

*At the height of my addiction, I was a doctor with a perfect life, and I wanted to die ... The TMF saved my life. 'Thank you' is simply not enough.*

—INTERNAL MEDICINE PHYSICIAN

*I have seen firsthand the miracle that the TMF and its physicians and employees perform on a daily basis. The program works.*

—TMF SUPPORTER/VOLUNTEER

## HELP US

Since 1978, the Tennessee Medical Foundation (TMF) Physician's Health Program (PHP) has served doctors and other health professionals, hospitals, and communities throughout Tennessee.

Today, we continue to provide expert, confidential assistance that addresses health concerns specific to physicians and other medical professionals across the state. To do our work, we rely on financial support from donors like you. Please help us provide the services and support our participants need to recover from addiction, mental or emotional illness, and restore them to life and healthy practice.

**JOIN WITH US AS WE PROVIDE A LIFELINE FOR OUR TENNESSEE HEALTH PROFESSIONALS!**

*The TMF is a 501(c)3 organization.*

## CONTACT US

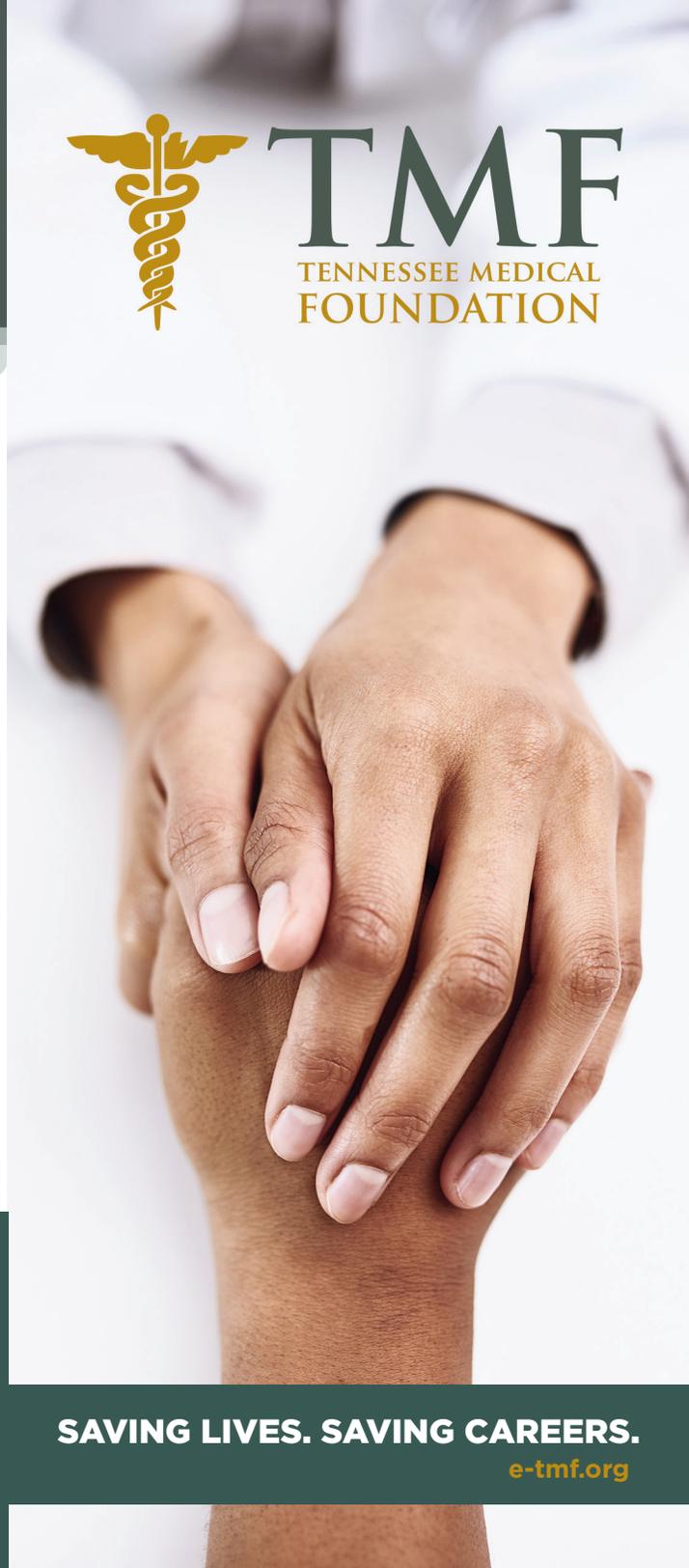
**Don't wait until an issue is career or life threatening.** Call the TMF if you or someone you know is struggling or in crisis. We are your confidential resource for help, hope, and healing.

In addition to the assistance offered through the Physician's Health Program, the TMF provides resources and educational training that can help Tennessee's licensed health professionals maintain a healthy and balanced lifestyle. Visit our website to learn more.

**(615) 467-6411**  
**e-tmf.org**



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**SAVING LIVES. SAVING CAREERS.**

**e-tmf.org**

# OUR MISSION

The mission of the TMF Physician's Health Program (PHP) is to protect patients through identification, intervention, rehabilitation and the provision of advocacy/support for physicians impaired by addictive disease, mental or emotional illness.

# OUR FOCUS

## **We expect a lot from our health professionals.**

They are constantly under pressure to perform and when making decisions that affect the health and well-being of their patients, there is no room for error. However, they are human, too. Like everyone else, they can succumb to burnout/stress, addiction, emotional or mental illness, and behavioral issues. The difference is their problems can directly impact the safety of their patients. Fortunately, the TMF Physician's Health Program (PHP) exists to address health concerns that are specific to health professionals, while working to protect the safety of patients in Tennessee.

**We work with many Tennessee health professionals, both licensed and in training:** physicians (MDs and DOs), physician assistants, optometrists, podiatrists, veterinarians, chiropractors, and x-ray technicians.

## **WE HELP WITH:**

- Alcohol and Drug Dependency
  - Disruptive Behavior
  - Boundary Issues
- Psychiatric Disorders
  - Burnout/Stress
  - Cognitive Deficits
- Other Behavioral Illnesses

# OUR PROCESS

## **1 IDENTIFICATION**

The process begins when an employer, family member, patient, or co-worker confidentially reports concerns about a health professional. Self-reporting by the professional is also encouraged.

## **2 VERIFICATION**

The TMF-PHP medical director and/or case managers attempt to verify the reported behavior. If the behavior is not verified, the process is halted or the information is held for further inquiry.

## **3 INTERVIEW**

The referred professional is asked to make an appointment for an interview with the TMF-PHP medical director. In exchange for support, the professional is invited to follow the recommendations of the TMF in seeking specified evaluation/treatment at his or her own expense.

## **4 EVALUATION/TREATMENT**

Evaluation/treatment is carried out in facilities vetted and approved by the TMF. Professionals affected by other emotional or behavioral conditions are treated with an initial evaluation and subsequently prescribed inpatient and/or intensive outpatient therapy.

## **5 RE-ENTRY**

Re-entry into practice usually occurs in the week following treatment. During this period, the TMF is often the professional's strongest – and sometimes only – ally. The medical director and case managers work in concert with the treatment center's recommendations to establish contractual ground rules for re-entry into practice.

## **6 AFTERCARE**

Aftercare is usually a five-year process. It is guided by an individualized monitoring agreement, comprised of recommendations from the treatment facility. The TMF offers guidance and accountability in the recommended aspects of each participant's 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. By staying involved with the TMF I get to see miracles happen and that means the world to me.*

—PAST PARTICIPANT