

MF PHYSICIAN'S HEALTH

SPRING 2017

A Publication of the Physician's Health Program
of the Tennessee Medical Foundation

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MESSAGE FROM THE PRESIDENT



Dr. Kim Rosdeutscher

"WHILE SOME THINGS CHANGE, SOME THINGS STAY THE SAME"

Change is an inevitable part of life and medicine is no different.

Physicians seem to be constantly trying to keep up with the latest regulations and

changes in healthcare legislation depending on the current political climate. Electronic medical records for hospitals and offices always seem to be in a constant state of updates and system changes. It seems there is always a new measure with which physicians need to comply.

Even the TMF is not immune to change. We have welcomed Dr. Michael Baron as our new Medical Director this year. Dr. Baron has some new ideas on addressing emerging issues in physician health; you can read about his priorities within the pages of this issue of Physician Health.

Ever mindful of our responsibility to our generous donors, the TMF is preparing to $% \left\{ 1\right\} =\left\{ 1\right\}$

move offices in late July. We have found new office space in Brentwood, TN, that will provide a significant savings to the TMF over the next five years. Administrator Michael Todd has more to say about the summer move in this issue.

One thing is not going to change. The physicians of Tennessee have had the benefit of the Tennessee Medical Foundation to promote healthy responses to the stressors that physicians face on a regular basis. For almost 40 years, the TMF has existed to restore the lives of impaired physicians and. in doing so, protect the patients they serve. It will continue to be here for the physicians of Tennessee and to develop new programs for support and education for the benefit of our physicians. The success of the TMF depends on support by all of us who practice medicine in Tennessee. This is our program and it is up to us to ensure its existence well into the future. 🔻



THE TMF IS MOVING!

When I came to the TMF in 2003, I hoped we would stay in our same office location at least until I retired. The older I get, the idea of moving becomes less and less appealing.

However, as Dr. Rosdeutscher points out in her article, change is inevitable and you can never adequately predict when it will happen. Despite my hopes of staying where we are, changes in the real estate market necessitated the TMF find less expensive space and, while we were at it, find something slightly less spacious.

I am happy to say we accomplished our goal. After many months of searching we located space in the Maryland Farms office complex at 5141 Virginia Way, Brentwood TN 37027. This is a build-out of unoccupied space so a suite number has not yet been assigned.

The best things about the move are it offers us an opportunity to clean out and throw away and most important, the TMF will also save a significant amount of money over the next five (5) years.

We are scheduled to move the weekend of July 28-30 2017. Please be patient with us both before and after the move. We will be available by phone the week of the move (July 24-28) and the following week (July 31-August 4) but we will be busy packing up and moving into our new home.

I will keep you posted on further updates. If you have any questions, feel free to call the TMF at 615-467-6411 or email me at *miket@e-tmf.org*.

Thank you for your support! 🚏





Michael L. Todd

NEW MEDICAL DIRECTOR

NEW MEDICAL DIRECTOR, NEW CHALLENGES:

AN INTERVIEW WITH DR. MICHAEL BARON

Michael Baron, MD, MPH, FASAM, has a long history with the Tennessee Medical Foundation.

A former anesthesiologist who was intervened on by the program early in his career, Dr. Baron's recovery journey refocused his life's work to psychiatry and addiction medicine. He became a close partner with the TMF Physician's Health Program and after a decade of referral and volunteer involvement, was chosen by the TMF Board of Directors in late 2016 as successor to retiring longtime Medical Director Dr. Roland Gray. He resigned his position as medical director of The Ranch, a residential treatment program in Nunnelly, TN, and joined the TMF in February 2017.

Physician's Health asked him to share how his life and career were impacted by the TMF and where the program may be headed in the near future.

PH: How and why did you become a doctor?

Dr. Baron: I was an avid soccer player, I played all through high school and college, and had to really decide whether I wanted to go to medical school or try to play with the New York Cosmos. At that time the Cosmos brought in players like (Franz) Beckenbauer and Pele, who were past their prime and still light years ahead of me in my prime, thus I knew pro soccer was not an endpoint for me and so I chose medicine. I went to Tulane University School of Medicine, where I also met my wife.

Why did you decide to specialize in addiction?

My family was rife with addiction and I had my own issues with addiction. (Former TMF Medical Director) Dr. David Dodd basically saved my life when I was practicing pediatric anesthesia, and for a reward he asked me to carry the message. He planted the seed, so I went back and did a psychiatric residency. Addiction has really impacted my life – I lost a brother and a brother-in-law to addiction, and it's impacted numerous family members.

I enjoy what I do; I am gratified by seeing the changes people make. When someone with addiction gets admitted to the Emergency Room it's the worst day of their life. As an ER doctor you often get to watch patients stabilize; for



New TMF Medical Director Dr. Michael Baron (right) received an award in March from TN Health Commissioner Dr. John Dreyzehner for his years of service on the Tennessee Board of Medical Examiners and his work to tackle the problem of addiction in Tennessee.

someone with addiction that's difficult to do – stabilization comes later. I like working with people through that early stabilization phase of their recovery and then afterwards, meeting them on the worst day of their life – intervention or hospital or overdose – and helping them to realize the road back to restoration, basically going from impaired to repaired, and that journey takes years, it's not a quick process. Surgeons like to see instant results but our bodies heal quicker than our brains. I like to see the changes a patient makes over time; I like the long haul.

What roles have you played with the Tennessee Medical Foundation?

Dr. Dodd first intervened on me in 1995, and since then I've remained close, either under contract or voluntarily. I worked with Dr. Olbrich when he started as TMF medical director; I worked with Dr. Gray both as a Caduceus meeting facilitator and doing some intervention and monitoring work; and I've done numerous evaluations for the PHP.

As a former member of the Tennessee Board of Medical Examiners (BME), how important is that relationship with the TMF?

In 2010 I was appointed to the BME by Governor Phil Bredesen and reappointed by Governor Bill Haslam in 2015. The BME appointment led to my placement on numerous rulemaking committees and as chair of the Controlled Substance Monitoring Database (CSMD) Committee in 2014, all of which I had to resign from in January 2017 to prevent conflicts of interest. The mission of the BME is critical for a healthy and prosperous state. As the only addictionologist on the BME, I was able to help educate Board members about addiction and mental health issues that physicians are prone to develop. The mission of the TMF-PHP appreciably complements the BME by facilitating the help physicians need before they have any functional impairment and generate a complaint. I didn't realize how

NEW MEDICAL DIRECTOR

much these two entities rely on each other until well into my BME appointment. Our relationship is symbiotic in that we both benefit from each other. My job is part preventative medicine, to intervene on a physician before the risk of functional impairment. If the physician is not willing to do what is needed I can rely on the BME for appropriate action before impairment occurs. Doctors are difficult because they think they know what is best, even for their own healthcare, but the old adage "Physician heal thyself" is completely obsolete and the antithesis of good medical care. In essence, the BME is the stick to get the physician into treatment, whereas the TMF-PHP can be the carrot. If the physician being intervened on refuses to utilize the voluntary/anonymous track then the leverage of the BME is needed. The common goal is to have a healthy, good functioning physician.

What challenges do you see ahead for physician health and the TMF Physician's Health Program?

I think we have a good handle on the physician with a substance use disorder; the challenges will be other types of physician health issues. Burnout is a big issue right now, it's being looked at by both the FSMB (Federation of State Medical Boards) and FSPHP (Federation of State Physician Health Programs). Burnout can impair a physician as much and even more than a substance use disorder. It can include depression, anxiety, loss of judgement, loss of boundaries, and eventual suicide. The physician suicide rate is higher than the general population. It's harder to intervene since they are not necessarily breaking any rules, and like many people with depression may not even know they're depressed until the end stages of that illness. Physicians by and large haven't learned how to ask for help. Their training still involves singular/silo-type thinking where they figure something out on their own, look something up, but don't ask for help. The slogan "Asking for help is a sign of weakness" is still around in medicine and that stigma needs to be overcome.

I'm a psychiatrist by training so I am clinically oriented and relatively comfortable with mental illness and dealing with that. I think for the TMF, we need to explore more types of intervention for burnout, for depression, suicide, and suicide prevention.

In terms of disruptive physicians, if that's a changed behavior then there's something behind it that is making the physician act out, such as stress in the practice, stress at home, or substance use, and it's those physicians who are approachable and repairable to get them back to the normal level of good functioning. For physicians who have always been disruptive, I'm not sure there's much we can do to change someone's inherent personality.

How will you spend your first year as TMF Medical Director?

I plan to go across the state, visiting with local Caduceus meetings and with the physicians I haven't met yet. I want to introduce myself, meet everyone, and show a face to go with the name. I want to visit hospitals across the state so the MEC or CEO may feel more comfortable calling us when they have a need. I also plan to help with fundraising. We can't do any of this without being able to keep the lights on. Although fundraising is the antithesis of clinical work, it is a necessary part of working for a non-profit.

How has your experience in the PHP impacted your life and career?

I've worked closely with the TMF-PHP over the last 10 years, evaluating and treating physicians, facilitating Caduceus meetings, helping with presentations and supporting the recovering physician when appropriate. Dr. Dodd once told me that every physician who has enjoyed the advocacy afforded to them by the TMF-PHP represents the total Foundation, whether they want to or not. I've tried to carry myself in a manner that is beyond reproach to honor Dr. Dodd and those physicians who came before me and those who will come after me.

The TMF-PHP is a sick physician's lifeline. There is a staggering economic and healthcare impact on a community that loses a physician. Our job is to prevent that loss from occurring by identification, evaluation, treatment, monitoring, and advocacy. To be the medical director of that process is exciting and rewarding. How could it not be?

Share your thoughts with Dr. Baron: 615-467-6411 or michaelb@e-tmf.org. **

EVENTS CALENDAR

2017 CADUCEUS RETREAT June 23-25, 2017 **Four Points by Sheraton Brentwood, TN**



FSPHP Annual Meeting & Conference

April 19-22 Fort Worth, TX

IDAA Annual Meeting

August 2-6 Salt Lake City, UT

SVMIC Risk Management Seminars

May 10, Jul 18 - Chattanooga Convention Center May 11 - Museum at 5ive Points, Cleveland, TN May 23-24 - Hilton Garden Inn-Vanderbilt, Nashville Jun 6, Oct 17 - Millennium Centre, Johnson City Jun 7, Oct 18 - MeadowView Conference Center,

Jun 27-28, Aug 1-2 - Holiday Inn, Memphis

Aug 29, Oct 5 - Doubletree Hotel, Jackson

Sep 27 - Embassy Suites, Murfreesboro

Oct 12 - Cool Springs Marriott, Franklin

Oct 23 - Park Vista Hotel, Gatlinburg

TMF Board Fall Retreat

October 13-15 Evins Mill, Smithville, TN

2017 CADUCEUS RETREAT

CADUCEUS RETREAT 2017:

THE DANCE BETWEEN EMOTIONAL SOBRIETY & SECURE ATTACHMENT

Registration is open for the 2017 Caduceus Retreat.

This year's meeting, titled "The Dance Between Emotional Sobriety & Secure Attachment," will feature presentations by Deb Leinart, LPC-MHSP, LCPC (MT), and Christie Fultz, LPC-MHSP, LCPC (IL), EMDR.

The 31st annual retreat held by the TMF Physician's Health Program is slated for Friday, June 23-Sunday, June 25, 2017, at the Four Points by Sheraton Hotel in Brentwood, TN. Details and sign-up information are on the TMF Caduceus Retreat web page at e-tmf.org/2017-annual-caduceus-retreat.

PHP participants are required by their contracts to attend; graduates are encouraged to attend to continue learning and growing in recovery, and to connect with counterparts who are just beginning their recovery journey.

"This event can be a calibration for both our current participants and our graduates," said TMF Administrator Mike Todd. "They learn from each other during our retreat; the newer ones find inspiration in those who are further along in the journey, and our veterans can find meaning and purpose in mentoring others," he added

safe. Deb has extensive training

in family therapy, experiential therapy, psychodrama, somatic

experiencing, eating disorders.

sexual addiction, chemical

dependency, codependency,

trauma, emotionally focused

couples therapy, and equine

assisted therapy. She currently

is in private practice and leads

1-5 day intensives for couples.

• SAVE THE DATE

2017 CADUCEUS RETREAT

June 23-25

Four Points by Sheraton

Brentwood, TN

Register by June 1, 2017

Rooms by May 26, 2017

OUR SPEAKERS



Deb Leinart

Ms. Leinart has worked in the counseling field for over 30 years. Deb's passion is bringing healing to people who have been through traumatic/stressful experiences. She helps her clients, who include adults, couples, and families, to find healthy perceptions of themselves and strengthen their relationships so they can know themselves as peaceful, whole, and

Ms. Fultz has received extensive post masters training in both Experiential and Psychodrama Therapies. In addition, she has had specific training in addiction disorders, eating recovery, dual diagnosis, and somatic transformation. Most recently, she completed Association of Partners of Sex Addicts Trauma Specialists (APSATS) Multidimensional

Partner Trauma Model (MPT-M) training which utilizes a trauma model perspective in treating the traumatic impact of sex addiction upon the partner or spouse. Christic consistently intertwines spirituality, along with other mindful practices, as a significant support for people. She believes that therapy is a highly intimate and deeply personal process into the innate truth and essence of another and must be approached with safety, caring, empathy, compassion and deep respect. Christic currently has a private practice in Nashville. She offers individual therapy and individual intensives in both Tennessee and Illinois.



Christie Fultz

REGISTRATION & ROOMS

Registration cost for the meeting itself remains \$90 per person; the deadline is **June 1, 2017.** Registrations can be made on the TMF Retreat web page at *e-tmf.org/2017-annual-caduceus-retreat*. Participants can register and pay online or download a PDF registration form and mail it in with payment.

Hotel rooms are available at a special TMF rate of \$109 per person, per night (\$128.12 after taxes); rooms **must be booked by May 26, 2017.** Reservations can be made via a link from the TMF Retreat web page at the link above or by calling the Four Points by Sheraton Hotel-Brentwood directly at 866-961-8096; to receive the special rate please mention you are with the TMF Retreat when you book your room. **

Questions? For more information, contact Jeanne Breard at 615-467-6411 or jeanneb@e-tmf.org.

ADMINISTRATOR'S MESSAGE

THANK YOU, DR. AND MRS. GRAY!

BY MIKE TODD Administrator

The Fall 2016 edition of Physicians Health was devoted to the impending retirement of our longtime Medical Director Dr. Roland Gray. Many of his friends and colleagues wrote tributes about him that were on the mark and richly deserved. Words such as "humanism," "legend," "wise," and "kind" were just a few of the descriptors used for Dr. Gray.

I want to add my thanks not only to Dr. Gray but to his gracious and lovely wife Diane for all they did for this organization. Without both of them, the TMF would not have grown into one of the most respected Physician Health Programs in the country.

I came to interview with Roland about the Administrator position in early November 2003. It was not really an interview as much as it was a conversation about the organization and his ideas for growth. I came away from our talk with the overriding thought, "I really want to work with him to help achieve the vision he laid out." I was fortunate to be offered the position and I began working with him on November 23, 2003.

How would I describe Roland? First, he is a "teacher." I learned more about the addiction field, PHPs, treatment, and working with physicians over our tenure together than I had learned in all of my previous years in the mental health/substance abuse field. Roland was always happy to share information that made me better in my job. However, just like any good "teacher," he knew when to listen and when to ask questions about issues that weren't necessarily within his area of expertise. I believe this is why our working relationship was so successful. We worked as a team to make the TMF grow and evolve.

He is "passionate" about helping those suffering from addiction regardless of whether they have initials at the end of their name. He works tirelessly educating physicians in Tennessee, around the country, and even around the world on issues of addiction, overprescribing, appropriate boundaries, and physician burnout - rarely turning down an opportunity to speak about any and all of these issues.

Finally, I am fortunate to call him "friend." Over the course of our almost 14-year working relationship we developed a friendship I will always value. Roland was always available to me, even on personal issues. He and Diane offered support and love during the illnesses and subsequent deaths of my late wife Allyson and my granddaughter, Logan. They also were with me at the weddings of two of my children. They were resolute and steadfast friends both in and out of the office.

I would be remiss without expressing my deepest gratitude to Diane and her support of this program. When I first arrived she was leading the weekly spouse support group we offered at the time. Whether there was one attendee or more, she was always there to help answer questions about addiction from a spouse's viewpoint. She traveled with Roland for presentations, interventions, board meetings, and other TMF business. Diane was selfless in sharing Roland with the TMF. On a more personal level, I always enjoyed talking with Diane about our common interest in photography and sharing our latest attempts at capturing the "perfect picture." Thank you, Diane!



Dr. Gray and Mike Todd at a TMF Board retreat in 2013.



Diane Gray (left) receives an appreciation gift from the TMF Board during its fall retreat in October 2016, presented by Board President Dr. Kim Rosdeutscher.

To both of you: I will miss your presence. I will miss your personalities. I will miss your passion for this program. This is not goodbye -- this is thank you for all of your contributions to my life and career.

God bless you! 🌹

DONOR ACKNOWLEDGEMENTS

OUR MAJOR CONTRIBUTORS

For many years the Tennessee Medical Foundation has enjoyed the staunch financial support of three loyal and generous benefactors: **State Volunteer Mutual Insurance Company (SVMIC)**, the **State of Tennessee Board of Medical Examiners (BME)**, and the **Tennessee Medical Association (TMA)**. Together they provide approximately 63% of the annual budget for the Physician's Health Program. Without their support, our crucial work of **Saving Lives. Saving Careers** would not be possible. We are immensely grateful to them.

CONTRIBUTIONS: OCTOBER 1, 2016-MARCH 31, 2017

Organizational Contributions

HOSPITAL & HEALTH SYSTEMS

Baptist Memorial Health Care Corporation	\$10,000
CHI Memorial Health Care System	\$7,500
Community Health Systems, Inc	\$10,000
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MEET THE BOARD

MEET THE BOARD: DRS. DAVIS & GARDNER



Dr. Tim Davis

The TMF is honored to have had **Dr.** Tim Davis of Chattanooga on the Board of Directors since 2011. In June he will have served two threeyear terms.

Born in Jacksonville, FL, Dr, Davis grew up in 32 states and attended 19 schools due to his father's job as a heavy equipment operator on pipelines in the U.S. and Canada. He graduated from Memphis State University with a psychology degree, then earned his MD from UT Medical School in 1976. Following a pediatrics internship at LeBonheur

Children's Hospital and residency at UT Memorial in Knoxville, he joined the ED staff at T.C. Thompson Children's Hospital in Chattanooga and became double-boarded in Pediatrics and Pediatric Emergency Medicine.

In June 1992 his addiction led him to call the late Dr. David Dodd, TMF's former medical director. "He saved my life by sending me to treatment in Atlanta," Dr. Davis said. On discharge he signed a two-year contract with the TMF and upon completion was asked to facilitate Chattanooga's Caduceus group. "I have been a volunteer for the TMF since that time. The TMF and the local Caduceus group are a big part of my recovery," he said.

"I am privileged to serve on the Board of the TMF and consider all of my work for the TMF to be meet and right as repayment for my life and work being restored to me," said Dr. Davis, who also recently served on the Tennessee Lawyers Assistance state commission for eight years.

Dr. Davis and his wife Barbara have been happily married for 21 years, and said he is grateful to have enjoyed a busy private practice in pediatrics for the last 20 years.

"In the words of Dr. Dodd," he said, "'We are no longer impaired physicians, we are repaired physicians." 🔻



Dr. Peter Gardner

Dr. Peter Gardner of Jackson is a newer Board member, having joined in 2016 to fulfill the term of a vacant West Tennessee Board position.

Associated closely with the TMF since 2004, Dr. Gardner has served as a Caduceus Group Leader for over four years, as well as a member of the TMF Physician's Health Quality Improvement Committee, which oversees the clinical work of the Physician's Health Program.

A graduate of UT Center for Health Sciences, Dr. Gardner is board certified in family practice medicine. He serves as medical director of Physicians Quality Care, PLLC, in Jackson, where he oversees urgent care, primary care and occupational medicine applications for clinics serving over 9,000 patients monthly. "I have always been attracted to the 'mechanics' and fiscal operation of medical clinics; I love building an idea into a successful medical model," he said. He has also hosted a medical show in Jackson titled It's Your Health for the past five years. He says his career is fulfilling, as is his service through the TMF.

"To become a TMF Board member is not only a great honor to me, but is demonstrable proof of the wonderful gifts in recovery," Dr. Gardner said. "I am forever grateful to the TMF for the support that has always been offered to me. The chance to serve on the Board and help other professionals begin the process of rebuilding their lives is an immense blessing. I look forward to my future work as a Board member with great enthusiasm!" 🚏

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PHYSICIAN'S HEALTH

TMF MEDALLION SOCIETY RECOGNIZES SPECIAL COMMITMENT

Every donation to the Tennessee Medical Foundation matters and is deeply appreciated. Yet, special acknowledgement is reserved for those whose substantial contributions exemplify their commitment to the mission of the TMF Physician's Health Program. Their leadership giving is recognized by membership in the TMF Medallion Society, created in 2013 to honor individuals who have given \$10,000 or more to support the PHP over a 10-year period.

THE MEDALLION SOCIETY January 1, 1996-March 31, 2017

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