Ohio Physicians Health Program

2019 Newsletter

130 E. Chestnut Street, Suite 400 | Columbus, OH 43215
Phone: (614) 841-9690 | Fax: (614) 469-9580
Info@ophp.org | www.ophp.org

@OhioPHP | Ohio PHP

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

An Introduction to OPHP

The Ohio Physicians Health Program (OPHP) is a nonprofit organization that provides a compassionate, supportive, and safe environment for healthcare professionals to receive confidential services to improve their health and well-being. 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. OPHP achieves this goal through three primary programs highlighted below.

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 addiction disorders, or other issues. OPHP also provides referrals to community resources for: stress, burnout, therapy, family and marriage counseling, ethics training, prescribing guidelines, legal counsel, skills assessment, and others.

Monitoring & Advocacy

OPHP specializes in providing confidential monitoring and advocacy for qualifying physicians and other healthcare professionals and is the Medical Board approved monitoring organization, authorized to conduct Ohio's One-Bite Program. OPHP also provides monitoring and advocacy to healthcare professionals who have disciplinary action with licensing agencies. OPHP recognizes the value and importance of keeping healthcare professionals healthy in order to provide quality patient care.

Educational Outreach

OPHP provides educational presentations to individuals or groups throughout Ohio. Presentations are delivered on mental, emotional and behavioral illness and substance-related and addictive disorders. Programs also cover the topics of stress, burnout, and suicide; statutory guidelines for medical professionals seeking treatment; and the role of OPHP in the healthcare community. Presentations meet the criteria for continuing medical education credit.

OPHP's services are available to any of the below healthcare professionals in Ohio who are in need of help:

- Physicians
- Residents
- Podiatrists
- Physician Assistants
- Anesthesiology Assistants
- Respiratory Care Professionals
- Dieticians
- Acupuncturists
- Oriental Medicine Practitioners
- Genetic Counselors
- Cosmetic Therapists
- Massage Therapists
- Dentists
- Dental Hygienists
- Expanded Function Dental Auxillaries
- Dental Assistants
- Optometrists
- Opticians
- Ocularists
- Veterinarians
- Vet Technicians
- Chiropractors
- Students
- Others

Finding Serenity in Sobriety

I grew up under the guise that strength comes from self-sufficiency and independence. Despite this understanding, I became co-dependent, first with my mother, then with my husband. I traded the codependence with others for dependence on alcohol.

Like many of us, I have suffered through difficult times: the child of divorced parents, the loss of multiple close family members and friends too young to die, and never finding the time to know who I was. As a mother, a wife, and a physician, I think most would say, I was blessed. I found it easy to blame my life's stressors as my reason to drink. Alcohol went from a fun and relaxing pastime to controlling everything that I did. It was my only coping mechanism at the end, and it nearly cost me everything.

At the end of my drinking, I could think of nothing else. I needed it physically and psychologically, yet I hated myself every minute I was doing it. I made lines I would not cross and promises I would not drink. Every day those lines were crossed—and then some—and the promises were never kept.

I needed help, but this journey of sobriety began reluctantly. I thought I could figure it out and think my way through it. My family reached out to my longtime friend and medical partner about where I could receive the attention I needed. My partner gave the Ohio Physicians Health Program's number to my spouse and I got an assessment. I started my journey with attendance at a rehab program along with monitoring of regular AA meetings and urine sobriety checks. At first I felt resentment about this. I didn't want to be treated like a child. Being a physician, I figured I knew it all, anyway. I was so wrong!

I did not understand the concept of sobriety first before everything else. I worked very hard to reach my goals in my career. I had a wonderful husband, children, and job. I needed to protect those things. Every day that I drank, the risks of a lower bottom were very present. It was only a matter of time before alcohol took all of this from me. If I am not sober, I cannot be a caretaker and mother to my children, a loving and understanding wife, or a fully present physician.

I did not start this journey with faith, hope, an understanding of alcoholism, spirituality, or self-love. I had to give up the thought that I could do this on my own or think my way through it. As I have heard in one of my meetings, "my disease lies to me in my own voice" and "I have to tell me the truth". Self reliance was not strength or the solution—it was my downfall. My concept of self-sufficiency was going to kill me. Even though I thought of myself as sufficient, I was codependent and now completely reliant on alcohol to live. I have come to understand that asking for help is the true sign of strength.

I am now a recovering alcoholic of 4.5 years. Amazing, coming from a woman who thought she couldn't live without it. I strive to strengthen my faith, spirituality, and humility every day.

Being in the medical field, the fear of reprimand by the medical board, of losing my license/career and my false pride, kept me from getting the help I needed. I wish I had known of the resources available to treat my disease much earlier. I am very grateful for every sober day I have.

Anonymous Physician

NEW One-Bite Program Now Available!

The Ohio Physicians Health Program (OPHP) recognizes that fear of losing a license can serve as a significant barrier to treatment for many healthcare professionals struggling with drug or alcohol use. This is why over the past few years, OPHP has partnered with Ohio's major medical associations, treatment providers, and community leaders to implement changes to improve the system- to ensure confidentiality and to encourage those who are struggling to get the help they need.

OPHP is excited to announce that the **One-Bite Program** is now available to all of the healthcare professionals licensed by the State Medical Board of Ohio effective January 31, 2019. This confidential program allows an eligible practitioner who seeks treatment for a substance use disorder to avoid formal disciplinary action by the Medical Board so long as they participate in treatment and monitoring conditions.

In order to be eligible for the confidential One-Bite Program, practitioners must meet all of the following criteria:

1. Be diagnosed with substance use disorder
2. Be a first-time participant in the program
3. Have no prior disciplinary action for substance use disorder or impairment by any licensing board in Ohio

To maintain eligibility for the One-Bite Program, practitioners must complete treatment at an approved One-Bite Program facility, complete continuing care, enter into a monitoring agreement, and comply with all conditions of treatment and monitoring.

OPHP has been selected by the State as the monitoring organization responsible for determining eligibility and for conducting the One-Bite Program. OPHP is not allowed by law to disclose the names and records of practitioners participating in the One-Bite Program unless certain conditions exist.

If you are struggling with alcohol or drug use or know of a colleague in need of help, please contact the Ohio Physicians Health Program at (614) 841-9690 or info@ophp.org.

As a licensed professional, you have a duty to report any suspected impairment related to drug or alcohol use. As a result of changes to Ohio law, this is now required to be reported to OPHP instead of the Medical Board.

More information can be found regarding Ohio's One-Bite Program in Sec. 4731.251 and 4732.252 of the Revised Code and Rule 4731-16-17 – 4731-16-21 of the Ohio Administrative Code. Reporting requirements can be found in sections 4730.32(B); 4731.224(B); 4759.13; 4760.16(B); 4761.19; 4762.16(B); 4774.16(B); and 4778.17 of the Revised Code.

A Parting Message from Longstanding Medical Director

David D. Goldberg, D.O.

The work (occupation, vocation, avocation, job, hobby, 9 to 5, etc., whatever it is called) I chose over 50 years ago is about to come to a close. Sad, of course; happy, of course; anxious, no; asking the question, "now what?" you bet. What was the work I chose? Medicine, but more specifically Family Medicine and Addiction Medicine. How did it evolve?

I was 10 years old when I decided I wanted to be a physician. As things turned out I became a physician and zeroed in on family medicine. While any specialty is challenging, family medicine allowed me to see almost everything that all the other branches of medicine treated. From Dermatology, to Obstetrics, Surgery (minor), Cardiology, Infectious Disease, Endocrinology and a host of mental health conditions.

In addition to the positions listed above, I had the opportunity in 1996 to serve on the Board of the Ohio Physicians Effective Program, known today as the Ohio Physicians Health Program (OPHP). This Board position lasted until 2011. In 2012, I was selected to fill the Medical Director position at OPHP.

From 2012 until the writing of this article, OPHP has grown from 5 staff members to 12 members. Much has been accomplished in that time period due to the focused work of our staff and the diligent professional guidance of our Board. The development of and completion of several strategic plans over time has positioned OPHP very well in the community. Over the years the Board has changed membership and it has grown more diversified. Aside from physicians, the Board now includes a veterinarian, optometrist, clinical counselor, and lawyer.

One of the most amazing accomplishments during this time frame was the formation of the Medical Association Coalition (MAC). This consists of all of the major medical groups in Ohio. This group came together at a critical time for health care providers, the medical groups, and OPHP. As a unified coalition, we were able to significantly influence the establishment of legislation which updated the One-Bite Program for licensees of the State Medical Board of Ohio (SMBO). This new legislation, once all aspects are put into place, will provide a much improved confidential program for licensees. Its main purpose is to allow licensees, who have a substance use disorder, to pursue treatment for their disease without disciplinary action by the medical board.

OPHP has been quite busy for the past 7 years while I was serving as Medical Director. It has given me great pleasure to be working with the dedicated clinical and administrative staff at OPHP. We jointly found satisfaction in helping fellow heath care colleagues in dealing with the various issues impacting their health and well-being.

After giving serious thought to the work we have accomplished and to the time I've spent with OPHP, I decided it was time to retire. With the careful guidance of the OPHP Board and our exceptional Executive Director, Kelley Long, a replacement Medical Director has been selected. We will now have both a Medical Director and a Wellness Director.

These past 7 years at OPHP have been exciting, fulfilling and often challenging. Working with a great team in the OPHP office made our goals achievable and rewarding. As I moved through various stages in my medical career I found excitement in beginning each new endeavor and am somewhat sad to leave my last one. Each step along the way provided me with new knowledge and certainly new challenges. I was fortunate to meet and work with some wonderful people during every step of my medical journey. Thinking about leaving OPHP at this time evokes feelings of sadness and confidence. I do feel sad that I won't be working with the OPHP team on the projects that lie ahead; however, I have confidence in the team I leave behind.

I think I made the right decision years ago at the age of 10. While I certainly didn't know about Confucius back then, one of his many quotes held true for me.

"Choose a work that you love and
you won't have to work another day"

- Confucius

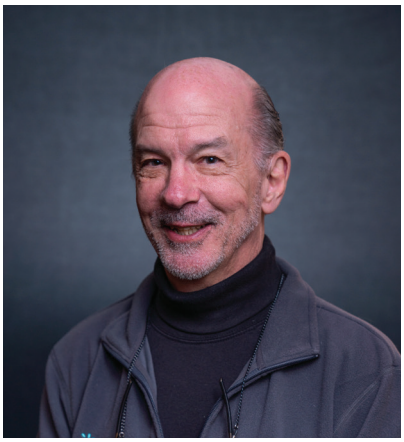
NEED HELP?

If you or a colleague are experiencing stress, burnout, depression, or other issues - or if you have concerns about drug or alcohol use, speak with an OPHP team member today.

All referrals are confidential

Call (614) 841-9690 or Email info@ophp.org.

Meet Our New Medical Director and Wellness Director



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

We are excited to introduce you to OPHP's Medical Director, Dr. Craig T. Pratt. He has been actively involved with the organization for many years and was a member of the original committee of the Ohio State Medical Association that established OPHP. As Medical Director he provides leadership to the organization, oversees the Monitoring & Advocacy Program and all clinical services. Dr. Pratt received his Medical Degree from the University of Missouri at Kansas City and completed an internal medicine residency at Truman Medical Center in Kansas City, Missouri. He completed the Robert Barrows Fellowship in addiction medicine at DePaul Rehabilitation Hospital, associated with the Medical College of Wisconsin-Milwaukee and later completed a psychiatry residency at Harding Evans Foundation, Harding Hospital in Worthington, Ohio. He is board certified by both the American Board of Addiction Medicine and the American Board of Psychiatry and Neurology.

We are also excited to welcome Dr. Colleen Opremcak to our team as Wellness Director. She oversees all of OPHP's wellness initiatives including actively participating in the Ohio Physician Wellness Coalition and facilitating OPHP's Wellness & Resiliency Program. She completes behavioral health assessments and provides oversight to participants in the Monitoring and Advocacy Program for behavioral health and/or mental health disorders. Dr. Opremcak ran the OhioHealth Practitioner Health and Wellness Program for over 10 years and has extensive knowledge in improving practitioner wellness and resiliency. She holds a Master's Degree in Dietetics and Nutrition and a Medical Degree from the Ohio State University. She completed her residency training at OSU's Department of Psychiatry and her fellowship in psychiatry at Brigham and Women's Hospital in Boston, Massachusetts. She is a Diplomat of the American Board of Psychiatry and Neurology with Subspecialty Certification in Psychosomatic Medicine.

Colleen M. Opremcak, M.D., M.S., FAPA

Ohio Physician Wellness Coalition Offers Online CME Courses on Improving Physician Well-Being

The Ohio Physician Wellness Coalition (OPWC), which represents Ohio physicians and hospitals and focuses on addressing physician burnout, launched six videos in its continuing medical education (CME) wellness video series.

These videos are available for FREE on the OPWC website: ohiophysicianwellness.org.

Sessions cover:

- Balancing it all: A physician's guide to understanding and managing stress, burnout, and resiliency.
- Mental health issues in medical students and residents.
- Isolation and socialization in medical professionals.
- The science and art of gratitude.
- Meditation and mindfulness for emotional well-being.
- Mental wellness for the attending physician.

The estimated time of completion is 1.0 hour for each module.

The Ohio State Medical Association (OSMA) is accredited by the Accreditation Council for Continuing Medical Education to provide CME for physicians. The OSMA designates this enduring material for a maximum of 1.0 American Medical Association Physicians Recognition Award Category 1™ Credit, and is providing the CME at no cost. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Funding for these courses has been made possible through the generous support of the Academy of Medicine Education Foundation (AMEF), the Ohio Hospital Association (OHA) and the Columbus Medical Association (CMA). The OPHP staff have been instrumental in coordinating these courses and making them available online for physicians.

OPWC members include the Academy of Medicine of Cleveland & Northern Ohio; CMA; the Ohio Academy of Family Physicians; OHA; Ohio Osteopathic Association; Ohio Physicians Health Program; Ohio Psychiatric Physicians Association; OSMA; Ohio Chapter, American Academy of Pediatrics; the Ohio Chapter, American College of Emergency Physicians.

2018 Supporters

HOSPITALS

Keystone Society ($5,000 - $9,999)

The Christ Hospital Medical Staff *in honor of Doctor's Day 2018*
Cincinnati Children's Hospital Medical Center Medical Staff
Nationwide Children's Hospital Medical Staff
Premier Health Miami Valley Hospital Medical Staff
The Ohio State University Wexner Medical Center Medical Staff

Tower Society ($1,000 - $4,999)

Adena Regional Medical Center
Adena Regional Medical Center Medical Staff
The Bellevue Hospital
The Bellevue Hospital Medical Staff
Blanchard Valley Hospital Medical Staff
Cleveland Clinic Medina Hospital Medical Staff
Clinton Memorial Hospital Medical Staff
Community Hospitals and Wellness Centers (Bryan)
Dayton Children's Hospital Medical Staff
Fairfield Medical Center
Fairfield Medical Center Medical Staff
Fisher-Titus Medical Center Medical Staff
Genesis Healthcare System Medical Staff
Henry County Hospital Medical Staff
Joint Township District Memorial Hospital
Kettering Health Network Grandview Medical Center Medical Staff
Kettering Health Network Kettering Medical Center
Licking Memorial Hospital
Licking Memorial Hospital Medical Staff
Mary Rutan Hospital Medical Staff
Mercer County Community Hospital- Coldwater
Mercer County Community Hospital- Coldwater Medical Staff
Mercy Allen Hospital Medical Staff
Mercy Regional Medical Center Medical Staff
OhioHealth Doctors Hospital Medical Staff
OhioHealth Dublin Methodist Hospital Medical Staff
OhioHealth Grady Memorial Hospital Medical Staff
OhioHealth Riverside Methodist Hospital Medical Staff
Premier Health Good Samaritan Hospital and Medical Staff
Premier Health Upper Valley Medical Center and Medical Staff
ProMedica Defiance Regional Hospital Medical Staff
ProMedica Flower Hospital Medical Staff
ProMedica Toledo Hospital Medical Staff
Salem Regional Medical Center Medical Staff
St. Luke's Hospital
St. Luke's Hospital Medical Staff
Summa Health Systems Medical Staff
University Hospitals Parma Medical Center Medical Executive Staff
Wood County Hospital Medical Staff

Pillar Society ($500 - $999)

Cleveland Clinic South Pointe Hospital Medical Staff
Fayette County Memorial Hospital Medical Staff
Fisher-Titus Medical Center
Lake Health West Medical Center
Mercy Health Clermont Hospital Medical Staff
Mercy St. Charles Hospital
ProMedica Fostoria Community Hospital Medical Staff
ProMedica Lima Memorial Hospital Medical Staff
ProMedica Memorial Hospital Medical Staff
Samaritan Medical Center Medical Staff
Southeastern Med Medical Staff
Southern Ohio Medical Center
Trinity Health System Medical Staff
University Hospitals St. John Medical Center Medical Staff
University of Cincinnati Medical Center Medical Staff
University of Toledo Medical Center Medical Staff

Cornerstone Society ($200 - $499)

Berger Health System
Fulton County Health Center Medical Staff
Memorial Hospital of Union County Medical Staff
Pomerene Hospital
Pomerene Hospital Medical Staff
Wyandot County Medical Society
Wyandot Memorial Hospital

Founders Society ($1- $199)

Aultman Orrville Hospital Medical Staff
OhioHealth Morrow County Hospital Medical Staff

INDIVIDUALS

Tower Society ($1,000 - $4,999)

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Christopher Adelman, M.D. *in honor of Dr. Christina Delos Reyes*
Steven W. Crawford, M.D.
Melinda E. Ford, D.O.
Dr. and Mrs. David D. Goldberg
Jeffrey L. Hunter, MSc, DC, D.O.
Sybil K. Marsh, M.D.
Drs. William and Kimberly Rothermel
Robert K. Rupp, J.D.
Herbert A. Schumm, M.D.
James D. Smith, M.D.
Edward O. Umlauf, D.O.
Matthew A. Vail, M.D.

Pillar Society ($500 - $999)

Anonymous
David T. Applegate, M.D.
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Dr. Susan May and A.J. Ball
Theresa C. Novak
Linda L. Post, M.D.
Joseph S. Scheidler, D.O.
Robert C. Schiff, Jr., M.D.
Brian S. Taylor, M.D.
Dr. David and Mrs. Margaret Tondow

Cornerstone Society ($200 - $499)

Anonymous (3)
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David R. Beckman, D.D.S.
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Rebecca A. Brauch, M.D.
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Ruth A. Cooper, D.P.M.
Patricia J. Davidson, M.D.
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John F. Vitullo, M.D.
Noel J. Watson, M.D.
Daniel Zinsmaster
Brian S. Zumack

Founders Society ($1 - $199)

Anonymous (4)
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Evangeline C. Andarsio, M.D.
Craig W. Anderson, M.D.
Dennis R. Assenmacher, M.D.
Robert L. Barker, M.D.
Marc R. Belcastro, D.O.
John E. Bloom, M.D.
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Jeffrey A. Briggs, M.D.
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Kurt Hoskins
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James N. Kaya, M.D.
Debora J. Kennedy-Caranna, M.D.
Hubert K. Keylor, M.D.
Carol E. Lewis, M.D. *in honor of Christina Delos Reyes, M.D.*
Robert A. Liebelt, M.D.
Mack and Lynn Long
Mr. and Mrs. Peter Luther

Your support makes an impact

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Christopher J. Meier, M.D.
Bruce J. Merkin, M.D.
Claudia Metz, M.D.
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William L. Tedford, M.D.
Sarah J. Thompson
Rekha R. Trivedi, M.D.
Lynn Turner, D.V.M. in honor Nelson Heise
Aziza A. Wahby, D.O.
Timothy Wiechers, J.D.
Cheryl D. Wills, M.D.

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Physicians Honor Society ($50,000+)
Ohio Medical Quality Foundation

Heritage Society ($25,000 - $49,999)
Coverys Community HealthCare Foundation
Ohio Physicians' Charitable Foundation of the Miami Valley

Pinnacle Society ($10,000 - $24,999)
Ohio Veterinary Medical Association

Keystone Society ($5,000 - $9,999)
Advocates for the Ohio Osteopathic Association
Academy of Medicine of Cleveland and Northern Ohio Education Foundation
Central Ohio Newborn Medicine
Mercy Health Corporate

Tower Society ($1,000 - $4,999)
Ohio Society of Anesthesiologists, Inc.
Ohio Optometric Association in honor of Dr. Gregory Nixon
Providence Medical Group
Columbus Medical Association Foundation

Pillar Society ($500 - $999)
Academy of Medicine of Lima and Allen Counties
GMA Consultants
Lake County Medical Alliance in honor of Lake County Ohio Physicians- Doctor's Day 2018
Ohio Academy of Family Physicians
Ohio Foot and Ankle Medical Association

Cornerstone Society ($200 - $499)
Allergy Immunology Associates, Inc.
Lake County Medical Society
OhioHealth Corporate
Montgomery County Medical Society

Founders Society ($1 - $199)
Dayton Dental Society
Dayton Caduceus
Amazon Smile

HONORARIA

Tower Society ($1,000 - $4,999)
Ohio Academy of Family Physicians- Wellness Wednesday Program
Medical Protective Company
Wood County Hospital Medical Staff

Pillar Society ($500 - $999)
Community Hospitals and Wellness Centers
Ohio Association of Medical Staff Services
Southwest General Health Center Medical Staff

Cornerstone Society ($200 - $499)
Cuyahoga Community College
ProMedica Memorial Hospital Medical Staff
ProMedica Memorial Hospital and Fostoria Community Hospital Medical Staffs

IN-KIND

Tower Society ($1,000 - $4,999)
Cleveland Academy of Osteopathic Medicine
Ohio Academy of Family Physicians
Ohio Chapter, American College of Surgeons
Ohio Foot and Ankle Medical Association
Ohio Hospital Association
Ohio Optometric Association
Ohio Osteopathic Association
Ohio Society of Anesthesiologists, Inc.
Ohio State Chiropractic Association
Ohio Veterinary Medical Association

Pillar Society ($500 - $999)
American Academy of Pediatrics, Ohio Chapter
Craig W. Anderson, M.D.
North Central Academy of OHFAMA
Ohio Association of Physician Assistants
Ohio Chapter, American College of Emergency Physicians
Ohio Society of Respiratory Care

Cornerstone Society ($200 - $499)
Ohio Association of Medical Staff Services
Ohio Dental Association
Ohio Psychiatric Physicians Association
Ohio Society of Anesthesiologists, Inc.
Ohio State Chiropractic Association
Ohio Veterinary Medical Association

Consider Adding OPHP to Your Will or Trust

If you are interested in making a gift to OPHP in your will to support a cause that has been important throughout your life and your career please contact our Executive Director, Kelley Long at (614) 841-9690 x23.

OPHP relies on the generosity of professional colleagues to continue this important work.

Please consider making a gift today to support OPHP!
Go to www.ophp.org or complete the form in this newsletter.

Thank you

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