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MESSAGE FROM THE PRESIDENT



Dr. Michael McAdoo

THANKS FOR THE MEMORIES

How quickly the last two years have elapsed. My term as president of the Tennessee Medical

Foundation has been one of the most rewarding opportunities of my life. I have

been blessed to serve in leadership in many roles in organizations but most pale in comparison to the net impact of the TMF on my colleagues. The Tennessee Medical Foundation in its service capacity truly does save lives, families, relationships and careers. When you save a physician's life and career, it is far reaching, touching the physician, his family, his hospital, his office and his patients. This truly is the gift that keeps on giving.

How did I become involved with the TMF? I had a brief exposure to the TMF when serving as Tennessee Medical Association

(TMA) treasurer, related to TMA's contribution to TMF funding. I learned about the nature and commitment of the TMF to Tennessee physicians. This organization very quietly, without fanfare, reached out to physicians with problems. My extended family through the years has dealt with some difficult alcohol issues and after surviving the late '60s and early '70s college alcohol-saturated party atmosphere, I began to take a more serious look at the never-ending alcohol road. I then also lost a high school and college friend due to alcohol abuse. He failed rehab on three occasions and ultimately died from suicide. I thus developed a keen respect for alcohol. But for the grace of God, my life could have traveled a much different road.

My friend, Dr. Scottie Portis, called one day and explained the function of the TMF board and asked if I would serve. In this world there are givers and takers; unfortunately, the takers outnumber the givers. I have been blessed - to whom much is given, much is required. After praying and discussing with

(Continued on page 4)

TMF'S DR. GRAY RECEIVES HEALTH COMMISSIONER'S AWARD

TMF Medical Director Roland Gray, MD, was honored on March 18 before the Tennessee Board of Medical Examiners by Tennessee Health Commissioner John Dreyzehner, receiving the Commissioner's Commendation Award for "exceptional service" in combatting the prescription drug epidemic in Tennessee.

"His example of tireless and selfless service brings great credit to himself and the Tennessee Department of Health would like to sincerely honor and thank you for all that you do to improve the health and prosperity for people in our great state," said the award certificate, which was read aloud by Commissioner Dreyzehner in a brief ceremony during a BME quarterly meeting in Nashville.

The award cited Dr. Gray's service to the state as a consultant to the BME, as TMF Physician's Health Program medical director, and as a member of the state's TennCare Drug Utilization Review Board and Chronic Pain Guidelines Steering Committee. 🌟



Dr. Gray is congratulated by Commissioner John Dreyzehner at the March BME meeting, after receiving the Commissioner's Commendation for his efforts to combat prescription drug abuse in Tennessee.

IN THEIR OWN WORDS

In the midst of the Tennessee Medical Foundation's "**Five Years ... Five Reasons**" support campaign, the TMF has been asking some of its most dedicated supporters exactly why they believe in and financially contribute to the program – and why they believe other physicians should join them. Over the next few issues of the *Physician's Health* newsletter, we will be sharing some thoughts from our TMF champions.

WHY DO I SUPPORT THE PHYSICIAN HEALTH PROGRAM?



J. MACK WORTHINGTON, MD

Department of Family Medicine and Residency Program Founder
Professor, Chair and Clerkship Director, University of Tennessee College of Medicine-Chattanooga
Former TMF Board President; TMF Medallion Society Member

Dr. Mack Worthington, formerly of UT Memphis and currently UT College of Medicine in Chattanooga, first became acquainted with the Tennessee Medical Foundation Physician's Health Program via a phone call from then-TMF Medical

Director Dr. David Dodd. He was serving as founder and director of the residency program at UTCOMC and Dr. Dodd had a program participant who needed his help.

"In order to get back into practice, to get his license, he had to go back to do additional training," Dr. Worthington said, adding his initial reaction was that he could not take on monitoring someone through an addiction illness. "But knowing that the TMF, from talking with Dr. Dodd, would provide that part, I was very willing to take this physician into my residency program to give him the training that he needed so he could get back into practice. That was very satisfying to see how well they did and how successful they became, and how it brought not only their license but their life back, their family back. It was an amazing thing to see

and I was very happy to be a part of that," he said.

Since then, several TMF PHP participants have been through UTCOMC's residency program and have successfully gone back into practice in their communities. "I tell each one of them to stop and think about what this has meant to them and how much value it has been to them and that they really should be giving back to the program to support the care and treatment of other physicians who will be going through the program," Dr. Worthington said.

Dr. Worthington was convinced enough to serve on the TMF Board of Directors from 2006 to 2012, including two years as Board president. He's a current donor as well and believes physicians in Tennessee, especially those whose lives and careers were restored by the program, should be contributing to the PHP so it continues as a resource for doctors in crisis.

"Because the PHP is needed, this program needs to continue being successful," he said. "There are still going to be doctors affected by alcohol and drugs, and I can't think of any better way to support your fellow physician than to participate in this program." ♡

To join Dr. Worthington in supporting the mission and the work of the TMF Physician's Health Program, contact Vince Parrish at 615-467-6411 or vincep@e-tmf.org, or give online at e-tmf.org/donations.php. As always, if you or a colleague need assistance the TMF or Physician's Health Program can provide, please contact TMF Field Coordinator Jeanne Breard, RN, at 615-467-6411.

"FIVE YEARS ... FIVE REASONS"

The TMF continues its campaign to invite physicians in Tennessee to pledge \$1,000.00 annually for five years to support our crucial work of **Saving Lives. Saving Careers.**

The campaign operates on the premise that doctors are the logical community to lend primary support to the PHP – for these five important reasons:

1. We need to safeguard patients

Protecting patients is a priority for our physician community and our state.

2. We need a program focused on physician support, not punishment

While other states are focusing more on punitive action, we need to preserve Tennessee's program focused on giving these physicians a second chance.

3. The PHP benefits your group or organization

Hospitals and medical groups know how costly and difficult it can be to replace a valued medical staff

member. Supporting a program with a good track record of returning these highly-skilled clinicians to work just makes sense.

4. The PHP benefits you

You may have personally benefited, and chances are high that a colleague has definitely benefited from the PHP's mission to restore doctors to health and practice.

5. The PHP embodies your mission as a physician

To heal, and not to harm: the Hippocratic Oath is imbued in the Tennessee Physician's Health Program. We seek to save lives, to save careers, and to restore.

Join the "Five Years ... Five Reasons" Campaign!

Contact the TMF at 615-467-6411 for more information or visit www.e-tmf.org to make your tax-deductible contribution. ♡

EVENTS



C.C. NUCKOLS RETURNS FOR 2015 CADUCEUS RETREAT

Cardwell C. Nuckols, MA, PhD, is returning as keynote speaker for the TMF Physician's Health Program's 2015 Caduceus Retreat, slated for **June 26-28** at the **Four Points by Sheraton** hotel in Brentwood, TN.

Dr. Nuckols, a guest speaker at the TMF's 2013 retreat, is described as "one of the most influential clinical and spiritual teachers in North America." His passion and mission is to assist in the integration of emerging scientific research with traditional spiritual and self-help knowledge.

Dr. Nuckols is widely published, having authored more than 50 journal articles, 30 books and workbooks, 38 DVDs, CDs and videos, and 17 audiotape series. The Ego-Less SELF: Achieving Peace and Tranquility Beyond All Understanding was published in late 2010, and Finding Freedom Through Illumination: Achieving Christ-Consciousness was published in 2014. Dr. Nuckols' first book, Cocaine: Dependency to Recovery, is a trade best seller,

as are his booklets *Quitting Heroin* and *Quitting Marijuana* (Hazelden); *Quitting Alcohol* was released in 2006. He is the author of the book Healing an Angry Heart (HCI) and video Chalk Talk on Drugs with Father Joseph C. Martin (Kelly Productions). A series of workbooks on Adolescent Disruptive Behavior and a CD on Anger Management has been released by Hazelden Publications as a part of its *Adolescent Co-occurring Disorder* series. He has completed a four-part video/DVD series especially designed for those in a criminal justice settings, entitled Breaking the Chains of Addiction: Using Science to Aid Recovery, and has expanded the offering with a two-DVD/video series on Overcoming Anger and Aggression and Overcoming Early Life Trauma and Neglect.

To register for the TMF's 29th Annual Caduceus Retreat, visit e-tmf.org/retreat.php, or contact the TMF at 615-467-6411. Deadline for registration is May 27, 2015. 🙏

CADUCEUS RETREAT

June 26-28

Four Points by Sheraton
Brentwood, TN

Register by May 27
e-tmf.org/retreat.php

2014 CADUCEUS RETREAT



TMF leaders pose with featured speaker Claudia Black during the 2014 Caduceus Retreat (L-R): TMF Administrator Mike Todd, Ms. Black, Medical Director Roland Gray, MD, and Board member Tim Davis, MD.



Singer/songwriter Sonia Lee performs original songs about recovery during the Sunday session at the conclusion of the 2014 retreat at Montgomery Bell State Park.

The 2015 Caduceus Retreat is slated for June 26-28 at the Four Points by Sheraton hotel in Brentwood, TN, featuring CC Nuckols as keynote speaker. Register now at www.e-tmf.org/retreat.php.

EVENTS CALENDAR

46th Annual ASAM Conference
- *Innovations in Addiction Medicine and Science*
April 23-26, 2015
Austin, TX

FSPHP 2015 Annual Meeting & Conference
April 24-27, 2015
Fort Worth, TX

2015 CADUCEUS RETREAT

June 26-28, 2015
Four Points by Sheraton
Brentwood, TN

NEW
LOCATION!

IDAA Annual Meeting
August 5-9, 2015
Norfolk, VA

SVMIC Risk Management Seminars
Chattanooga - July 7-8, August 18-19
Franklin - August 11
Gatlinburg - October 26
Jackson - September 23
Johnson City - June 2, October 6
Kingsport - June 3, October 7
Knoxville - July 14-15, September 2-3
Memphis - May 13-14, August 4-5
Murfreesboro - September 23
Nashville - June 24-25, July 21-22

WE PAUSE TO REMEMBER

Friends and staff of the Tennessee Medical Foundation are saddened by the deaths of Dr. Jay Mattingly of Memphis and Carolyn Camp Avery of Nashville, who, according to Medical Director Roland Gray, MD, "served selflessly on our Board of Directors with a real passion for helping physicians restore their lives and careers."

We send our sincere condolences for their loss to the Mattingly and Avery families.



Jay Mattingly, MD, was born in Memphis on April 7, 1950. After receiving a medical degree from the University of Tennessee Health Sciences Center, Memphis, he served as a tenured associate professor and director of clinical affairs in the Department of Anesthesia at UTHSC and most recently as a joint faculty member in the Department

of Ophthalmology. He served as Board member of the TMF from 2011-2014.

TMF Administrator Mike Todd lauded Dr. Mattingly for "tirelessly championing the mission of the TMF, making it his mission to meet with hospitals in the Memphis area to ask them to signify their support of physician health with their annual financial contributions." Field Coordinator Jeanne Breard remembered Dr. Mattingly's "immense help in providing hands on assistance; never failing to answer when called upon; and always willing to go wherever needed to assist those in crisis."

Dr. Mattingly is survived by his children, Morgan Brown Mattingly and Cole Johnson Mattingly of Memphis. 🙏



Carolyn C. Avery, CMA-A, CPC, was born on April 1, 1936, in Raleigh, NC. After attending Agnes Scott College and Trevecca Nazarene University in Nashville, she worked for many years in her own business providing auditing, litigation support and consultation to physician practices. She served as Board member of the TMF from 2002-2008.

Mr. Todd praised Mrs. Avery as "one of the kindest, most soft spoken and genuinely caring persons" he had the privilege of knowing, while recalling her steadfast support during the illness and passing of his late wife, Allyson. Ms. Breard recalled her ever-present "friendly face" and faithfulness in "following through with whatever was asked of her while serving on the TMF Board."

Preceded in death by her husband, J. Kelley Avery, MD, Ms. Avery is survived by her children, Sandy Walton, Karen Camp Martin Moore, Carl Camp (Parker) and Carolyn Hannon (John). 🙏

(Message from the President continued)

my wife, I agreed to serve and hoped to give back to Tennessee medicine. I have been blessed by the people I have encountered and by broadening my understanding of addiction medicine and the great need ahead of us.

As I thought about my family, it reminded me of the scenario of the bald eagle and DDT pesticide. As the eagle is exposed to DDT, it can often be in small amounts obtained through the food chain with seemingly little effect. If the DDT level is low and allows the eagle to survive the initial insult, the future offspring are greatly impacted. DDT will cause the eagle to lay low-calcium, soft-shell eggs which soon appear like an omelet when the mature eagle sits on the incubating nest. The net result is no viable offspring, an end to the immediate eagle family and further extinction of the species.

The untreated toxic effect of addictions, psychiatric disorders, uncontrolled emotions and boundary violations are likewise toxic to the individual. The family unit will be impacted much the same as the eagle. Untreated, this leads to devastation and elimination of the family unit as we know it. There is no way to put a true dollar value on saving a physician's life, family or career. The economic impact of saving a career and family stability and continuation is tremendous.

In my six years on the board, the types of intervention by

Dr. Gray have changed. It seems physicians are ever crafting ways of self-destruction. Thankfully the TMF has been flexible and with the superior leadership of Dr. Gray and administrative and clinical services by Mike Todd and staff, we have been able to meet the ever-present variable needs. This can only be accomplished if the TMF has adequate resources and funding. The funding sources are the lifeline and stability. The Board of Medical Examiners refers cases and is most helpful in its support of the TMF. We cannot, however, be single-sourced in our funding. Many cases are not board-referred and must be supported independently. Let me publicly thank SVMIC, the TMA and the Tennessee hospitals which support the TMF. Also, I want to thank Tennessee physicians who choose to support the TMF, both prior beneficiaries of the TMF and those who are just givers. Again, I say, thank you. Please continue and enlist another colleague to strengthen and support the TMF for stability for the future. We are depending on you to become a giver.

Godspeed and thanks for the memories. 🙏

Michael A. McGowan

If you know a physician who may need help or have a question about physician health, please contact the TMF Physician's Health Program at (615) 467-6411 or visit our website at www.e-tmf.org.

MEET THE BOARD: DRS. MALONE & LEWIS



TMF Board member Tommy Malone, DPh, is a Nashville native and owner of Green Hills Pharmacy. He started working in a drug store at age 13 and eventually graduated from University of Tennessee School of Pharmacy. He has been an independent pharmacy owner since 1985. Dr. Malone is a recovering alcoholic with more than 20 years of sobriety, and works to give back and help others with addictions. In

addition to the TMF Board, he serves on the TMF's Physician's Health Quality Improvement Committee (formerly the Peer Review Committee); he also serves on the Board of Directors for Discovery Place, a 12-step recovery program in Burns, TN.

"The disease of alcoholism has been part of my life as long as I can remember," he said. "This disease has been both a blessing and a curse. My father, both grandfathers and two uncles died of this disease. I surrendered my license to practice pharmacy in late 1993 because of my addiction. My license was reinstated in early 1994. On the flip side, this disease brought my wife and I together when my father was dying of cirrhosis. She was his nurse. I owe everything I have today to the grace of God and the program of Alcoholics Anonymous."

Dr. Malone, who joined the TMF Board in 2009, said he became involved with the Foundation because the program helped him in his early recovery. "The TMF treated me like I was sick, not bad, and they continue to treat the addicted physicians in the state of Tennessee that way today," he said. "By staying involved with the TMF I get to see miracles happen and that means the world to me." 🙏



Anesthesiologist Thomas Lewis, MD, joined the TMF Board in June 2014 at the invitation of TMF Medical Director Roland Gray, MD. "I was overwhelmed," he said, adding he joined to give back to the organization he is grateful to for assisting in his recovery.

His early years were spent in Virginia and North Carolina as the son of a minister; after graduating from the University of Wisconsin he joined the U.S. Army as a medical corpsman, serving in Vietnam in 1966-68. He obtained his medical degree from the University of Virginia, and went on to an internal medicine residency and four years as a faculty member at Medical College of Virginia.

In 1984, Dr. Lewis came to Vanderbilt University for an anesthesiology residency and stayed on as an associate professor in the Department of Anesthesiology. He served in the National Guard from 1988-98, and was called up to serve in Germany during Operation Desert Storm. He retired from Vanderbilt in 2008 and now spends his time restoring an old farmhouse and working 50 acres of land west of Columbia, TN.

Dr. Lewis said the TMF's mission is crucial, and it fulfills that mission well. "The TMF gives support to so many people," he said, adding the Foundation is among institutions he will be supporting through planned giving with his estate. 🙏

2014 TMF BOARD RETREAT



TMF Medical Director Roland Gray, MD (left), poses with the Board Immediate Past-President Leonard Brabson, MD, of Knoxville, at the June 2014 TMF Board meeting, after presenting him with a gift thanking for his service to the Foundation and the PHP.



Board members for the TMF Physician's Health Program discuss Foundation business at their quarterly meeting in June 2014, held at Dancing Bear Lodge in Townsend, TN.

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

JUL 1 - DEC 31, 2014

HOSPITAL & HEALTH SYSTEMS

Blount Memorial Hospital	\$2,500.00
CHS Professional Services Corporation	\$10,000.00
Erlanger Health System	\$10,000.00
Laughlin Memorial Hospital	\$1,000.00
Methodist Health Care	\$5,000.00
Saint Thomas Health	\$10,000.00
Siskin Hospital for Rehabilitation	\$750.00

FOUNDATIONS

HCA Foundation	\$25,000.00
The Memorial Foundation	\$25,000.00

MEDICAL COMPONENT & SPECIALITY SOCIETIES

Nashville Academy of Medicine	\$769.33
Tennessee Chapter, American College of Physicians	\$1,000.00
Tennessee Dermatology Society	\$1,000.00
Tennessee Society of Addiction Medicine	\$1,000.00

GROUP MEDICAL PRACTICES

Hartline & Shahbazi Gynecology, PLLC	\$250.00
Knoxville Pediatric Associates, PC	\$1,000.00
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ORGANIZATIONS

Nashville Caduceus	\$1,000.00
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TMF: PUTTING ON A FRESH FACE FOR 2015



OLD



NEW

Thirty-five years after its birth, the Tennessee Medical Foundation is updating its visual presence. The new public face of the TMF in 2015 includes a fresher logo and newsletter design, as well as plans for an updated website later this year or in early 2016.

"Every organization needs to take a look at its mission, strategy, messaging and its image from time to time," said TMF Administrator Mike Todd. "For us, the mission and our impact is as strong as ever. But our look and our public presence needed some updating to reflect the fact that we are still here, we are effective, we are keeping up

with the latest in our field, and we are not going anywhere."

The new logo features a "broken wing" Caduceus, a symbol of the Foundation's focus on the healer who is broken or struggling, and its commitment and mission to restoring that healer to health and wholeness.

The entire process and the work involved has been done with conscious budgetary caution, in an effort to remain good stewards of the funds the Foundation has been given through donors and granting organizations. TMF Board members approved the new look for the Foundation at their

November quarterly meeting.

"We have long needed a website update, due to user and functionality issues on our current site, which has been around for at least 10 years," said Mr. Todd.

"It made sense to also take a look at a fresher logo to match the updated site, as well as a fresher newsletter format," he said, adding the Foundation has taken advantage of staff relationships and connections to get the work done at considerable savings.

Watch for additional changes with the TMF's online presence in the near future! 🙌

Support the TMF! Visit us online at www.e-tmf.org, call us at 615-467-6411, or email vincep@e-tmf.org.



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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–December 31, 2014

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