


# THE TMF JOURNEY

What happens when a health professional contacts or is referred to the TMF for help? Here is a roadmap of the TMF Journey:

## INTAKE



A Health Care Professional (HCP) contacts or is referred to the TMF. An initial meeting is held with a case manager to discern the reason for the referral and obtain collateral and supporting information.



## TRIAGE

Once we obtain all collateral information, an in-depth interview, called a "Triage Assessment," with the TMF medical director is scheduled to determine subsequent steps.



## EVALUATION

Some concerns require an Independent Medical Evaluation (IME). The HCP undergoes an assessment by an external provider vetted by the TMF to work with HCPs. We provide three options for IMEs. The TMF bases next steps on the evaluation recommendations.



## ALTERNATE HELP

The HCP can be referred for therapy, psychiatry, coaching, CME courses, or some other therapeutic modality with no further TMF involvement.

## TREATMENT

If recommended by the evaluation, the HCP is referred for treatment at a center vetted to meet the special needs and requirements of HCPs. We give three options for treatment centers.





## RETURN TO WORK

Following treatment, most clients are able to return to work under strict guidance and with proper supports in place to ensure patient safety and recovery success.



## GRADUATION

Health professionals in full compliance complete their monitoring and are discharged as a graduate. Ninety-one percent of our participants successfully complete five years of monitoring. Many choose to continue accountability with optional monitoring under a Recovery Maintenance Agreement (RMA).

## RECOVERY

PHP alumni begin a new chapter, encouraged to remain involved with the recovery community; some become volunteer leaders of their local Caduceus support group. The TMF remains a lifelong partner and resource, offering support, consultation, and assistance as needed.



## AFTERCARE

HCPs are monitored based on treatment recommendations, typically for five years. Requirements can include random toxicology screens, therapy, Caduceus group and recovery group meetings, worksite monitors, quarterly case management meetings, and attendance at our annual Caduceus retreat. The TMF provides guidance and support; advocacy with employers, licensing boards, credentialing, insurance, and other entities; and accountability with an eye toward long-term recovery and restoration to health and safe practice.

