mount Union PA Program  
The Christ Hospital  
Ohio Dominican University PA Program  
Mercy Health St. Anne Hospital  
OhioHealth Dublin Methodist Hospital

Newark, Ohio  
Findlay, Ohio  
Cleveland, Ohio  
Columbus, Ohio  
Columbus, Ohio  
Sandusky, Ohio  
Dayton, Ohio  
Columbus, Ohio  
Independence, Ohio  
Dublin, Ohio  
Cincinnati, Ohio  
Marion, Ohio  
Sandusky, Ohio  
Sandusky, Ohio  
Marietta, Ohio  
Chillicothe, Ohio  
Chillicothe, Ohio  
Columbus, Ohio  
Columbus, Ohio  
Defiance, Ohio  
Chillicothe, Ohio  
Columbus, Ohio  
Alliance, Ohio  
Cincinnati, Ohio  
Columbus, Ohio  
Toledo, Ohio  
Dublin, Ohio



# 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 OPHP. They have been working for decades to help physicians and other healthcare professionals cope with stress, burnout, substance use disorders, and other behavioral health problems.

Through consultation, intervention, counseling and ongoing monitoring, OPHP provides a helping hand for physicians who are struggling with health and wellness issues, 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.

The State Medical Board of Ohio offers a confidential program, known as the "One-Bite" Program, which 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. MAC members fully support OPHP's approval by the State to serve as the monitoring organization responsible for determining whether a practitioner is eligible to participate in the One-Bite Program and for conducting the One-Bite Program. No other organization in Ohio has more experience in protecting patient safety through timely intervention with healthcare professionals than OPHP.

It is with great honor that we commend and thank 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



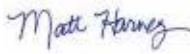
Laura L. Tiberi, Executive Director  
Ohio Chapter, American College of Emergency Physicians



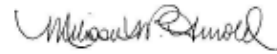
Mike Mathy, CAE, Executive Director  
Ohio Foot and Ankle Medical Association



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



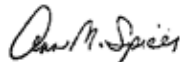
Matt Harney, MBA, Executive Director  
Ohio Osteopathic Association



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



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



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



# Support from the Medical Community



## Greg Hass

President, Ohio Veterinary Medical Association

Our highest goal as doctors, whether we treat people or animals, is to provide our patients with the best care possible so they are able to enjoy the best and healthiest life possible. Though this is inarguably a noble goal, it is missing one key component: Caring for ourselves.

Too often, we forget to practice self-care—or, worse, we ignore our wellbeing completely, citing a lack of time, energy, or motivation. Sometimes, we even feel selfish for merely thinking of sacrificing our patients' health for our own. But in doing so, we are sacrificing our patients—and ourselves. After all, how can we take care of others if we don't take care of ourselves first?

As President of the Ohio Veterinary Medical Association, I invite you to join me in pledging to change this harmful behavior, right here and now. Make a commitment to caring for your own health first, and take it as seriously as you do your commitment to your patients. And when you need help, don't be afraid to ask for it. We are fortunate to have a strong support system in the Ohio Physicians Health Program, one that is ready to lend a hand at a moment's notice, no questions asked. All you have to do is reach out and take it.

*A 1992 graduate of The Ohio State University College of Veterinary Medicine, Dr. Greg Hass is a faculty instructor at the University of Findlay, where in addition to teaching, he provides care for the horses in the University's equestrian programs. His professional interests include equine reproduction and broodmare practice, and he serves on the Large Animal Practitioner Advisory Board at OSU. In his free time, Dr. Hass enjoys boating and fishing on Lake Erie.*



## Brandy Spaulding

Executive Director, Ohio State Chiropractic Association

The Ohio State Chiropractic Association is proud to add our organization to the long list of endorsements for the Ohio Physicians Health Program. We are thankful that they provide support and resources to all those charged with the care and health of our state.

*Dr. Brandy Spaulding is the Executive Director of the Ohio State Chiropractic Association.*

# Support from the Medical Community



**Elizabeth Muckley, OD, FAAO**

**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 mental health issues and substance abuse. The OOA was grateful to have the OPHP to help guide our members through the mental challenges and anxiety that arose from the COVID-19 pandemic.

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. Elizabeth Muckley, OD, FAAO is the Director of Optometric Services at Northeast Ohio Eye Surgeons located in Akron, Kent, and Stow Ohio. She is an Assistant Clinical Professor of Optometry at The Ohio State University College of Optometry, and current President of the Ohio Optometric Association.*

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**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 over 20 years. 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).*



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