

# HPP Services

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- Confidential Consultation
- Interventions
- Assessments
- Referrals
- Recovery Monitoring
- Case Management
- Education & Research
- Consulting Resources for Oregon Hospitals, Medical Staffs, and Organizations
- Support for Families



For confidential information and treatment options, contact the Oregon Health Professionals Program

Email: [h.p.p.@state.or.us](mailto:h.p.p.@state.or.us)

Phone: (503) 620-9117

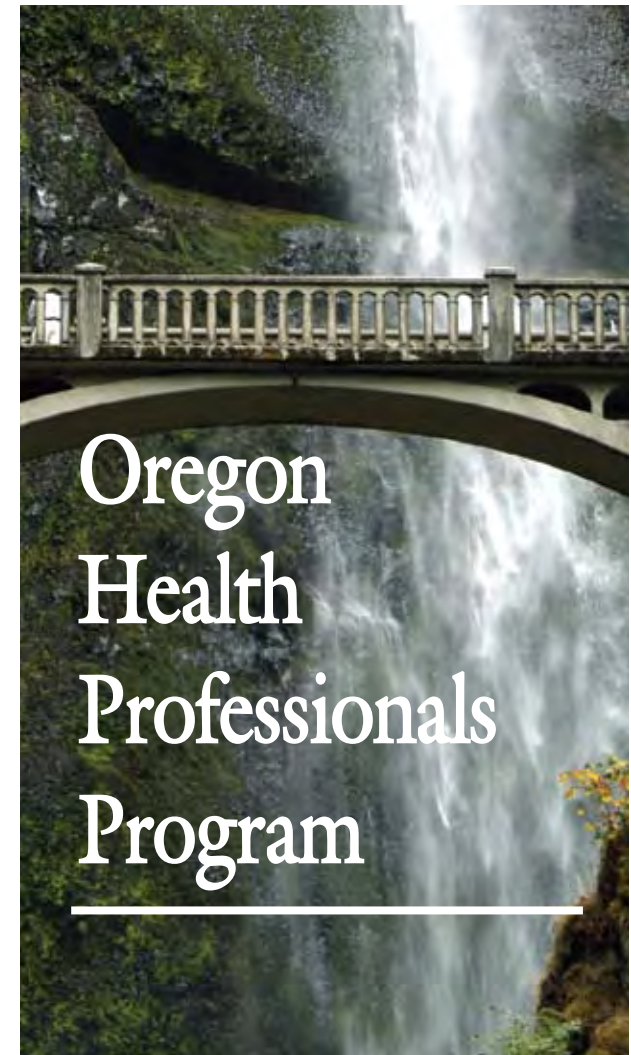
Website: [www.oregon.gov/OMB/healthprog.shtml](http://www.oregon.gov/OMB/healthprog.shtml)

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## Mission Statement

The Mission of the Oregon Health Professionals Program (HPP) is to protect the public health through maintenance of the health of licensees of the Oregon Medical Board. To fulfill this mission, HPP is dedicated to facilitating confidential assessment for potential substance use disorders and mental health conditions, and providing effective intervention, treatment, referral and monitoring of licensees with these disorders.

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# Oregon Health Professionals Program

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An alternative program for licensees of the Oregon Medical Board with substance use and mental health disorders.



## Encouraging Treatment. Preventing Impairment.

**M**any people believe that health professionals are immune from addiction and mental illness by virtue of their intelligence, education and dedication to helping others. In fact, health professionals develop chemical dependency at a rate equal to or in excess of the general population rate of 10 to 15 percent lifetime incidence. Depression is also as common in health professionals as in the general population with a lifetime prevalence of 12.8 percent. Suicide is found in higher rates for physicians, especially women physicians.

Perhaps more alarming are the barriers that health professionals face in accessing treatment for addiction and mental health problems. From a medical culture that does not encourage health professionals to seek help or admit vulnerabilities, to fears of stigma, discrimination, loss of confidentiality, disciplinary action, licensing problems and career damage, health professionals end up seeking treatment at lower rates than the general population.

Difficulty in acknowledging and accepting addiction or mental illness and the need for help may lead to health professionals sacrificing all other areas of their

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**10 to 15 percent of health care professionals develop chemical dependency.**

**Nearly 13 percent of health care professionals suffer from depression.**

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lives to conserve their professional identity and ability to practice. As other areas of their lives deteriorate, the workplace is usually the last arena impacted.

Yet, once identified and adequately treated, addiction or mental illness do not impair the professional's competence and need not impact the professional's credibility or continued ability to practice medicine. Timely identification, diagnosis and intervention may be career and life saving. Another benefit of treatment is that health professionals are better able to identify and treat addiction and mental illness in patients.

### The Program

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The Health Professionals Program (HPP) was established by the Oregon Legislature in 1989 to provide a therapeutic alternative for licensees of the Oregon Medical Board suffering from alcohol or drug abuse or dependency. On January 1, 2009 the program added services for licensees with mental health conditions.

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**HPP is a resource for OMB licensed practitioners, their families, colleagues and other professional affiliates.**

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The threat of professional investigation and the potential for disciplinary action against the license of a physician or allied health professional can serve

as a powerful deterrent to the professional seeking treatment. The fear or loss of professional status may be even more ominous for family members.

HPP offers an avenue for accessing confidential treatment by providing protection from professional investigation or disciplinary action based on the diagnosis of a substance use disorder or mental illness. HPP is a resource for OMB licensed practitioners, their families, colleagues and other professional affiliates. Disciplinary action does little to intervene in the disease process and may frequently be counterproductive to identification and professional reintegration. Treatment has proven to be effective for both the individual and society.

### Treatment Works

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HPP advocates for the right of health professionals to continue practicing when there is documentation that their substance use disorder or mental illness is

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**Success rates for long term recovery are excellent.**

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in remission. For health professionals entering intensive treatment and participating in an extended, comprehensive continuing care and monitoring program, success rates for long term recovery are excellent. HPP advocacy provides confidence that reasonable measures have been taken to ensure a participant's ability to practice professionally without ongoing impairment. Evidence of recovery is obtained through behavioral observations, evidence of healthy choices, and active participation in recovery activities. Objective documentation is gained through drug testing. Areas in which advocacy is appropriate include workplace reintegration, professional credentialing or other professional privileges, malpractice insurance coverage, and utilizing and maintaining insurance benefits.