

Ohio Physicians Health Program

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

2015
Annual
Report

BOARD OF TRUSTEES



Over the past three and a half years as Chair of the Board, I have had the pleasure of watching the Ohio Physicians Health Program (OPHP) raise the bar for the health and wellness of Ohio's medical community. 2015 was all about partnerships. Partnerships with peer physician health programs, with Ohio medical associations and hospitals, and partnerships with our donors. Because of these strengthened relationships our organization has taken a dramatic turn for the better and become a leader in physicians' health.

Perhaps the greatest example of collaboration and partnership in 2015 was that with the Medical Association Coalition (MAC). Together, we continue to work to improve the process for healthcare professionals in need of treatment and to advocate for best practices that support the needs of physicians. These efforts have impacted our discussions

with the State Medical Board of Ohio to the benefit of many health professional groups. It is satisfying to look back and see how combined efforts have changed perceptions about healthcare professionals who may be suffering from potentially impairing illnesses.

We are ever grateful for the continued funding from the Ohio Medical Quality Foundation (OMQF) which continues to provide significant financial support to OPHP. I am also grateful for our many generous, individual and hospital donors who make our important work possible. Throughout 2015 our ability to reach more clients significantly improved due to our focus on building community partnerships and launching a new development plan.

I must personally thank OPHP's talented Board of Trustees as

well as the entire staff for all of our accomplishments in 2015. In addition, I would like to express my deepest gratitude to our Volunteer Peer Monitors whose commitment to our participants and dedication to our program is crucial to the success of our monitoring program. The tireless effort of the whole OPHP team is an inspiration to me and all who are close to our mission.

I am proud of all that OPHP achieved in 2015 and excited about the future. Ohio's medical community is strong and determined; together we will continue to make even greater strides in increasing awareness and advocacy for mental health and substance use disorders in our state.

A handwritten signature in dark ink, appearing to read 'Ron Miller'.

Ronald L. Miller, M.D., FACP,
Chair, OPHP

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OPHP's Board of Trustees and staff wish to thank everyone who contributed to the 2015 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 2015 donors visit: www.ophp.org.

Ohio Physicians Health Program ended 2015 in an excellent position. The year's biggest highlights include a record number of referrals and the largest amount donated to the Annual Campaign.

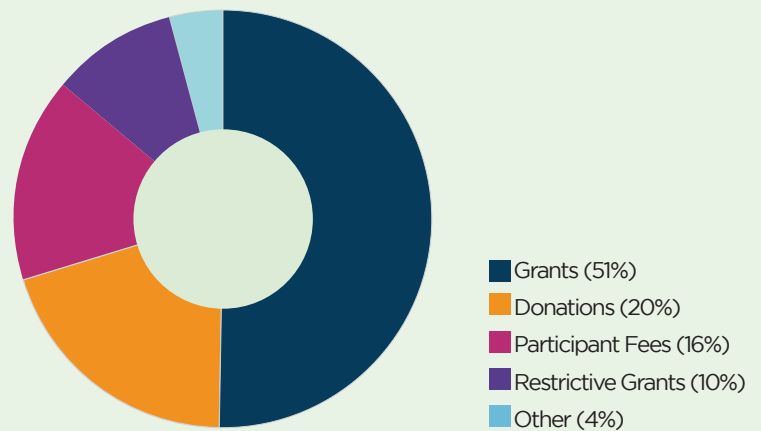
Yet, even with these record numbers, OPHP's most important successes are the new collaborations and strategic partnerships that have been cultivated with members of Ohio's medical community. These members consist of medical associations, hospitals, lobbyists, physician leaders, and others that share our dedication to the health and wellness of Ohio's healthcare professionals.

As we reflect on our community partners and the work accomplished in 2015, it is apparent that their support is essential to the success of OPHP. In this world of ever-expanding healthcare we are acutely aware of how important these relationships are to OPHP's long-term vision.

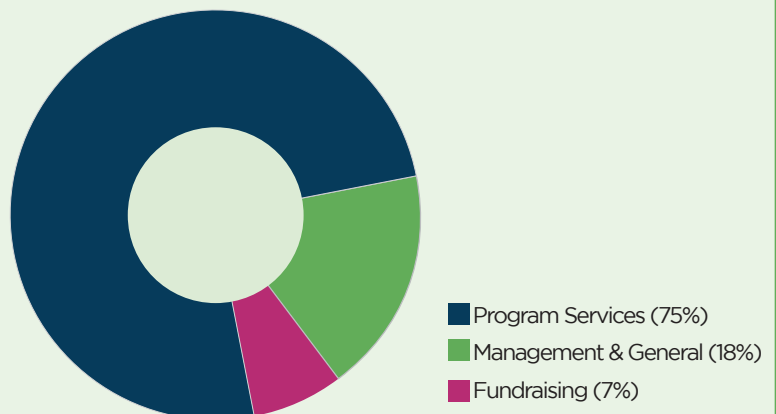
OPHP continues to be a responsible steward in the use of resources as reflected in this functional expense chart. In 2015, 75 percent of OPHP's expenses were disbursed in delivery of program services to medical professionals across Ohio.

OPHP's major source of funding is the Ohio Medical Quality Foundation (OMQF), which provided 43 percent of total revenue in 2015. OMQF granted an additional, restricted contribution accounting for another 10 percent of funding for the year. Participant fees accounted for 16 percent of OPHP's revenue, and individual, hospital, medical staff, and organizational financial support accounted for 20 percent of OPHP's total revenue.

2015 REVENUE SOURCES



2015 FUNCTIONAL EXPENSES



2015 IMPACT

- ✓ Ensured effective delivery of program services
- ✓ Verified participants felt supported by OPHP staff
- ✓ Demonstrated participants valued their involvement with OPHP

"In a survey provided to participants exiting the program, 100% reported they felt OPHP provided a supportive environment and 93% reported their overall experience with OPHP was good or excellent."

OPHP PROGRAM SERVICES

CONFIDENTIAL RESOURCE

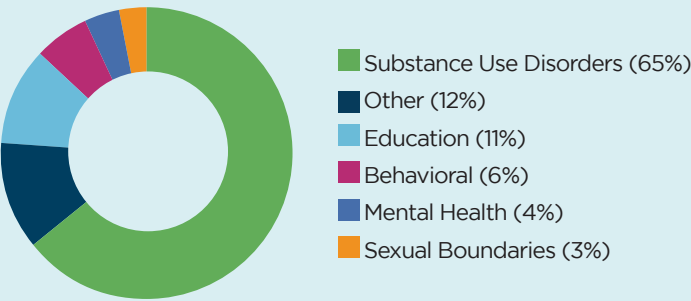
OPHP assists with identification, intervention, and referral for assessment for those who maybe affected by mental, emotional and behavioral illness, substance-related and addictive disorders.

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.

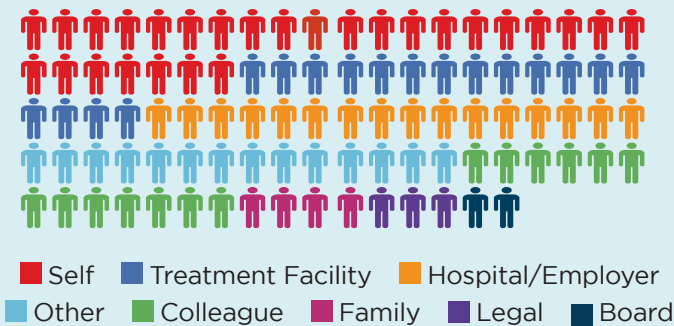
Referrals are accepted from any source and OPHP protects the confidentiality of program participants and anonymity of referral sources to the fullest extent allowed by law.

HIGHLIGHTS 210 referrals were received in 2015 - an increase of 18.5% over the previous year!
27% of referrals were self-referrals and 16% from hospitals and employers!

2015 REFERRAL TYPE



2015 REFERRAL SOURCE



MONITORING & ADVOCACY

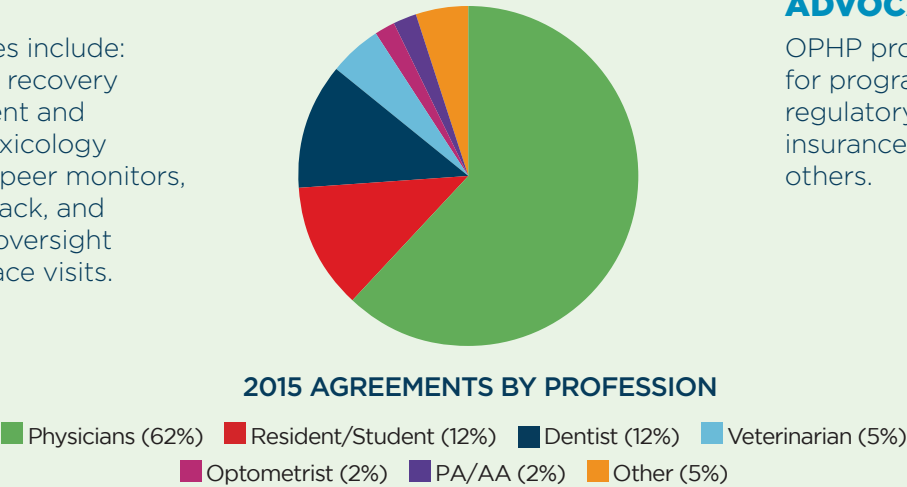
MONITORING

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.

2015 AGREEMENTS BY PROFESSION



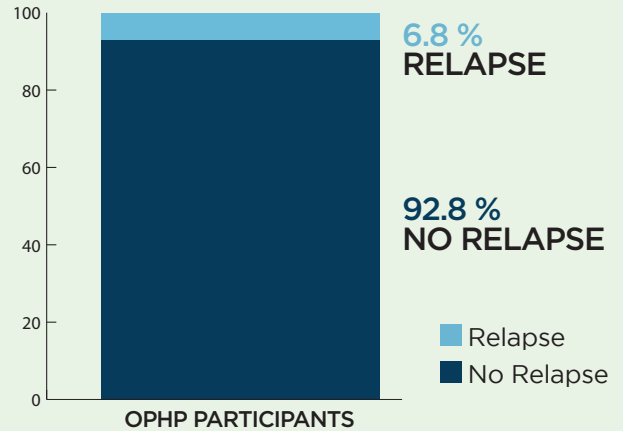
2012 - 2015 CONFIDENTIAL AGREEMENTS

Graph reflects OPHP monitoring agreements with no Regulatory Board Involvement.



RECOVERY RATE 2004 - 2015

Note: Participants reflected in this chart have relapsed, received additional treatment, and continue in recovery.



EDUCATIONAL OUTREACH

2015 Educational Programs

OPHP provides educational presentations to individuals and 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 for medical professionals; and the role of OPHP in the healthcare community. Presentations meet the criteria for continuing medical education credit.

**OPHP presented to:
1,570 ATTENDEES
through 26 programs**

SURVEY RESULTS



97% of attendees AGREED to apply the information they gained from the lecture!

2015 Educational Outreach Programs

Akron General Health System	Akron, OH
Blanchard Valley Hospital	Findlay, OH
Case Western Reserve University	Cuyahoga Falls, OH
Columbus Medical Association	Columbus, OH
Genesis Healthcare System	Zanesville, OH
Grady Memorial Hospital	Columbus, OH
Grandview Medical Center	Dayton, OH
Grant Medical Center	Columbus, OH
Licking Memorial Hospital	Newark, OH
Mercy St. Charles Hospital	Oregon, OH
Ohio Association of Physician Assistants	Dublin, OH
Ohio Dental Association DCD Subcommittee	Columbus, OH
Ohio Dominican University PA Program	Columbus, OH

Ohio Foot & Ankle Medical Association	Columbus, OH
Ohio Osteopathic Association	Dublin, OH
OSU College of Veterinary Medicine	Columbus, OH
O'Bleness Memorial Hospital	Athens, OH
ProMedica Toledo Hospital	Toledo, OH
ProMedica Bay Park	Oregon, OH
Soin Medical Center	Beavercreek, OH
The Christ Hospital	Cincinnati, OH
The Christ Hospital	Cincinnati, OH
University of Cincinnati College of Medicine	Cincinnati, OH
University of Toledo Medical Center	Toledo, OH
University of Toledo Medical Center	Toledo, OH
Wood County Hospital	Bowling Green, OH

ENDORSEMENT FROM THE MEDICAL ASSOCIATION COALITION

Medicine is a stressful profession. Mental illness, substance use disorders, and other addictions are diseases, not behavioral choices. When health care professionals suffering from these diseases become patients it is in everyone's best interest to focus on treatment and return them to health and wellness as soon as possible.

The medical associations referenced below represent the newly formed Medical Association Coalition (MAC). The MAC is working closely with the Ohio Physician Health Program (OPHP) to:

- Promote the health and wellbeing of physicians and other health care professionals;
- Facilitate timely treatment for those who struggle with potentially impairing illnesses; and
- Ensure that the Medical Board has an effective method that allows for a confidential pathway to seek treatment and rehabilitation.

According to a 2013 Medscape survey, more than 40 percent of U.S. physicians reported experiencing at least one symptom of burnout (loss of enthusiasm for work, feelings of cynicism, and low sense of personal accomplishment). Administrative burdens, prior authorization requirements and "hamster wheel" medicine continue to negatively impact the wellbeing of healthcare professionals. With the reported growth of physician burnout, depression,

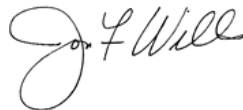
and suicide, the role of OPHP is perhaps greater and more important than it has ever been.

The past two years have been particularly important as the one-bite rule has been regularly challenged and faced with possible devastating change. The current one-bite rule allows a physician to seek treatment for a substance use disorder without reporting to the medical board so long as he/she has violated no other provision of the Medical Practice Act. The MAC and OPHP have advocated, educated, and communicated in a concerted effort to explain why a confidential pathway leads to early diagnosis and treatment which are critical to not only the physician, but to ensure the safety of Ohio's patients. As a result of those tenacious efforts, work is now underway to enhance and improve the one-bite rule rather than to implement changes that could result in a deterrence in physicians seeking the help they need.

The MAC is proud of its collaborative work with OPHP and is fully committed to the OPHP mission "to facilitate the health and wellness of healthcare professionals in order to enhance patient care and safety." We are looking forward to improving the one-bite rule and to implementing a process that encourages physicians to seek treatment for their illnesses.



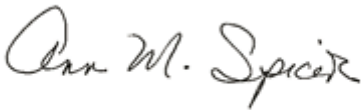
Robert E. Kose, M.D., J.D., President
Ohio State Medical Association



Jon F. Wills, Executive Director
Ohio Osteopathic Association



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



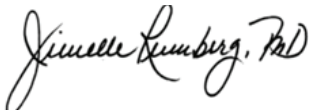
Ann Spicer, Executive Vice-President
Ohio Academy of Family Physicians



Janet Shaw, MBA, Executive Director
Ohio Psychiatric Physicians Association



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



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



Steven C. Matson, M.D., FASAM, FAAP,
President
Ohio Chapter of the American Society of
Addiction Medicine

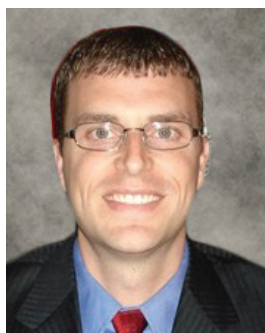


Melissa Werve Arnold, C.E.O.
American Academy of Pediatrics,
Ohio Chapter



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

SUPPORT FROM OHIO'S MEDICAL COMMUNITY



Scott Cackler, 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.

Scott Cackler, PA-C, is a physician assistant practicing in Columbus, Ohio. He is active in leadership of the PA profession at both the state and local 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). Scott started his term as OAPA President in July 2014.



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 worked with the Ohio Physicians Health Program for many years. We share a strong relationship and have worked well together in the mission of helping

dentists and other dental care professionals attain and maintain sobriety after completing the process of assessment, in-patient treatment and aftercare.

The Ohio Physicians Health Program has served as an advocate and monitoring source for dentists working a program of sobriety. We are fortunate to have such an outstanding resource here in the State of Ohio for health care providers that have the disease of alcoholism and/or drug addiction.

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.



Scott Pendleton, DVM

President, Ohio Veterinary Medical Association

On behalf of the Ohio Veterinary Medical Association, I would like to thank the Ohio Physicians Health Program for its support of the veterinary community. It is through resources such as this that we are better able to cope with compassion fatigue, burnout, anxiety and depression

that veterinarians are faced with every day.

Although it's no secret that the medical community is at a higher risk of mental health issues than the general population, many practitioners keep their struggles hidden. Whatever the reason—be it the stigmas that still surround mental health, uncertainty as to where to go for help, or even an unwillingness to admit to a problem—we must do a better job reaching our colleagues who need our support.

In this ever-demanding world, OPHP has become an invaluable resource that allows veterinarians and other medical professionals to maintain a healthy work-life balance. After all, we can take care of others only after we have first taken care of ourselves.

Scott Pendleton, DVM, A 1989 graduate of The Ohio State University College of Veterinary Medicine, Dr. Pendleton is owner of Cadiz Animal Clinic, where he practices mixed-animal veterinary medicine. An active member of his community, Dr. Pendleton is also president of the Harrison County Historical Society and is an avid birdwatcher. He lives in Cadiz with his wife Donna.



Jason Miller, OD, MBA

President, Ohio Optometric Association

On behalf of the 1,300 primary eye care providers who make up the Ohio Optometric Association, we are proud to partner with the Ohio Physicians Health Program (OPHP). We appreciate OPHP's commitment to patient safety through intervention with health care professionals to

provide valuable treatment, monitoring and recovery services when needed. Best wishes for continued success.

Jason Miller, OD, MBA, is an optometrist and president of the Ohio Optometric Association. He received his OD degree from The Ohio State University and his MBA from Ohio Dominican University. He practices in Powell and is an adjunct faculty as a primary care extern preceptor for The Ohio State University College of Optometry. He lectures and does research on a variety of eye care topics, including contact lenses, myopia control, dry eyes, and allergic conjunctivitis.



WELLNESS
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PATIENT SAFETY
EDUCATION

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