

# STATE MEDICAL BOARD OF OHIO

## CONFIDENTIAL MONITORING PROGRAM FAQ

### ***What is the SMBO Confidential Monitoring Program?***

The Confidential Monitoring Program provides a path for Medical Board licensees and applicants to confidentially receive treatment and support in a non-disciplinary program. The newly expanded Confidential Monitoring Program (formerly the One-bite Program) is now available to all licensees and applicants of the State Medical Board of Ohio who may have issues impacting their health and well-being. This includes:

- Substance use disorders
- Mental health disorders
- Physical conditions
- Other potentially impairing illnesses

### ***Who is eligible to participate in the SMBO's Confidential Monitoring Program?***

All Licensees and applicants of the SMBO.

### ***Will the SMBO know about my participation in the Confidential Monitoring Program?***

No. If a licensee or applicant connects directly with OhioPHP to determine their eligibility, the Medical Board will have no record of the licensee's participation in the program. If a participant is referred to OhioPHP by SMBO as a result of an opened complaint, board staff may be aware of the referral but will take no further action. However, OhioPHP is required by law to report to SMBO any licensee or applicant that fails to meet the terms of their monitoring agreement, presenting a risk to patient safety.

### ***How do I enroll in the Confidential Monitoring Program?***

If you or a colleague needs help, contact OhioPHP. OhioPHP's clinical team will conduct an initial assessment followed by recommendations that may include additional evaluation for burnout, mental health or substance use disorders, individual counseling, and/or any necessary treatment. Once a diagnosis has been made, licensees or applicants may enroll in long-term, therapeutic monitoring through the confidential monitoring program.

### ***Is there a cost associated with the Confidential Monitoring Program?***

Licensees and applicants are not charged for OhioPHP services. OhioPHP has no financial relationship with any outside evaluators or treatment providers. During the monitoring phase, the participant pays directly to their providers and are responsible for any costs associated with toxicology testing (if deemed clinically necessary).

### ***If I receive a diagnosis of a mental health or substance use disorder, what are the requirements to participate in the Confidential Monitoring Program?***

After a diagnosis is made, OhioPHP will make recommendations for further evaluation and treatment as needed. Once those are completed, OhioPHP may also recommend monitoring for 1-5 years. Monitoring agreements may include therapy, group support, toxicology testing, and self-assessments. As long as an individual is compliant with the terms of their monitoring agreement, participation in the Confidential Monitoring Program will remain confidential.

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### ***What role does OhioPHP have in the SMBO Confidential Monitoring Program?***

OhioPHP is an independent nonprofit organization. OhioPHP is approved by the SMBO to provide referrals for community resources and to conduct well-being screenings for the Confidential Monitoring Program. OhioPHP is also the designated monitoring organization administering the Confidential Monitoring Program, which allows for OhioPHP to provide services to SMBO licensees confidentially.

### ***What is therapeutic monitoring?***

Monitoring occurs when an assessment indicates that a healthcare professional is experiencing an illness that could benefit from chronic illness management. Monitoring is a therapeutic and clinical way to support a healthcare professional's well-being to ensure their illness is in remission and they are safe to practice.

A standard monitoring agreement is used as a tool to observe and check the progress of a person's illness and may range from 1-5 years. All monitoring agreements are individualized to best meet the needs of each participant and may include therapy, group support, toxicology testing, self-assessments, and advocacy from OhioPHP in regard to their success and progress.

### ***What is an OhioPHP's comprehensive well-being screening?***

OhioPHP offers a comprehensive well-being screening for healthcare professionals. We utilize a multi-disciplinary team approach to provide recommendations related to burnout, mental health disorders, substance use disorders and others.

Behavioral health screens are currently offered at no charge except for the cost of any toxicology testing. *The average toxicology cost is \$65.00. OhioPHP accepts private pay only. (All major credit cards or payment by check.)*

### ***Can I be disciplined by the SMBO if I am enrolled in the Confidential Monitoring Program?***

The Confidential Monitoring Program is a non-disciplinary program however, participation in the program does not prevent the board from taking action against a licensee that violates additional rules or laws outside of impairing conditions.

### ***If I am concerned a colleague may be suffering from a mental health or substance use disorder, what should I do?***

A licensee or applicant must report to the board any unprofessional, incompetent, unethical, or illegal behavior of a colleague of which the person has knowledge. If a licensee or applicant believes a colleague is suffering from a substance use disorder or physical or mental impairment, they may contact OhioPHP in lieu of making report to the board.

### ***For more information:***

ORC 4731.25, 4731.22, 4731.224, 4731.252, 4731.253  
OAC Chapter 4731-16

### ***Contact Information***

(614) 841-9690  
[info@ohiophp.org](mailto:info@ohiophp.org)  
[www.ohiophp.org](http://www.ohiophp.org)