



Ohio
Physicians
Health
Program

2016 Annual Report

Our mission:

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



BOARD OF TRUSTEES



I am humbled and privileged to have taken over as Chair of the Board of the Ohio Physicians Health Program (OPHP) as of December 2016. Under Dr. Ronald Miller's excellent leadership as the Immediate Past Chair, OPHP has continued to take a leadership role in advocating for and enhancing the wellness of healthcare professionals

throughout Ohio. I am excited and prepared to make continual progress in these areas during my tenure.

The year 2016 saw the development and implementation of our new three-year Strategic Plan. We successfully fulfilled three major objectives of our Strategic Plan with the help and generosity of our staff, Board members, community partners, volunteers, and our donors and supporters.

- We made significant strides on the One-Bite legislation aimed at providing a new-and-improved pathway for healthcare professionals in need of treatment for substance use disorders.
- We laid the groundwork for Board expansion in order to reach more professional groups and to fully represent those whom OPHP serves. To that end, OPHP on-boarded six new Board members, including our first ever veterinarian, Dr. Timothy Kolb.

- We expanded our offerings in the area of physician self-care and wellness, including a partnership with the Ohio Academy of Family Physicians for their new online program entitled Wellness Wednesday.

We at OPHP welcome your ideas, comments, and concerns about the wellbeing of healthcare professionals throughout Ohio. Contact us at (614) 841-9690 and stay connected with us on social media.

OPHP is a vital resource for all healthcare professionals and we will continue to provide the best care and advocacy for our colleagues in need. We are thankful, and I am personally grateful, for your ongoing support of OPHP.

Yours in health and hope,

Christina M. Delos Reyes, MD
Chair, OPHP

2016 Directors

Christina Delos Reyes, M.D., Chair
Cleveland, OH

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Cleveland, OH

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Parma, OH

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FACS, FCCP, FACC
Maumee, OH

James D. Smith, MD, FACS
Youngstown, OH

George Harding, IV, M.D., Emeritus
Loma Linda, CA

OPHP's Board of Trustees and staff wish to thank everyone who contributed to the 2016 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 2016 donors visit: www.ophp.org.

TO OUR STAKEHOLDERS

In 2016, OPHP's Board of Trustees completed a strategic planning retreat to provide clarity on the organization's mission and vision and to establish a plan for future priorities. The outcome of this retreat generated the following strategic initiatives:

Engagement: Increase awareness of OPHP services and improve education among medical community to reduce the stigma of substance use disorders 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 the organization's strategic initiatives, we remained focused on developing strong collaborations. Efforts continued with the Medical Association Coalition to improve Ohio's confidential One-Bite program and we partnered with several professional associations to launch specific programs that concentrate on wellness and resiliency. 2016 was a record year for the number of program referrals, educational outreach program attendees, and dollars raised.

OPHP continues to provide three major programs: Confidential Resource, Monitoring & Advocacy Services, and Educational Outreach Programs. Exit evaluations from participants in our Monitoring & Advocacy Program show 95% rated their overall experience with OPHP as good or excellent.

Consistent with our strategic focus areas, six (6) new members joined the OPHP Board of Trustees. We welcomed our first veterinarian to the Board and increased our geographic representation and non-physician members. We also welcomed new Case Manager, Jeff Smith, MSW, LISW-S to the staff to support the growing case load of OPHP participants in the Monitoring & Advocacy Program and expanding programmatic efforts around physician burnout and wellness.

OPHP's major source of funding is the Ohio Medical Quality Foundation (OMQF). OPHP continues to be an accountable steward of OMQF's grant awards. Accurate budgeting, regular oversight of expenditures, internal controls, and improving efficiency continue to be priorities for the organization.

Under new Board leadership, 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.

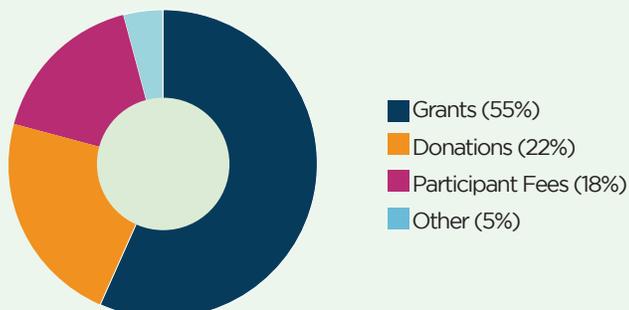
In 2016 OPHP had increased:

- Active Cases and Program Referrals
- Educational Outreach Program Attendees
- Number of Individual Donors
- Individual, Organizational, and In-Kind Dollars raised
- Total dollars raised

2016 STRATEGIC PLAN IMPACT

- **Engagement:** Improved online presence and outreach by utilizing social media platforms and generating electronic newsletters
- **Services:** Promoted educational outreach programs to medical schools and built the foundation for wellness programs with prominent organizations in Ohio's medical community
- **Government Relations:** Collaborated with Ohio stakeholders to improve the confidential One-Bite Program

2016 REVENUE SOURCES



2016 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, substance-related and addictive disorders.

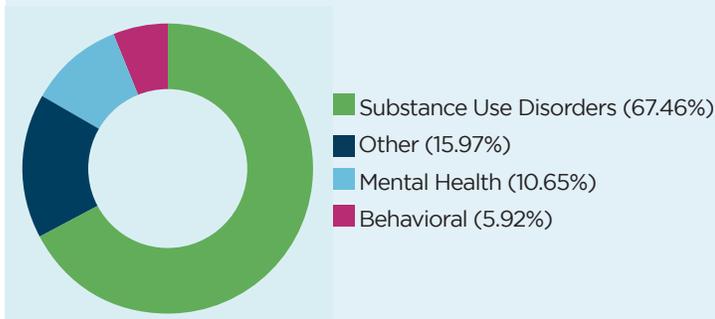
OPHP provides referrals to community resources for: stress, burnout, psychosocial therapy, family and marriage counseling, ethics training, boundary violations, prescribing guidelines, legal counsel, skills assessment, and others.

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.

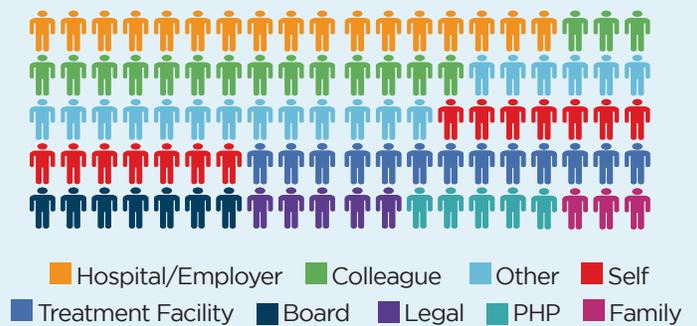
HIGHLIGHTS

229 referrals were received in 2016
34% of referrals were from hospitals, employers, or colleagues.

2016 REFERRAL TYPE



2016 REFERRAL SOURCE



MONITORING & ADVOCACY

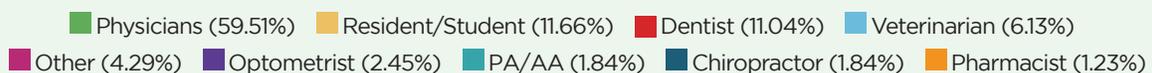
MONITORING

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.

2016 AGREEMENTS BY PROFESSION



"In a survey provided to participants exiting the program, 95% reported they felt OPHP provided a supportive environment and reported their overall experience with OPHP was good or excellent."

MONITORING & ADVOCACY CONTINUED

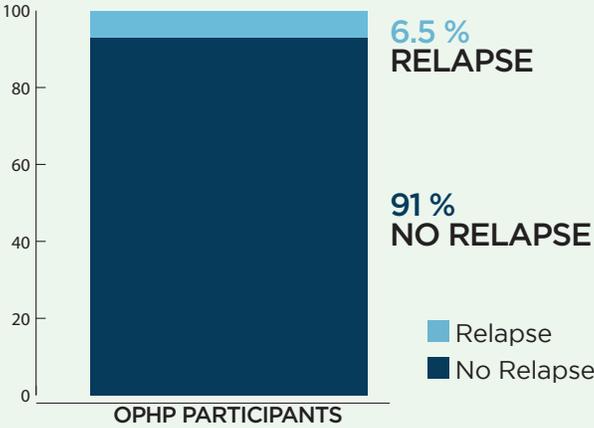
CONFIDENTIAL AGREEMENTS

Graph reflects OPHP monitoring agreements with no Regulatory Board Involvement.



RECOVERY RATE

Note: Participants reflected in this chart who have relapsed (7%), received additional treatment, and continue in recovery.



*Data is cumulative since 2004

EDUCATIONAL OUTREACH PROGRAMS

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

**OPHP presented to:
2,230 ATTENDEES
through 25 programs**

SURVEY RESULTS



98% of attendees AGREED to apply the information they gained from the lecture!

2016 Educational Outreach Programs

AMCNO/CMBA Medical Legal Summit	Cleveland, OH	OhioHealth Marion General Hospital	Marion, OH
American Association of Veterinary State Boards	Scottsdale, AR	OhioHealth Riverside Methodist Hospital	Columbus, OH
Blanchard Valley Health System	Findlay, OH	Ohio State Medical Association PAC	Columbus, OH
Cleveland Clinic Hillcrest Hospital	Mayfield Heights, OH	OSU College of Veterinary Medicine	Columbus, OH
CMA - Medical Review Club	Columbus, OH	OU HCOM Day of Solidarity	Dublin, OH
Dayton Children's	Dayton, OH	OVMA Wellness Program	Columbus, OH
Licking Memorial Hospital	Newark, OH	ProMedica Flower Hospital	Sylvania, OH
Mercy St. Rita's Medical Center	Lima, OH	ProMedica Memorial Hospital	Fremont, OH
North Central OHFAMA Conference	Independence, OH	ProMedica Toledo Hospital	Toledo, OH
Ohio Association of Physician Assistants	Dublin, OH	The Christ Hospital	Cincinnati, OH
Ohio Dental Association	Columbus, OH	University of Cincinnati College of Medicine	Cincinnati, OH
Ohio Dominican University PA Program	Columbus, OH	University of Toledo Medical Center	Toledo, OH
OhioHealth Doctor's Hospital	Columbus, OH		

A WORD FROM OHIO'S MEDICAL ASSOCIATION COALITION

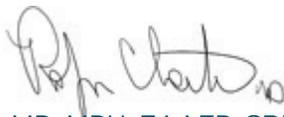
For more than four decades, the Ohio Physicians Health Program (OPHP) has been confidentially helping impaired physicians regain the health and well-being needed to serve their patients. Originally formed by a group of dedicated volunteer physicians, OPHP has evolved into a freestanding professional organization with full-time staff that offers assistance to healthcare professionals by coordinating evaluation and treatment and interventions, as well as providing comprehensive monitoring and support services.

Thanks to the dedicated leadership of OPHP staff, our ten organizations have been working together as the Medical Association Coalition (MAC) since 2014 to strengthen and improve the current medical board process, known as “one bite.” What began as a somewhat adversarial discussion, evolved into a strong partnership with the State Medical Board of Ohio, built on trust and collaboration to protect patient safety through statutory changes to the “one bite” process.

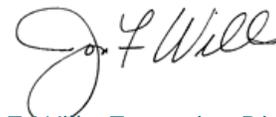
The collaborative effort used to draft House Bill 145, now working its way through the Ohio General Assembly, clearly illustrates how the law-making process should work. OPHP, the MAC and the State Medical Board of Ohio identified problems with the existing process, explored alternatives, researched best practices in other states and then worked together to find consensus and draft legislative solutions.

The MAC is indebted to OPHP for continuing to provide a compassionate, supportive, and safe environment for healthcare professionals to receive confidential services to improve their health and well-being. We pledge our cooperation in continuing OPHP’s mission. We urge Ohio’s healthcare community to do the same by supporting OPHP through contributions and grants, so together, we can provide the help health professionals need in times of stress and burnout.

Sincerely,



Robyn Chatman, MD, MPH, FAAFP, CRE, CPHIMS, CHEP
President, Ohio State Medical Association



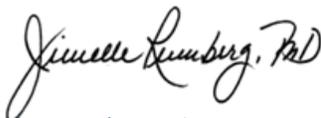
Jon F. Wills, Executive Director
Ohio Osteopathic Association



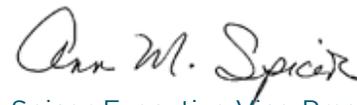
Elayne R. Biddlestone, EVP/CEO
The Academy of Medicine of Cleveland & Northern Ohio



Janet Shaw, MBA, Executive Director
Ohio Psychiatric Physicians Association



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



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



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



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



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



Shawn A. Ryan, M.D., MBA, President
Ohio Society of Addiction Medicine

SUPPORT FROM OHIO'S MEDICAL COMMUNITY



Tod Beckett, DVM
President, Ohio Veterinary
Medical Association

As president of the Ohio Veterinary Medical Association, I am pleased to continue our long-standing partnership with the Ohio Physicians Health Program, which has been an invaluable resource for the veterinary community for more than a decade.

In recent years, OVMA has intensified efforts to raise awareness of the importance of overall wellness and to increase access to mental health resources. In a perfect world, our 3,400 members would not face the compassion fatigue, depression, anxiety, and burnout that have become commonplace in our profession. But in today's demanding society, the truth is that many will struggle with these issues at some point in their careers.

That's why our partnership OPHP is so important: It provides a support system and resources that guide our members through the tough times. Although we sometimes forget to take care of ourselves, it is only when we are healthy that we are able to take care of others.

Tod Beckett, DVM is a 1989 graduate of The Ohio State University College of Veterinary Medicine. He is the medical director at the VCA Mill Run and Sawmill Animal Hospitals in Columbus, where his primary focus is small animal orthopedic and soft tissue surgery. An avid horseman, he enjoys breeding and raising Thoroughbreds in his free time. Dr. Beckett lives in Dublin with his wife and three children.



Rebecca J. Brown, OD
President, Ohio Optometric
Association

The Ohio Optometric Association is proud to continue its partnership with the Ohio Physicians Health Program (OPHP). Ohio health care professionals dealing with substance abuse and other serious conditions are fortunate to have access to the OPHP's resources providing intervention

through treatment, monitoring and recovery services. On behalf of our 1,300 member optometrists, we appreciate the OPHP's commitment to patient safety and look forward to the organization's continued success.

Rebecca J. Brown, OD is an optometrist and president of the Ohio Optometric Association. She received her OD degree from Southern College of Optometry and practices in Salem, OH.



Mike Dombrowski, PA-C
President, Ohio Association of
Physician Assistants

The Ohio Association of Physician Assistants (OAPA) would like to thank the Ohio Physicians Health Program (OPHP). We recognize its ongoing commitment to the safety, health, and wellness of Ohio healthcare professionals. OPHP is an important member of the healthcare community,

helping healthcare professionals cope with stress, substance use disorders, physical illness and improving the health and wellness of other medical professionals. OPHP has over 10 years of experience in advocating for healthcare professionals and in turn protecting patient safety. The OAPA is proud to support the services of OPHP. We look forward to continuing to work with OPHP to help improve the quality of healthcare in Ohio.

Michael A. Dombrowski PA-C, is a physician assistant practicing in Avon, Ohio. He is active in leadership of the PA profession at the local, state, and national level. He has served in various positions on the board of directors for the Ohio Association of Physician Assistants (OAPA) and committees for the American Academy of Physician Assistants (AAPA). Mike started his term as OAPA President in July 2016.



Mark S. Wenzel, DDS
Chair, The Ohio Dental
Association Subcouncil on
Dentists Concerned for Dentists

The Ohio Dental Association through its Subcouncil on Dentists Concerned for Dentists (DCD) has works 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 S. Wenzel, DDS, is a dentist and Chair of the Subcouncil on Dentists Concerned for Dentists for the Ohio Dental Association. Dr. Wenzel currently has a practice in Centerville, Ohio. He received his dental degree from The Ohio State University-College of Dentistry and is a member of the American Dental Association, Ohio Dental Association and Dayton Dental Society.



WELLNESS
CONFIDENTIALITY
EQUALITY
PATIENT SAFETY
EDUCATION

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