



TMF
TENNESSEE MEDICAL
FOUNDATION

PHYSICIAN'S HEALTH

SPRING 2020

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

2020
TMF
CADUCEUS RETREAT
REGISTER NOW | DETAILS INSIDE

TMF BOARD OF DIRECTORS

Timothy Davis, MD
President

Peter Gardner, MD
Vice President

Martin Akin
Secretary/Treasurer

J.D. Rosdeutscher, MD
Chair, Physician's Health Quality
Improvement Committee

Jere Hammond, MD

Patricia Lee, CPMSM, MHSA

Thomas Lewis, MD

Michael Miller, DO

Bill Scott Portis, MD

Clay Runnels, MD

Mary Yarbrough, MD, MPH

Thomas W. Malone, DPh
Past President

TMF STAFF

Michael Baron, MD, MPH
Medical Director

Jennifer Rainwater
Executive Director

Jeanne S. Breard, RN
Field Coordinator

Kathleen Haas, MEd, LCSW
Case Manager

Alicia Almado
Administrative Assistant

Dot Walker
Administrative Assistant

Brenda Williams-Denbo
Development Coordinator

HERE FOR YOU

A MESSAGE REGARDING THE COVID CRISIS

It's been amazing to see communities across Tennessee come together to help their neighbors in time of need, particularly in the healthcare community. We know health facilities and professionals in some areas have been under intense pressure and that could continue for the next several months. For those who are struggling, even as they provide care for patients or loved ones, the TMF Physician's Health Program is here to help.

During this crisis situation, we have remained a lifeline for physicians, physician assistants, chiropractors, optometrists, podiatrists, veterinarians, x-ray technicians, and clinical perfusionists, both licensed and in training.

HOW ARE WE HELPING?

We expect to see an increase in some areas of impairment and are prepared to take more referrals. We are communicating with health professionals and partners about our services and resources, including the Tennessee Professional Screening Questionnaire, or TN PSQ. This new online mental health screening tool is anonymous, voluntary, and completely free to the health professionals we serve, all thanks to supporters like you.

We made adjustments in our program to keep our participants safe and healthy, and to ensure their recovery could continue during this

uncertain time. Likewise, we adjusted our work environment to keep our staff and volunteers safe.

YOUR CHALLENGE

Your challenge during this season is to stay healthy, or if you're sick, to recover. You may have been working overtime or you may have had to close your doors. We know your priorities and thoughts are for your family and your future. Our thoughts are with you.

Please take care of yourself, whether you are in the trenches or are returning to life and a new normal. If you need us, contact us at 615-467-6411 or at e-tmf.org, or use our resources including the TN PSQ online. We are here to help.

OUR CHALLENGE

Our challenge is to keep this program going in what will be a tough year for everyone. We are here because of your generosity and with your support — as you are able — we will continue to fulfill our mission to **Save Lives, Save Careers** and see our health professionals, our neighbors, and our country through this crisis season.

Thank you for all you are doing to take care of those in your life, your work, and your community. 🙏

MESSAGE FROM THE PRESIDENT

TMF UNIQUELY QUALIFIED TO HELP IN A CRISIS

BY TIMOTHY P. DAVIS, MD, FAAP
TMF President



As I write my very first column as president of the TMF Board of Directors, we are in a time of crisis with the COVID-19 pandemic.

I'm not sure where we will be by the time you read this, but right now the TMF staff, volunteers and clients are working together to help each other as best we can. We in the TMF are uniquely positioned to make a concerted effort for the common good due to the fact that we have been doing that very thing for many years: combating another life-threatening illness called addiction.

We have helped many a health professional through times of crisis, and we are available to help in this one.

In 1994, when Dr. David Dodd asked me to be the regional area monitoring physician for Chattanooga and facilitate the weekly Caduceus meeting, I readily agreed to do so. When asked years later to serve on the TMF board I was pleased to say, "Yes." I consider both volunteer jobs to be twelfth-step work and am grateful to have been asked. My years on the board have culminated in being elevated to a two-year term as president of the board

(Continued on page 4)

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



"CONTEMPT PRIOR TO INVESTIGATION" CHANGES WITH COVID-19

BY MICHAEL BARON, MD, MPH
Medical Director

One of my favorite parts of *Alcoholics Anonymous*, known as "The Big Book" in the recovery community, can be found at the bottom of Appendix II.

It is a quote by Herbert Spencer warning against "contempt prior to investigation," and it's a favorite for many reasons. It reminds me to not dismiss a new concept just because it is new to me. It helps me to keep an open mind when my innate approach is to be closed-minded. Having contempt prior to investigation is a particularly strong trait of many active or early recovering addicts and alcoholics. With more than 20 years of recovery, I've got more than a few "24-hours" under my belt, and thus thought my spiritual path always enabled me to be open to new ideas. I thought I now had an open mind. I thought that I no longer experienced the closed-minded concept of contempt prior to investigation. However, when it came to the idea of online recovery meetings, my mind was made up long before our current situation mandated their use. My opinion was that online meetings had no recovery quality. How wrong I was.

On my directive, the TMF-PHP closed our live Caduceus meetings and removed the live 12-Step meeting requirement to be in line with COVID-19 pandemic recommendations. We researched the best video-conferencing format for our needs and gave each Caduceus facilitator a Zoom meeting account. We also provided resources for online 12-Step meetings that can be found in a list of COVID-19 resources on the TMF website.

I was expecting to hear how awful online meetings are. I was expecting to see our participants' compliance with 12-Step meetings decrease. I was expecting an increase in emotional relapses and a proportional decrease in our participants' spirituality and serenity. I was expecting the worst.

None of the worst happened; in many ways, just the opposite. To my surprise and delight, instead of hearing problems, I heard applause. Our participants are going to more 12-Step meetings, not less. They are liking the online meeting platform, not despising it. They are finding the meetings helpful, not problematic.

I heard things like, "It takes me about two hours to go to a one-hour live 12-Step meeting. I have to leave my office, get in a car, drive to the meeting, then after the meeting do the reverse and sometimes stop to get fast food. Now I can sit at my desk, eat lunch, and attend a noontime meeting that takes 60 minutes, not feel rushed, and enjoy it."

I heard, "It takes me all evening to go to our local Caduceus meeting because I live out of town. Now I can go without leaving the house and have all the drive time to spend with my family."

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation."
—Herbert Spencer

I heard, "We are having better Caduceus meetings online than we ever did live."

Having all the Zoom codes, I've been able to visit many of our online Caduceus meetings from the comfort of my home. Last week, I joined the Johnson City and Memphis Caduceus meetings on the same night, one right after the other. I was really impressed with the level of honesty, safety, and support these meetings exhibited. The subject matter was emotional and sensitive. Our participants were sharing their emotions and their feelings. They were not saying the dreaded, "I'm fine, next." They appeared relaxed, and wanting and willing to share.

The technical quality has been outstanding. There has been very little audio-to-video synchronization (known as lip-sync) problems, even for those participants in rural areas with slower internet speeds. We even had one participant join from Abaco Island, Bahamas.

I thought moving our Caduceus and 12-Step meetings to an online platform would be a huge problem. I exhibited contempt prior to investigation. Before the COVID-19 pandemic I was not open to using online meetings but, after hearing about and witnessing for myself how well our participants and Caduceus facilitators have utilized this meeting platform, I've changed my mind.

I can't say what future role online meetings will play within the Physician's Health Program. Somehow, we will incorporate online meetings into our program requirements. I can't say when or even how, but I am now open to the idea.

My contempt for online meetings has certainly decreased with investigation. 🙏

A handwritten signature in blue ink that reads "Michael Baron MD, MPH".

Share your thoughts with Dr. Baron at michaelb@e-tmf.org.



BLESSINGS AND MIRACLES: MY THOUGHTS ON 18 YEARS WITH THE TMF

BY MIKE TODD
Administrator

It's hard to believe I am in my last two months with the TMF. It's a real struggle to narrow down all the highlights over the years but I will try. Because of the current crisis, these final months have been out of the ordinary. I write this as our team is safely separated; I am currently sprawled out on my kitchen table in our family cabin in Monteagle.

I remember the day Vince Parrish and I both began working for the TMF back in November 2003. He served as a case manager and then Development director before retiring in 2015. Vince brought such a calmness and a high level of clinical expertise. More importantly, I am blessed to call him "friend."

Now it's my turn to retire and never in my wildest dreams did I think I would be here for nearly 18 years. I've only been able to succeed because of so many different people, and I want to thank some of them.

First, I want to thank Drs. David Gerkin, Donald Gaines, and Scott Portis for hiring me as administrator. All three gave me the tools I needed to make the TMF successful. They always provided me "wise counsel" when asked.

I want to thank our board and staff members, both past and present. We've grown close, always operated as a family, and did what we needed to do to make the program work.

I'm grateful for the friends I've made through the TMF. They include Dr. Mike Wilkerson, Jackie Fazelli and Shay Allen at Bradford Health, Dr. Scott Teitelbaum at Florida Recovery Center, Janet Hicks at Cornerstone, and Chip Dodd and Phil Herndon at CPE, among many others. I enjoyed our many conversations and visits over the years. Let's keep them going!

I am deeply thankful for my late friend Dr. Roland Gray and his wife Diane. Dr. Gray served for many years as our medical director. Roland was my mentor and taught me so much. He handled himself with dignity and was so caring; it always impressed me and has stayed with me. I have so much respect for him and Diane, and miss him greatly!

One of the greatest blessings of my entire experience and tenure is being able to see miracles happen. On their first visit -- nervous, scared, and feeling like their life and career are over -- I often tell participants it won't always be this way, they've done the right thing, and they can turn things around with our help and a solid recovery program. At the end of their contract, we look back on the change that has transpired thanks to their recovery program and commitment. The TMF provides the structure for them to get their lives back and succeed where they never, ever

thought they would. That's a true miracle I will always hold close to me. Being even just a part of it is humbling and a privilege. That is God at work and it's the biggest blessing I've received.

I am and always will be connected to this organization. Sitting around my firepit, I recently thought about how many life events have happened while at the TMF -- the loss of my wife Allyson, the weddings of my children Amy, Rebecca and Jason, the births of my grandchildren, my marriage to Mickey, the loss of my granddaughter Logan -- so many milestones on my life journey. Through the good and the rough times, my TMF family and friends have been there, offering amazing compassion, love, and support.

In much the same way, the TMF is here for you. I'm speaking now to health professionals across Tennessee. Whether you've used it or not, this program is here for you, belongs to you, and you should support it.

I wish I'd had a program like this when I left treatment more than three decades ago, but I am not a health professional. The TMF offers hope and healing to so many and, as I've said, helps deliver miracles in the form of transformed lives.

If you're a health professional in Tennessee, take ownership of YOUR program. It wouldn't take much: if just 1,000 people gave \$500 a year, YOUR program would never again have to worry about surviving or being able to assist those who are struggling. I realize the impact the COVID situation will have on so many of our health professionals, healthcare facilities, and organizations. It's going to be a tough year all around, and the TMF is no different. It will need your support, whatever you are able to give.

I have been privileged to simply be a steward of this program to try to provide the resources needed to fulfill our mission. We have achieved many things I am very proud of, and I feel the program is on solid footing. Elsewhere in this newsletter you will read that my successor is our longtime staffer Jennifer Rainwater. When I hired Jennifer, I had the idea that she might be a good candidate to take my place. After working with her over the years and training her to step into this position, I know she will do a great job. I also want to welcome Kathleen Haas, MEd, LCSW, CADC, who starts May 1. I will be working with her until I leave to take over my duties as case manager. She will be great!

When July comes I will be spending a good bit of time here at my cabin working on projects and enjoying the peace and quiet. I also will be spending as much time

(Continued on page 2)

MS. RAINWATER IS NOW EXECUTIVE DIRECTOR



Jennifer Rainwater

TMF-PHP will be the biggest challenge of my career but I have an excellent team to work alongside – people who

As of April 2020, Jennifer Rainwater, formerly executive assistant to Mike Todd, Dr. Baron, and his predecessor Dr. Roland Gray, has moved into the position of TMF Executive Director. She succeeds Mr. Todd, who is retiring on June 30 after nearly 18 years as both administrator and a case manager.

“Taking the position of Executive Director with the

are passionate about our mission to help the medical community,” Ms. Rainwater said.

The current COVID-19 crisis added a new layer of challenges to the transition with much of the TMF team working from home as duties were transferred. Administrative Assistants Dot Walker and Alicia Almada are also taking on new responsibilities, while the entire organization has maintained its critical mission.

“At a time like this, we understand the importance of the health of our medical professionals more than ever. It is an honor to be in a position to truly assist them,” she said.

Before joining the TMF in 2015, Ms. Rainwater previously served as a church office manager, an executive assistant for an engineering firm, and personal secretary for the Kentucky state treasurer. 🙏

TMF WELCOMES CASE MANAGER KATHLEEN HAAS



Kathleen Haas

recovery process has been at the heart of her career.

“Over the past few years, I have had the privilege

The TMF clinical team has a new addition: Kathleen Haas, MEd, LCSW, CADDC, joined the clinical staff as a case manager in May. She will work alongside Medical Director Dr. Michael Baron and Field Coordinator Jeanne Breard, specifically with participants previously managed by retiring Administrator Mike Todd.

Ms. Haas began her clinical work with direct service

to work closely providing support toward mental health resilience for both pre-med and law students at Baylor University to carry forward into their careers. I am so pleased to have the opportunity to now serve and support physicians in the great state of Tennessee at the Tennessee Medical Foundation,” she said.

Ms. Haas arrives in Middle Tennessee and to her new position as TMF case manager by way of the heart of central Texas at Baylor University, where she worked as a senior staff clinician. Her duties included counseling, facilitating case management, and providing clinical training for social work and psychology doctoral students. She also served as a mental health wellness liaison to the Baylor Law School students focusing on the promotion of resilience in the roles of student and as future lawyers. 🙏

MESSAGE FROM THE PRESIDENT (Continued from page 1)

and, once again, I am happy and grateful to be of service.

My work with the TMF is a large part of my program of recovery and I am grateful to be able to help people in the profession that I love. Not only do the people who are helped by the TMF benefit, the people they serve also benefit. Like a ripple in a quiet pond, our influence and help is transmitted far beyond the borders of our group.

In recent years our mission at the TMF has expanded to include mental health issues, boundary issues and other behavior problems that can interfere with a medical professional operating at his or her best. Of particular note during the COVID challenge, the TMF has recently instituted an online mental health screening tool which is available to all physicians and health care professionals served by the TMF. The Tennessee Professional Screening Questionnaire, or TN PSQ, can be accessed anonymously on the TMF and SVMIC websites. If you are struggling right now, I urge you to utilize this tool or any other means available to you to connect to the help you need. We need a healthy medical team now more than ever.

I want to thank Dr. Michael Baron, Mike Todd, Jeanne Breard, Jennifer Rainwater, Brenda Williams-Denbo, Dot Walker,

Alicia Almada, my fellow board members, my fellow Caduceus leaders, and all the other volunteers whose hard work makes the TMF the best physician's health program in the country. These people save lives daily.

I also want to thank those of you who support the TMF financially – you are helping to save lives and careers by making it possible for the TMF to continue serving as a lifeline for those in distress. Thank you!! Please keep your support coming during this pandemic and throughout this year. Healthcare professionals need these services, need these resources, and the TMF Physician's Health Program is a unique provider of hope, healing, and a way back to healthy practice.

As I close, I know that with your help, we will have the TMF to support our mutual efforts to stay clean and sober and be the best physicians and healthcare professionals we can be.

Once again, thank you all for the opportunity to be of service. 🙏

T. P. Davis MD

REGISTER NOW

REGISTER NOW FOR THE 2020 CADUCEUS RETREAT

At publication time, the 2020 Caduceus Retreat is still proceeding as planned. If warranted, the TMF will make a final decision based on current mandates in early May. Watch the TMF website, the Caduceus Retreat web page, or check with Caduceus leaders for updates.

Registration is now open for the 2020 Caduceus Retreat titled, "Mindfulness Techniques for Anxiety and Relapse Prevention." Our Caduceus Retreat speaker is Katie Hirst, MD, a sought-after expert on addiction and psychologically-informed mindfulness.

TMF's 34th annual retreat is scheduled for Friday, June 12-Sunday, June 14, at the Franklin Marriott Cool Springs in Franklin, TN. Details and sign-up information are on the TMF Caduceus Retreat web page at e-tmf.org/2020-caduceus-retreat.



Dr. Katie Hirst

OUR SPEAKER

Dr. Katie Hirst works with BOLD Health, a physician-owned and -operated mental health treatment center in Southern California. A native Californian, she was trained in Family medicine and Psychiatry at U.C. San Diego's Combined Residency Program and founded the UCSD Maternal Mental Health Clinic during her third year of training.

In 2013 Dr. Hirst left academic medicine to seek treatment for opioid use disorder, which she developed following the births of her daughters. Prior to returning to work in late 2015, Dr. Hirst developed a personal mindfulness meditation practice, both taking classes and completing a teacher training. Dr. Hirst incorporates this mindfulness practice and her training in Intensive Short-Term Dynamic Psychotherapy (ISTDP) while caring for patients with substance use disorders, women with perinatal mental illness, and patients with significant anxiety and depressive symptoms. She practices psychiatry and teaches mindfulness meditation at BOLD health.

REGISTRATION & ROOMS

After years of keeping registration fees steady despite rising costs, this year the TMF increased the rate slightly to cover expenses. The registration fee this year is \$110.00 per person. *May 15 is the registration deadline.* Attendees can register and pay online, or download a PDF form and mail registration in with payment. Register at e-tmf.org/2020-caduceus-retreat.

Rooms at the Franklin Marriott Cool Springs are available at a special TMF rate of \$149.00 per person, per night, plus tax; *the deadline to access the TMF rate is May 15* and the

— 2020 — CADUCEUS RETREAT

JUNE 12-14
FRANKLIN MARRIOTT
COOL SPRINGS

Register: by May 15

Rooms: by May 15

e-tmf.org/2020-caduceus-retreat

room block is limited, so early reservations are encouraged. Reserve your room at the link above or call the hotel directly at 615-261-6100 and mention the TMF Caduceus Retreat to receive the special rate.

ATTENDANCE

The annual Caduceus Retreat is required attendance for current participants in the Physician's Health Program; graduates are encouraged to attend to continue learning and growing in recovery, and to connect with counterparts who are just beginning their recovery journey. 🙏

EVENTS CALENDAR

2020 CADUCEUS RETREAT

June 14-16

Franklin Marriott Cool Springs
Franklin, TN

REGISTER
NOW!

SVMIC Seminars

Postponed TFN due to COVID-19
Check online options at SVMIC.com

IDAA Annual Meeting

Aug 5-9, 2020
Spokane, WA

QUESTIONS? For more information, visit e-tmf.org/2020-caduceus-retreat or contact TMF Administrator Mike Todd at 615-467-6411 or miket@e-tmf.org.

DONOR ACKNOWLEDGEMENTS

OUR MAJOR CONTRIBUTORS

The TMF annually enjoys the staunch financial support of the **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.

Below are contributors who provide the rest of our program funding. We thank each and every one of you for the support you give to the mission of ***Saving Lives, Saving Careers***.

GIFTS FROM OCTOBER 1, 2019-APRIL 20, 2020

Organizational Contributions

HOSPITAL & HEALTH SYSTEMS

Anonymous	\$250
Baptist Memorial Health Care Corporation	\$10,000
Blount Memorial Hospital	\$3,000
CHI Memorial Health Care System	\$2,500
Cookeville Regional Medical Center	\$2,500
East Tennessee Children's Hospital	\$1,500
Erlanger Health System	\$10,000
Henry County Medical Center	\$1,000
Johnson City Medical Center-Ballad Health Medical Staff	\$10,000
Livingston Regional Hospital	\$500
Parkwest Medical Center	\$1,500
Saint Francis Health System	\$4,950
Saint Thomas Health	\$10,000
Southern TN Regional Health System-Pulaski	\$500
Tennova Healthcare	\$5,000
TriStar Summit Medical Center Medical Staff	\$5,000
West Tennessee Healthcare	\$5,000

FOUNDATIONS & GRANTS

James H. Tharp Award	\$5,000
Knoxville Academy of Medicine Alliance	\$1,000
Medical Foundation of Chattanooga	\$1,500
Memorial Foundation	\$20,000

GROUP MEDICAL PRACTICES

Highlands Dermatology & Surgical Associates, PC	\$1,000
The Surgical Clinic, PLLC	\$1,000

ORGANIZATIONS

Tennessee Academy of Family Physicians	\$750
Tennessee Chapter-American College of Physicians	\$1,000
Tennessee Psychiatric Association	\$1,000
Tennessee Radiological Society	\$1,000
Tennessee Veterinary Medical Association	\$2,500

Individual Contributions

\$5,000+

Peter T. Gardner, MD

\$2,000-\$3,000

Rodney Dunham, MD
Phillip W. Hayes, MD
Joe D. Mobley, Jr., MD
Perry C. Rothrock, III, MD

\$1,000-\$1,999

Robert C. Alley, MD+
Anonymous
Michael J. Baron, MD
Eric W. Berg, MD+
Vidya R. Bethi, MD
Drs. Zachary & Jane Catterton
Mary Ellen Clinton, MD
Timothy P. Davis, MD
Jan A. DeWitt, MD
Tracey E. Doering, MD
John B. Dorian, MD
Morris G. Elam, MD+
Matthew M. Gangwer, MD+**
Joseph A. Graves, MD
Jon F. Lieberman, MD*
Thomas W. Malone, DPh
Dr. George & Mrs. Donna Mead
Robert E. Morrison, MD
Richard E. Parrish, MD
Doug Pierce, Jr., MD
Jeffrey S. Queen, MD
William M. Rodney, MD
Juris Shibayama, MD+
Patrick R. Showalter, MD
Paul R. Tanner, MD
Norman K. Weinstein, MD
Alan L. Whiton, MD
Mark A. Wigger, MD
John B. Woods, MD
J. Mack Worthington, MD
Alexander P. Zotos, MD

\$600-\$999

Charles D. Benson, MD+
Dr. Leonard & Mrs. Gail Brabson
John W. Culclasure, MD+
Michael R. Miller, DO
Jeff D. Whitfield, MD
Christopher E. Young, MD+

\$300-\$599

Curtis L. Baysinger, MD**
Matthew J. Caffrey, MD
Christopher L. Canlas, MD
Lee R. Crowe, Jr., MD
Thomas W. Currey, MD
Robert T. Dodd, MD
David Dowland
Deborah M. Evans, MD*
J. Chris Fleming, MD
Robert A. Frazier, MD*
Donald L. Gaines, MD**
Jere D. Hammond, MD
Dennis A. Higdon, MD
Cary G. Hodnett, MD+
Gretchen P. Jackson, MD
Chet H. Jameson, III, MD
Bruce W. Johnson, MD
Mark S. Jordan, MD
Thomas E. Lester, MD
Lawrence E. Madlock, MD
Joseph T. Manning, OD
Michael A. McAdoo, MD
Dr. Paul & Mrs. Carla McCombs
Aiyappan Menon, MD+
Michael P. Miller, MD
Alan N. Nadel, MD
Richard A. Orland, MD
Dr. Walter & Mrs. Carolyn Parkhurst
David K. Patzer, MD+
John W. Pittenger, MD
Floyd A. Richard, MD

John B. Robertson, Jr., MD
Timothy P. Schoettle, MD
Robert B. Snyder, MD
Steven J. Sperring, MD+
Jill Steier, MD
Indurani Tejwani, MD
Michael D. Tino, MD+
Bruce A. Wallstedt, MD
Raymond E. Wilson, MD
Mary I. Yarbrough, MD
James L. Zellner, MD

GIFTS TO \$299

Jean K. Alexander, MD
Newton P. Allen, Jr., MD
Ellen A. Andrews, MD
Anonymous*
Anonymous
Kelly R. Arnold, MD
Joseph S. Atkinson, MD
Allan H. Bailey, MD
Louisa M. Balazs, MD
Jack P. Bandura, MD
Paul D. Banick, MD**
David Barton, MD
Dr. Scott & Mrs. Suzanne Baum
Jimmie L. Beasley, MD
David A. Birdwell, MD
Bert L. Booker, MD
Maury W. Bronstein, MD+
Charles M. Carr, MD
Ms. Katherine Case*
Robert R. Casey, MD
W. Kent Cox, PhD
Allan W. Dale, MD
W. Glenn Davis, MD
Eric G. Delay, MD
Kenneth B. Dodge, MD
Steven H. Dowlen, MD
Sabra F. Drake, MD
James L. Ellis, Jr., MD*
Charles W. Emerson, MD

Dr. John & Mrs. Cynthia Epley
Cheryl A. Fassler, MD
Howard C. Filston, MD
Fred C. Foshee, Jr., DO
Randy C. Fullerton, MD
Scott J. Galloway, MD
Mark S. Gaylord, MD
James C. Gray, MD**
Sherri T. Gray, MS
Jan T. Hahn, MD
Craig M. Haire, MD
Robert L. Haley, MD
Marion E. Hare, MD
John M. Harper, Sr., MD
John J. Harris, Sr., MD
Dr. Harold & Mrs. Phyllis Helderman
Bruce E. Herron, MD
George A. Hill, MD
Douglas N. Hornsby, MD
Randy J. Horras, MD
William D. Jameson, MD
David S. Jones, MD
William B. Kendall, MD
Jennifer J. Kinnard, MD
Gordon J. Kraus, MD
Joseph G. Krick, MD
Christopher L. Kromer, MD
Richard G. Lane, MD
Robert S. Lazar, MD
Charles E. Leonard, MD
Shauna Lorenzo-Rivero, MD
James A. Loveless, Jr., MD
Gerard K. Mazza, MD
Walter H. Merrill, MD
Paul T. Naylor, MD
Eugene H. Nelson, MD
Thomas J. O'Brien, IV, MD
Lisa B. Padgett, MD
John M. Pennington, MD
Joseph A. Peters, MD
Charles W. Piez, MD
James M. Radford, MD

Susan P. Raschal, DO
Gilbert W. Raulston, MD
Bruce E. Richards, MD
Jill B. Robinson, DO
Barrett F. Rosen, MD
Rita A. Siler, MD
Samuel A. Smith, MD
Langdon G. Smith, MD
Bret R. Sokoloff, MD*
Charles R. Susong, MD
Clifton R. Tension, Jr., MD
Geogy Thomas, MD
Drs. John & Rena Thomison
Mr. Michael L. Todd*
Thomas C. Towne, MD
Kenneth F. Tullis, MD*
Harrison D. Turner, MD
David W. Underwood, MD
Leonidas N. Vieron, MD
Donald E. Vollmer, II, MD
Barry S. Wagner, DO
Forrest C. Ward, MD
Otis S. Warr, III, MD
Marc R. Watkins, MD*
Joseph T. Watlington, MD
Drs. Nathan Trentham & Russell Watters, III
Charles H. Wilkens, MD
Dwight H. Willett, MD
Douglas P. Williams, MD
George B. Winton, MD
Lucius F. Wright, III, MD
Lawrence I. Young, MD

*Memorial Gift
**Honorarium
+Pledge

THANK YOU FOR SUPPORTING YOUR PHYSICIAN'S HEALTH PROGRAM!

We strive to ensure that all donor information is correct. If an error has been made, we apologize and ask that you call us at (615) 467-6411.

SAVING LIVES. SAVING CAREERS.

We believe personal stories are the proof that your support is saving the lives and careers of physicians and other health professionals assisted by the TMF. Here we present one current participant's thoughts on his experience with the Physician's Health Program.

BY GOD'S GRACE: THE STORY OF A TMF PARTICIPANT

No one ever told me that life could be so difficult—or at least, I didn't listen when they did. Most of my life seemed simple and things went my way. I graduated from my health profession school, took a good-paying job and started putting down roots in Tennessee. My wife was beside me and we had three beautiful children to be proud of.

One day it all changed. Due to circumstances outside my control, our financial security was gone overnight. I started to build our lives again only to find myself in a failed business partnership. Taking over the business myself was like commanding a sinking ship.

I like to say that my addiction started very innocently. I just wanted something to ease the strain and clear my head. I didn't like alcohol but I remembered taking opiates after a surgery and the way they made me feel. It worked, but only for a little while.

My disease was swift. Tolerance went up, use skyrocketed – I hated what I was doing but couldn't stop. My family lost our home, my practice temporarily closed, my marriage was uncertain, my children seemed like strangers to me, and I realized I had no meaningful relationships. Life had moved beyond difficult and had become unlivable.

By God's grace, I was stopped. A kind soul told me to call a phone number and tell them what was happening. That number was for the Tennessee Medical Foundation. I had no idea what it was but after a little research I was relieved to know about it, and I called.

TMF Administrator Mike Todd was the first person to look at me and tell me that things were going to be alright. Certainly, no one else was telling me this at that point. For that one thing at that one moment, I will be forever grateful and indebted to him. He also told me that some things were going to have to change. I protested and made excuses like we all do but I had no choice: I wanted my life back. I

agreed to go to treatment and signed a contract with TMF. It wasn't easy, but he was right. Life was starting to seem less difficult.

During my time with TMF, I have learned a lot: how to cope, how to communicate with my wife and family, how to ask for what I need, set boundaries, and quit expecting "me" from everyone else. I have learned humility and the skill of taking advice. Most importantly, I have learned how much I need relationships, and how to choose those relationships

"At our meeting, TMF Administrator Mike Todd was the first person to tell me that things were going to be alright."

and nurture them with respect for others.

My recovery would not have been possible without the TMF's tireless work and endless generosity. Life isn't perfect but I've learned that is okay. I know that if I do what is asked of me and practice a few principles, life doesn't seem so difficult.

As a participant, I can tell you that financial support for this program is vital. Your donation does so much more than protect licenses and help retain privileges – it provides health professionals like me a chance to get better. When we get better, families can heal. When lives are restored, medical practices thrive and communities are made stronger.

Thank you so much for supporting this lifesaving program.

— A Middle TN Health Professional 🌟

BLESSINGS AND MIRACLES

(Continued from page 3)

as possible with my wife, kids, and grandkids, both here in Tennessee and in Michigan. If you ever spent time in my office you only had to look at all of the pictures of my family in my office to know how much I love them all. They have stood by me and I owe them everything. They are my foundation and having more time to spend with them is my retirement "plan." If I can be a good father, grandfather and friend, then I believe I really have accomplished something!

It has been a privilege, and I am thankful to all of you for allowing me to serve. If any of you have some time, come on down to Monteagle - play some golf or go fishing - I'll be happy to have you! 🌟



TMF participant Dr. Rebecca Copeland, right, received the TN ACP Distinguished Teacher/Mentor Award from the chapter's Gov. Dr. Tracey Doering last fall. An ETSU Internal Medicine Professor, she credits the TMF and her Caduceus group with the support and foundation necessary to earn the award.



5141 Virginia Way, Suite 110
Brentwood, TN 37027
Phone: 615-467-6411
Fax: 615-467-6419
www.e-tmf.org

CHANGE OF ADDRESS

Please let us know your new address when you move.
Thank you for helping us keep in touch!



IN THIS ISSUE

Message to Health Professionals.....	1
President's Message	1
Medical Director's Message	2
Administrator's Message.....	3
Staff Transitions.....	4
2020 Caduceus Retreat.....	5
Events Calendar.....	5
Donor Acknowledgements	6
TMF Participant's Story	7
TMF Medallion Society	Back

PHYSICIAN'S HEALTH

TMF MEDALLION SOCIETY RECOGNIZES SPECIAL COMMITMENT

Every donation to the TMF is deeply appreciated. Yet, special acknowledgement is given to those of you whose contributions exemplify your commitment to TMF mission of *Saving Lives, Saving Careers*. Your leadership is recognized by membership in the **TMF Medallion Society**, honoring individuals who have given \$10,000 or more over a 10-year period. We honor you for your generosity and commitment.

THE MEDALLION SOCIETY: January 2010-April 2020

Robert C. Alley, MD, Knoxville
John W. Culclasure, MD, Nashville
Timothy P. Davis, MD, Chattanooga
Tracey E. Doering, MD, Nashville
Rodney Dunham, MD, Knoxville*
Dr. Greg & Mrs. Kay Jones Elam,
Nashville
Jerre M. Freeman, MD, Memphis
Douglas H. Gaither, MD, Brentwood
Matthew M. Gangwer, MD, Bristol*
Peter T. Gardner, MD, Jackson
David G. Gerkin, MD, Knoxville
Gary Gesualdi, MD, Chattanooga*
Phillip W. Hayes, MD, Dickson
William A. Holland, Jr., MD, Cleveland*

E. Matthew Karl, MD, Franklin
Drs. Dwayne & Donna Lett, Lebanon
Dr. David & Mrs. Margaret McConnell, MD,
Newport
James R. McFerrin, MD, Nashville
Dr. James & Lulu Nelson, Soddy Daisy
Michael J. O'Connell, PhD, Knoxville
Richard E. Parrish MD, Murfreesboro
Doug Pierce, MD, Greenwood Village, CO
Drs. John & Kimberly Rosdeutscher,
Nashville
Perry C. Rothrock, III, MD, Cordova
Patrick R. Showalter, MD, Murfreesboro
Robert T. Shull, Jr., MD, Ridgely
Elliott B. Smith, Jr., MD, Greeneville

Dr. Steve & Mrs. Miriam Tate, Franklin
Jeff D. Whitfield, MD, Nashville*
Mark A. Wigger, MD, Nashville
Clifton Woodford, MD, Fox Point, WI
J. Mack Worthington, MD, Chattanooga
Christopher E. Young, MD, Signal Mountain

Memorial Members

William C. Anderson, MD, Deceased
Roland Gray, MD, Deceased
Evelyn B. Ogle, MD, Deceased
John B. Thomison, MD, Deceased

**New members*

Learn more: 615-467-6411 or brendaw@e-tmf.org