

2022 ANNUAL REPORT

### A WESSAGE FROM THE PRESIDENT



s we celebrate the 45th year of the Tennessee Medical Foundation,
I am reflecting on my connection with the organization since my arrival in
Nashville in 1991. My initial job was in the ERs at Parkview and Westside
Hospitals, now TriStar Centennial Medical Center. At Westside, we would sometimes
encounter a group of physicians in the doctor's lounge who would smile and get
completely silent until we left. We jokingly called them the "Party Boys" and I now
know those were early Caduceus support group meetings for physicians in recovery.
How ironic to find myself, a few years later, becoming one of the "Party Boys." The
stressful ER work and problems at home caused my drinking to escalate. As the
effects of my drinking worsened, I found a 12-step program through a friend in 1999.

I immediately made it my focus and saw my life turn around. At two-and-a-half years sober, I was asked on a job application about my oversight organization; I had no clue until another physician in the program explained and instructed me to contact Dr. David Dodd at the TMF. I did so but feared being asked to go to a rehabilitation facility; working with my sponsor, I became willing to take any direction to maintain sobriety even if it meant going to treatment. Dr. Dodd sat smoking his pipe, listening kindly and thoughtfully as I poured out my story. He concluded that I had obtained what rehabilitation was meant to achieve and invited me to start attending Caduceus meetings, which I did gladly. I was thankful I had that short time to know him before he passed in 2010.

Eight years ago, I agreed to represent my fellow osteopaths on the TMF Board. I've had the pleasure of working closely with the late Dr. Roland Gray and now Dr. Michael Baron. They differ slightly in style and approach but share the same dedication to the advancement of TMF and its advocacy for the affected physician. I have watched as we have grown stronger in our infrastructure and financial stability and added new ways to aid the suffering health professional, such as the hugely successful TN-PSQ program. I am honored and thankful to have been a part of such a lifesaving program and for the relationships I have developed with the wonderful people in the TMF.

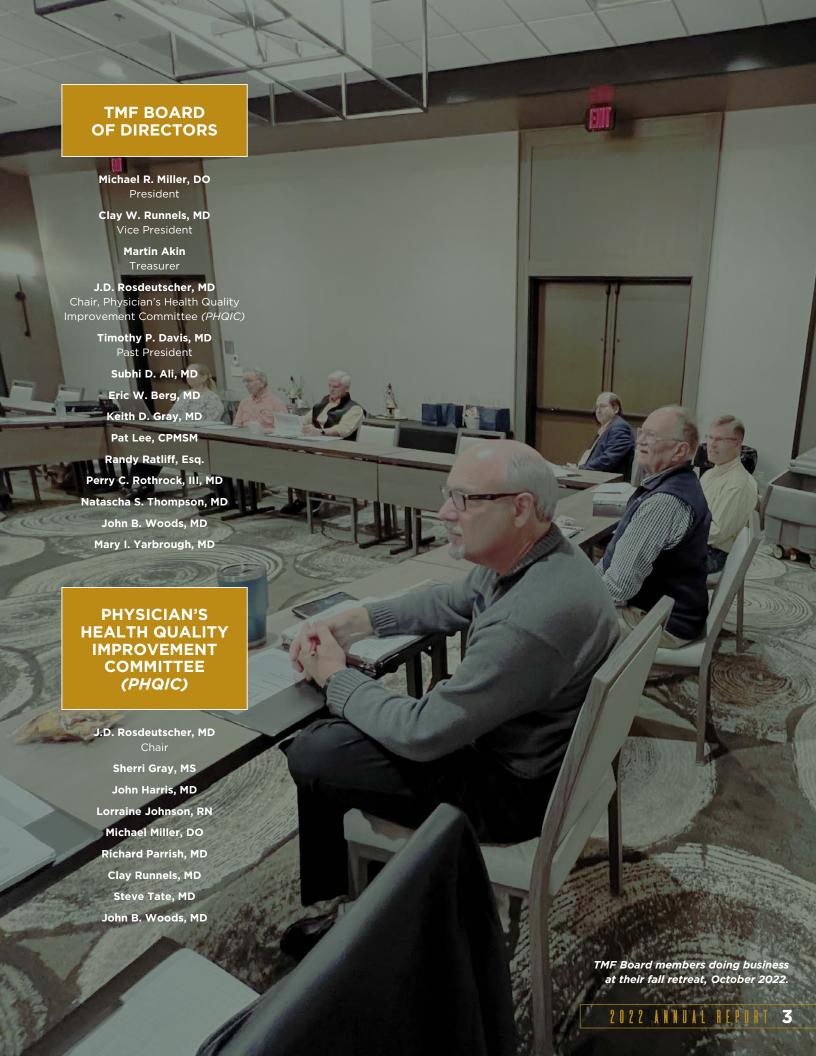
Michael R. Miller, DO

President

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

Michael R. Mille Do

THE SUPPORTER/VOLUNTEER



"(The Impaired Physicians Committee) tackled a grave, grave problem in our profession. I knew classmates of mine who were impaired and went straight down the tubes without any hope or any help before the genesis of our program. We had volunteers who put in years of service without any pay or recognition, as well. It boggles the mind and instills a sense of pride and, to me, is a wonderful example of a professional who cares."

DR. JOHN DORIAN

TMA President 1978 (1926-2021; Interviewed in 2014)

"To me, there's not anything the TMA has ever done that's been as important as the Impaired Physicians Program, not just for physicians in the state but for the public. When you can take a physician who has those kinds of issues, if you can identify them and they can get rehabilitated, they are multiple times as good a physician as the day you took them out of practice – not just from a quality standpoint but as a human being. Many times you save their lives, many times you save their family, you save the community from losing a physician, and if they came from a rural area, it impacts the entire region."

#### DON ALEXANDER TMA CEO 1995-2013

"I first got involved in January 1986 as a result of my own recovery and became very involved with the Tennessee Medical Foundation... In the early days, for most of our interventions we would actually go out into the field. I can tell you that myself, Dr. Bill Anderson, and Dr. David Dodd have been down every little pig trail in the state of Tennessee looking for physicians who were in difficulty."

DR. ROLAND GRAY
TMF Medical Director 2002-2017 (1947-2018; Interviewed in 2015)

"From my employment in 1988 to the time of my retirement in 2020, the TMF-PHP has seen numerous personnel changes and advancement of services, but the heart and focus of the program has never wavered; that is, to provide healing to the healers of the state of Tennessee."

JEANNE BREARD, RN
TMF Case Manager/Field Coordinator 1988-2020

Photo: TMF Medical Director Dr. David Dodd (R) with his successor, Dr. Roland Gray, January 2002.

### OUR HISTORY

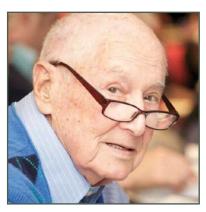
RESOLUTION NO. 7-78
TMA Program—Disabled Physicians
By: Memphis and Shelby County
Medical Society

RESOLVED, That the House of Delegates of the Tennessee Medical Association instruct its Board of Trustees to implement a program for the detection and rehabilitation of impaired or disabled physicians.

REFERENCE COMMITTEE B—recommended adoption of Resolution No. 7-78 as amended.

ACTION: ADOPTED AS AMENDED

This TMA House of Delegates resolution, adopted in April 1978, led to the creation of the Committee on Impaired Physicians, forerunner of the TMF Physician's Health Program.



Dr. John Dorian

n September 1978, Tennessee Medical Association President John Dorian, MD, attended a presentation on impaired physicians at a national American Medical Association conference; he returned home determined to address the problem in Tennessee.

The TMA Board of Directors established a Committee on Impaired Physicians, with William C. Anderson, MD, as volunteer and then part-time medical director. Dr. Anderson's vision and dedication to helping troubled physicians across the state laid the foundation for the program in the decades to come. The program hired its first full-time medical director, David T. Dodd, MD, in 1984; he is still remembered for his passion and leadership. In 1992, the program was transferred to a nonprofit, the Tennessee Medical Foundation, and was renamed the Physician's Health Program (PHP). Dr. Dodd was succeeded in January 2002 by Roland W. Gray, MD, who led the PHP solidly until his retirement in February 2017. Today, Michael J. Baron, MD, MPH, serves as medical director and continues to provide confidential care for physicians and other healthcare professionals the program is charged to assist.

Initially focused on substance use, the TMF mission has expanded to assist with a wider range of problems, including mental, emotional, and behavioral health disorders. Today the TMF seeks to provide proactive help, education, and resources, and is active in state and national efforts to reduce stigma and encourage health professionals to seek help before a problem threatens patient safety, their career, or their lives.

Sadly, we have lost four of these revered TMF leaders: Dr. Dodd in December 2010; Dr. Anderson in November 2013; Dr. Gray in October 2018; and Dr. Dorian in July 2021. We honor their legacy of the past 45 years, and pledge to carry on the mission to **Save Lives, Save Careers** far into the future.



Dr. William Anderson



Dr. David Dodd



Dr. Roland Gray

### OUR TIMELINE

The Tennessee Medical Association forms the Tennessee Medical Foundation in July 1952 as a vehicle for charitable ventures; IRS tax exempt status is granted in 1955. Its stated purpose is to "extend medical knowledge, advance medical science, elevate the standard of medical education and the prevention and care of disease." Among its early activities: raising funds for a new TMA headquarters and helping to shore up medical care in underserved regions of the state.

> LIFE magazine spotlights the TMF in 1957 for its work to recruit and place physicians in rural areas, particularly coal mining towns, and paying their first year's salary with

United Mine Worker grants.



Dr. Anderson

Health access/clinic work is abandoned presumably because of loss of grant funding. The TMF goes dormant.

Dr. Dorian

in 1978

**EARLY** 

TMA President Dr. John Dorian

returns from an AMA Conference on Impaired Physicians and leads the charge to address the issue. A TMA House of **Delegates Resolution instructs** its Board to create a Committee on Impaired Physicians with initial focus on "alcohol and drug abuse" by physicians and an intent to later expand to address psychiatric issues and practice competence;

confidentiality and advocacy are key components of the stated mission. Dr. William C. Anderson, an internist, is tapped for clinical leadership, assisted by volunteer physicians. During his tenure, Caduceus Clubs are established across the state to support PHP participants. The program name is later amended to the Impaired Physicians Peer Review Committee to establish protections for physicians in the program.

1952

1957

197 Ns

197R

2017

2003

2016

#### The TMF Endowment Fund

is established as a separate entity to provide financial support for the Tennessee Medical Foundation and in particular, the work of the Physician's Health Program.



Dr. Gray

TMF operations move from Dr. Dodd's Murfreesboro home into new headquarters on Centerview Drive in Brentwood. Dr. Dodd retires and is succeeded by Dr. Roland Gray, a pediatrician a<mark>nd PH</mark>P graduate. The TMF mission expands to include additional problems and receives contracts to care for additional health professions.

Michael Todd succeeds Marc Overlock as administrator.



Mr. Todd



SAVING LIVES. SAVING CAREERS.

#### A rebranding effort begins;

the TMF updates its logo and redesigns its newsletter and website to be more descriptive of its work and provide more resources to health professionals and the public.



#### The Impaired Physicians program hires its first fulltime medical director.

Dr. David Dodd, Sr., a general surgeon and addiction

specialist. Dr. Dodd also serves as co-founder of the Federation of State Physician Health Programs (FSPHP) in 1991, and later helps to develop Vanderbilt University's Center for Professional Health. The mission expands to include disruptive behavior among physicians.



Dr. Dodd

#### The TMA creates the Impaired Physician Loan Fund, Inc. (IPLFI).

chartered to provide need-based loan assistance to participants in the Impaired Physician program.

#### launches second annual fundraising drive

Please watch your mail for Tennessee Medical Foundation's request for tax deductible contributions for the Impaired Physician Program (IPP). TMF President Dr. John R. Nelson, Jr., Knoxville, noted that this annual fund drive "was designed to permanently endow the position of Assistant Medical Director."

### TN Medical Foundation

# UNDATION

The TMA Board revives the

oversight and management

of the Impaired Physicians

program, citing a goal to make

the program self-supporting

name is changed to the TMF

Physician's Health Program

Overlock and Peggy McMurray

are tasked with administering

(PHP). TMA staffers Marc

the Foundation. The TMF

begins holding annual

fundraising drives.

and provide the TMA with

liability protection. The

Foundation and transfers

The first annual Caduceus

Retreat is held, a required recovery-focused event for all program participants.

1987

1997

# 2 N 17

## 7 N 1 R

# 2020

# 2022

Dr. Baron

#### Dr. Gray retires and is succeeded by Dr. Michael Baron, an anesthesiologist, psychiatrist, and addiction specialist and PHP alumnus; Dr. Baron steps down from the Tenne<mark>ssee</mark> Board of Medical Exami<mark>ners to</mark> take the position. The TMF moves to new

headquarters on Virginia Way in

Brentwood's Maryland Farms area.

### State regulatory

approval is received to begin providing TMF services to Tennessee physician assistants. Increasing mental health referrals prompt Dr. Baron to search for more proactive resources to aid in earlier intervention. After exploring a number of options, the TMF begins talks with the American Foundation for Suicide Prevention to utilize its online mental health screening platform, the Interactive

Screening Program

(ISP).

The TMF customizes and launches the Tennessee Professional Screening Questionnaire (TN-PSQ), just before the outbreak of COVID-19; firstyear usage by struggling health professionals is triple the expected number. TMF weathers the pandemic by shifting Caduceus groups and most activities to virtual platforms; the annual Caduceus Retreat is canceled for the first time.

#### Jennifer Rainwater

is approved by the TMF Board as executive director. succeeding Michael Todd upon his retirement.



#### The TMF Board finalizes an agreement with the TMA to take ownership of the Impaired Physicians Loan Fund, Inc. (IPLFI). In the process, Dr. Subhi Ali, Dr. Timothy Davis and Dr. Clay Runnels are named to the IPLFI Board. Renamed the TMF Loan Fund, Inc., it now operates as an independent organization providing loans to impaired health professionals with verified need.



### A MESSAGE FROM THE MEDICAL DIRECTOR



raveling at high altitude toward a vacation spot with my family in tow, I was recently able to reflect on my life now compared to what it looked like over 27 years ago. I was rapidly on my way to becoming a fatality from the treatable disease called addiction when my predecessor at the TMF, Dr. David Dodd, literally saved my life. It took work and time but the "promises of recovery" have come true for me, over and over again. I have a good relationship with my wife and family, they love me and want me around; I have a solid career, financial security, and most important to me, I have serenity. I am comfortable in my own skin. I am one of the thousands of healthcare providers that the Tennessee Medical Foundation Physician's Health Program (TMF-PHP) has successfully helped over the last 45 years. For the last 20 years, for which we have solid data, the TMF has helped over 2,700 health professionals, most of whom are physicians, trainees, and medical students.

When I got sick, I was fortunate to be living in Tennessee, a state with an effective Physicians Health Program, both then and now. I was intervened on, referred to treatment, returned to work, monitored for many years, and became a better everything: physician, husband, father, and friend. That wasn't luck; that is recovery. The TMF has been improving the quality of healthcare by saving lives and saving careers, including mine, since 1978. By one statistician's data estimating each physician sees 1,000 patients each year, extrapolating from our 20-year figure, and making a conservative guess of at least 4,000 physicians helped by the TMF since 1978, we believe the Foundation has improved care in at least 80 million patient visits, one day and one health professional at a time.

You, our donors and supporters, have played an immense and vital role in this accomplishment. Thank you.

Michael Baron, MD, MPH, DFASAM

Medical Director

### REGION

NEW | Ds 119

WEST **27** 

MIDDLE 33

**E**AST **39** 

WEST **56** 

**PHP 264**MIDDLE

**EAST 109** 

OUT-OF-STATE\*

70

29

OUT-OF-STATE\*

20

\*AK, AL, AR, CO, FL, GA, KY, MO, MS, NC, OH, SC, VA, WV

### 2022 PROGRAM DATA

### SPECIALTY

Addiction Medicine 1 Anesthesiology 3 Cardiology 4 Cardiothoracic Surgery 2 Chiropractic 3 Clinical Perfusion 1 Computerized Tomography/ Angiography 1 **Emergency Medicine 9** 

Endocrinology 1 Family Medicine 12 Gastroenterology 1 Hematology 1 Internal Medicine 12 Medical Student 3 Neurology/ Neurosurgery 5 Nuclear Medicine 1 Obstetrics/Gynecology 8

Oncology 1 Optometry 1 Oral/Maxillofacial Surgery 1 Orthopedics/ Orthopedic Surgery 4 Pathology 1 Pediatrics/Ped Specialist 8 Physician Assistant 7

Physical Rehabilitation 1 Plastic Surgery 1 Psychiatry 6 Radiology 2 Surgery 13 Thoracic Surgery 1 Urology 1 Veterinary Medicine 1 X-Ray/Radiology Technology 2

Addiction Medicine 5 Anesthesiology 19 Cardiology/ Cardio Surgery 6 Chiropractic 8 CTA Technician 1 Dermatology/ Dermatopathology 2 Disability Medicine 1 Emergency Medicine 17 Family/Primary Care 36 Gastroenterology 1

Internal Medicine 30 Medical Student 4 Nephrology 1 Neurology/ Neurosurgery 7 Obstetrics/ Gynecology 13 Occupational Health 2 Oncology/Surg Oncol 4 Ophthalmology 2 Orthopedics/ Orthopedic Surgery 6

Otolaryngology 2 Pathology 2 Pediatrics/Ped Specialist 14 Physician Assistant 11 Physical Rehabilitation 1 Plastic Surgery 1 Podiatry 1 Psvchiatrv 5 Public Health 1 Pulmonology/ Critical Care 5

Diagnostic Radiology 12 Rheumatology 1 Surgery 22 Surgery Asst 1 Transplant Surgery 1 Urology 7 Vascular Surgery 2 Veterinary 8 Veterinary Technician 1 X-Ray/Radiology Technology 1

Radiology/

### PROFESSION

MDs 82 MD Residents 14 DOs 1 DO Residents 2 DMDs<sub>1</sub> Medical Students 3 Chiropractors 3 Clinical Perfusionist 1 CTA Technicians 1 Optometrist 1 Physician Assistants 7 Veterinarian 1 X-Ray/Radiology Technicians 2

MDs 200 MD Residents 15 DOs 8 DO Residents 3 Medical Students 4 Chiropractors 8 CTA Technicians 1 Physician Assistants 11 Podiatrists 2 Surgical Assistants 1 Veterinarians 9 Veterinary Technicians 1 X-Ray/Radiology Technicians 1

### REASON REFERRED



Substance Use/ Abuse 63 Behavioral 34 Burnout 4 Cognitive 5 Overprescribing 1 Psychiatric 6 Sexual Boundary 4 Other/Consultation 2



Substance Use/ Abuse **240** Behavioral 6 Burnout 1 Cognitive 1 Psychiatric 9 Sexual Boundary 7

### 2022 PROGRAM DATA

### REFERRAL SOURCE



Attorney 4
Board 29
Colleague 13
Employer 28
Family 3
PHP/Advocacy Pgm 2
School/Training Pgm 7
Self 29
Treatment Center 4

### PHP

Anonymous 1
Attorney 7
Board 35
Colleague 28
Employer 71
Family 7
Toxicology Agency 2
Patient 1
PHP/Advocacy Pgm 9
School/Training Pgm 5
Self 77
SVMIC (Malpractice Insurer) 1
Therapist 1
Treatment Center 19

### **GENDER**

A L L 27 FEMALES 92 MALES

PHP 47 FEMALES 217 MALES

AVERAGE AGE

48.1 YEARS

# CONTRACTS 49 GRADUATES 29 RMA CONTRACTS\* 19

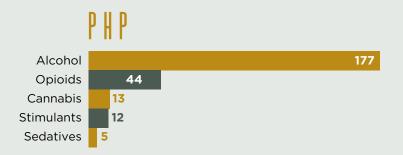
\* Recovery Maintenance Agreement -Voluntary monitoring for PHP graduates

### **OUTCOMES**

### N E W | D s 119

No Verified Need of TMF involvement 26 Signed Contract 40 Treatment/Contract Expected 5 Loss of Advocacy 1 Alternate Therapies/Solutions 18 Licensure Application Withdrawal 2 Intake/Status Pending 27

### DRUG OF CHOICE



SEE
PHYSICIAN'S
HEALTH
PROGRAM
FAQS





articipants of the TMF Physician's Health Program are typically required to attend weekly Caduceus support group meetings. These are held in 10 cities across Tennessee, with an online group for participants in rural areas or with special circumstances. In 2022 there were 22 volunteers leading these groups – all graduates of the TMF-PHP and veterans in recovery. These trusted leaders pass on their experience and wisdom, create an

environment of trust and accountability, and help their colleagues navigate the participant experience. Once they graduate from the PHP, health professionals are welcome to continue as part of their local Caduceus group, and many have signed on to become Caduceus leaders. We are extremely grateful for this dedicated group of people who are committed to passing along the help and guidance that was extended to them during their time in the program.

### RESOURCES



### MENTAL HEALTH SCRFFNING

#### **3-YEAR RESULTS**

648 Submitted Questionnaire
443 Reviewed MHP Response
141 Dialogued with MHP
97 Requested Referrals
83% Not Already Receiving Help



LEARN MORE ABOUT THE TN-PSQ MF donors have now funded three years of the Tennessee Professional Screening Questionnaire (TN-PSQ). This online, anonymous resource launched in February 2020 just before the pandemic and through February 2023 has had a total of 648 users; 83 percent indicated they were reaching out for help for their problem for the very first time.

Optional demographic questions indicate academic and employed health professionals are the biggest users to date but there has been good utilization among health professional students and residents as well. TMF staff continues to work with stakeholders, including Tennessee's medical licensing boards, societies, and healthcare workplaces, to share this resource with all the health professions served by the TMF.

We are deeply grateful to our donors and grantors for making this screening tool available; to Rhonda Bartine, PMHNP-BC, and Selena Phillips, FNP-BC, our mental health professionals who thoroughly and quickly review and respond to each questionnaire; and to the American Foundation for Suicide Prevention (AFSP) for developing the Interactive Screening Program (ISP) platform and for its partnership over the past three years.

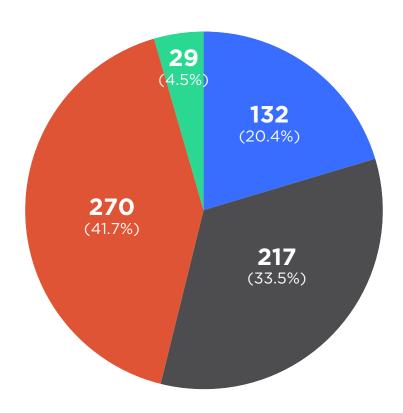
#### PARTICIPANT DISTRESS

<u>Tier 1A</u> High distress with suicidal thoughts, plans, behaviors

<u>Tier 1B</u> High distress with <u>no</u> suicidal thoughts, plans, behaviors

**Tier 2** Moderate distress

Tier 3 No distress





### TN-PSQ TOUTED NATIONALLY





In November, TMF's experience with the TN-PSQ was featured as a "Success Story" in physician wellbeing and suicide prevention on NPSADay.org, the Physicians Foundation Vital Signs campaign website for National Physician Suicide Awareness Day. The TMF Success Story was then shared on social media by Dr. Christine Moutier, chief medical officer of the AFSP, and by the Dr. Lorna Breen Heroes' Foundation.

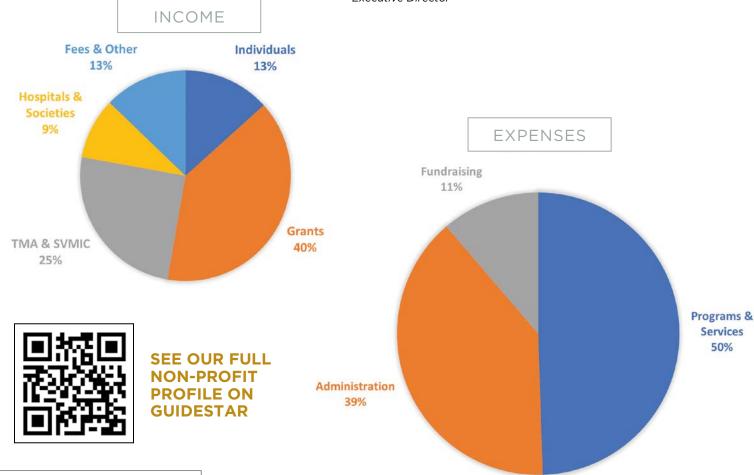
### A MESSAGE FROM THE EXECUTIVE DIRECTOR



s the TMF celebrates 45 Years of Hope & Healing, I find that I am filled with gratitude. I think of the many medical professionals helped by the TMF who have been able to practice and have gone on to help tens of thousands of patients in Tennessee. I am sure that many patients' lives have been saved as a result. Our Tennessee Professional Screening Questionnaire (TN-PSQ) has been proactively reaching medical professionals struggling with mental health issues and has become a model for other PHPs in the country. In just three years the TN-PSQ has been utilized by 648 medical professionals, most of whom had never asked for help before.

Our many dedicated donors continue to humble me with their sacrificial giving. Many Tennessee hospitals, medical staff and organizations make us a priority in their financial support. And our amazing staff and remarkable TMF Board of Directors and Quality Improvement Committee continually raise the bar in the care of our participants. Yes, I have much to be grateful for and I look forward to many more years of Hope & Healing for the medical professionals of Tennessee. As always, thank you for your continued support as we seek to uphold our mission of *Saving Lives, Saving Careers*.





As long as I'm working, I will continue to donate; it's a cause that helps so many of us, our families, and our patients and communities.

FAMILY MEDICINE PHYSICIAN



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



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.



SUPPORT THE TMF