

OCCUPATIONAL THERAPY, PHYSICAL THERAPY, AND ATHLETIC TRAINERS BOARD SAFE HAVEN PROGRAM FAQ

What is a safe haven program?

A safe haven program is a confidential path for individuals to seek help for burnout, mental health or substance use disorders. Once an individual is referred to the safe haven program, OhioPHP can provide referrals for community resources for stress, burnout, mental health or substance use disorders, individual counseling, legal counsel, and more. OhioPHP also provides comprehensive well-being screens for healthcare professionals, as well as long-term, therapeutic monitoring to observe and check the progress of one's recovery through therapy, group support, toxicology testing, and self-assessments.

What is monitoring?

Monitoring occurs when an assessment indicates that a healthcare professional is experiencing an illness that could benefit from long-term, ongoing, and therapeutic support. 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 included in OhioPHP's comprehensive well-being screens?

OhioPHP offers a comprehensive well-being screen for healthcare professionals. We utilize a multi-disciplinary team approach to provide recommendations related to burnout, mental health disorders, substance use disorders and others. Screens may include any/all of the following:

- Clinical interview(s) with master's level, licensed mental health counselor
- Clinical interview with a Physician
- Maslach Burnout Inventory
- Millon Clinical Multiaxial Inventory - IV
- Beck Anxiety Inventory
- Beck Depression Inventory
- Michigan Alcohol Screening Test
- Substance Abuse Screening Instrument
- Toxicology testing (as necessary)

Well-being screens are currently offered at no charge except for the cost of any toxicology testing. The average toxicology cost is \$70.00. OhioPHP accepts private pay only. (All major credit cards or payment by check.)

Who is eligible to participate in the OTPTAT Board's safe haven program?

Licensees and applicants of the OTPTAT Board.

Will the OTPTAT Board know about my safe haven program participation?

No - OhioPHP will not disclose to the OTPTAT Board the name, or any records associated with a licensee who reached out for community resource referrals, completed a well-being screen, or who may be enrolled in the safe haven program, as long as they are compliant with the terms of their monitoring agreement and OhioPHP has not deemed them a risk to themselves or others.

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How do I enroll in the safe haven program?

If you or a colleague needs help, contact OhioPHP. OhioPHP's clinical team will conduct an initial assessment then will provide 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 may enroll in long-term, therapeutic monitoring through the safe haven program.

Is there a cost associated with the safe haven program?

Participants 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 safe haven 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, safe haven program participation will remain confidential.

What role does OhioPHP have in the safe haven program?

OhioPHP is approved by the OTPTAT Board to provide referrals for community resources and to conduct well-being screens for the safe haven program. OhioPHP is also the designated monitoring organization administering the safe haven program, which allows for OhioPHP to provide services to OTPTAT Board licensees confidentially.

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

A license holder must report to the board any unprofessional, incompetent, unethical, or illegal behavior of a colleague of which the person has knowledge. If a licensee 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:

Safe Haven Program: OAC 4755:2-01

Reporting & Ethics Requirements: OAC 4755-7-08, 4755-27-05, 4755-27-06, 4755-41-01, 4755-41-03, 4755-64-01