

The complexity of contemporary medicine requires today's medical professional to be healthy and well balanced. Medical professionals are subject to high degrees of stress, both personally and professionally. Stress can impair one's ability to maintain a healthy balance and can result in addictive behaviors and psychiatric or medical disorders. The potential for impairment is universal and no one is immune from the dangers of alcohol or other drug use. Our goal is to assist medical professionals before illness results in impairment.

The Medical Professionals' Health Program is here to help the following medical professionals:

Doctors, M.D. / D.O.

Dentists

Physician Assistants

Dental Hygienists

Denturists

Pharmacists

## Medical Professionals Health Program

**(207) 623 – 9266**

**\* Confidential \***

*The Medical Professionals Health Program is conducted as a peer review committee of the Maine Medical Association. The MPHP offers non-disciplinary, voluntary participation under protocols developed with the Maine Board of Licensure in Medicine, the Maine Board of Osteopathic Licensure, the Maine Board of Dental Examiners, and the Maine Board of Pharmacy.*

### Ask Yourself:

- \_\_\_\_\_ Because of drinking or drug use have I felt any of the following:
  - regrets the morning after
  - guilt
  - remorse
  - depression
  - real loneliness
  - severe anxiety
  - terror
  - a feeling of impending doom
- \_\_\_\_\_ Does my drinking or drug use lead me to questionable environments?
- \_\_\_\_\_ Do I ever feel I need a drink or drug to face a certain situation?
- \_\_\_\_\_ Do I need a drink or drug to steady my nerves?
- \_\_\_\_\_ Do I plan my office routine around my drinking or drug use?
- \_\_\_\_\_ Have I missed or adjourned patient or other appointments because of my drinking or drug use?
- \_\_\_\_\_ Do I want or take a drink or drug the next morning?
- \_\_\_\_\_ Is someone concerned about my drinking or drug use?
- \_\_\_\_\_ Am I experiencing the symptoms of depression?
  - Loss of pleasure or interest
  - Change in eating or sleeping habits
  - Difficulty concentrating
  - Persistent sadness and/or depressed mood
  - Feelings of guilt or worthlessness
  - Slowed movements or restlessness
  - Fatigue or decreased energy
  - Thoughts of death or suicide

*If you have answered "yes" to one or more of the above questions then you owe it to yourself, your family, your patients, and other people who depend on you to contact the Medical Professionals' Health Program.*



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## How the Program Operates

### Program Objective:

Our goal is to assist medical professionals by providing confidential and compassionate assistance and advocacy. Our clinical professionals and committee members will help you to understand the treatment and recovery process.

### Who does the MPHP consider impaired?

The Medical Professionals' Health Program helps professionals who suffer from alcohol or chemical dependency, senility, and many other illnesses. The Medical Professionals Health Program and the Medical Professional Health Committee are advocates for colleagues whose health problems may compromise their professional and personal lives and the lives of their patients.

### Things you should know:

1. **All information is confidential.** Information concerning a medical professional seeking or receiving assistance is confidential. All referrals from sources seeking assistance for an impaired physician are also confidential. Confidentiality is limited only by overreaching responsibility for public safety – impairments that may result in patient harm must be reported under protocols negotiated with the licensing boards.
2. **This is a proactive program.** Participating professionals are treated with compassion and understanding and encouraged to take the steps necessary to maintain personal health and professional integrity.
3. **We provide advocacy for medical professionals committed to recovery.**
4. **All programs are operated in an ethical manner.** Participants who are referred to outside sources for treatment may be asked to cease practice voluntarily until they are well enough to return to practice.
5. **This program is in compliance with all applicable state laws.**

*Medical Professionals and their families need not suffer alone with chemical dependency, psychological problems or senility. Help is available.*

## How do medical professionals become involved in this program?

### Medical professionals voluntarily make the choice to join the MPHP.

Medical professionals can simply call, write or email our Augusta office at the number on this brochure to set up a free and confidential initial consultation.

### Medical professionals are reported to the MPHP by colleagues, family members, patients or friends.

If you question that a medical professional may be physically or mentally ill due to the influence of drugs (including alcohol), and you believe that this illness is having a personal and/or professional impact, please contact the Medical Professionals' Health Program. Your report is confidential and follow-up will be handled carefully and tactfully.

### Medical Professionals are referred to the MPHP by the Licensure Boards.

Upon licensure or re-licensure, the boards will refer medical professionals who have a demonstrated need for evaluation and treatment to our program.

## How does the MPHP help medical professionals?

The Medical Professionals Health Program assists medical professionals in developing strategies for treatment, helping them return to successful professional careers. **The MPHP does not make diagnoses or provide treatment.** The director, associate director and committee members act as advocates for their impaired colleagues, providing compassionate, comprehensive and confidential assistance.

The MPHP helps medical professionals develop a treatment plan, *if needed*, that is designed to establish a recovery network and provide documentation of recovery.

*The Medical Professionals' Health Committee is made up of many dedicated healthcare professionals representing the diversity of our participants – medicine, dentistry, osteopathy and pharmacy. For a listing of Medical Professionals' Health Committee members, please visit our website at [www.mainemed.com/health/team.php](http://www.mainemed.com/health/team.php)*



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### Clinical Director David J. Simmons. MD, FACP

Dr. Simmons became director of the Medical Professionals' Health Program in 2003. In 1986, after five years of practice as Medical Director of Sunrise Community Health Center in Greeley, Drs. David and Ann Simmons moved to Calais, Maine where they are now senior physicians at the Calais Regional Hospital and where they have each served as Chief of Staff. Dr. Simmons has served on the ACP-ASIM Governor's Advisory Council. He has also served all of medicine, - serving as president of the Washington County Medical Society and as President of the Maine Medical Association. He has served on the Executive Committee of the Maine Medical Association for over 15 years. In 1999 he was elected as one of Maine's two delegates to the American Medical Association. Dr. Simmons has been particularly involved in the issues of Physician Health, ethics and end-of-life-care.



### Associate Clinical Director William Head, M.Div, PAC

Bill Head has been a Physician Assistant in Maine for over twenty-five years working in primary care, cardiology, and psychiatry. He is active in the Downeast Association of Physician Assistants (DEAPA) and has served as a delegate to the American Association of Physician Assistants.

Bill received his masters degree in Chaplaincy and served as chaplain to the University of New Hampshire, before attending the Wake Forest University Medical School program for Physician Assistants. Bill has a strong commitment to physical, emotional, and spiritual healing.



### Program Coordinator Cathryn Stratton

Cathryn Stratton began working with the Medical Professionals Health Program in 2008. She holds a B.S. in Biology from Bates College where she also has a concentration in Sociology and Education. She has served as an elected official in her community for eight years. Cathryn has been nominated and served as the chairperson for the School Board and many of its committees. She is committed to building strong healthy communities.