



## RESOURCES FOR PHYSICIAN SUPPORT AND WELL-BEING

Asking for help is one of the most difficult and heroic things you can do.

Physicians are a valuable resource to our community and to each other. The current medical environment is challenging to us all from personal, clinical, financial, and spiritual standpoints. Our Physician Support Committee, which takes on the well-being functions for our Medical Staff, is available to assist and consult with physicians at any time. Requests for advice, assistance, or intervention are confidential, and separate from the peer review or disciplinary activities of the Medical Staff. Contact any one of us for confidential, local, doctor-to-doctor help.

### PHYSICIAN SUPPORT COMMITTEE

NAME	OFFICE PHONE
John Prichard, MD, Chair	(805) 642-8600
Cheryl Lambing, MD	(805) 652-6100
Barry Sanchez, MD	(805) 652-6201
Ron Bale, PhD	(805) 652-6524
Linda Gertson, Ph.D.	(805) 981-9221

### CMA PHYSICIANS AND DENTISTS CONFIDENTIAL LINE

Are you a physician or a dentist or their spouse who is trying to live with the following problems?

- Depression/Anxiety/Anger?
- Alcoholism?
- Drug Abuse?
- Severe Stress?

You are not alone. You and your family are important. Asking for help is one of the most difficult and heroic things you can do. The Physicians' and Dentists' Confidential Assistance Line is here to help. This 24-hour phone service provides completely confidential doctor-to-doctor assistance. This service is free and it will not result in any form of disciplinary action or referral to any disciplinary body. Our goal is to help, not to discipline.

650.756.7787 (Northern California)  
213.383.2691 (Southern California)

<http://www.cmanet.org/resources/confidential-assistance/>

### ONLINE RESOURCES FOR PHYSICIANS

In addition to our local committee, there are numerous resources online that are helpful in finding help:

**ePhysicianHealth** (Online physician health resource):

<http://ephysicianhealth.com/>

**AMA Articles on physician health:**

<http://www.ama-assn.org/ama/pub/physician-resources/physician-health/articles-physician-health.page>

**AMA Physician's Guide to Personal Health:**

<http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/healthier-life-steps-program/physicians-personal-health.page>

**British Medical Association physician health website** (questionnaires and self-assessments):

[http://www.bma.org.uk/doctors\\_health/index.jsp](http://www.bma.org.uk/doctors_health/index.jsp)

**Canadian Medical Association Physician Health website** (links to resources and papers):

<http://www.cma.ca/physicianhealth>

**Texas Medical Association** (bibliography of articles on stress management for physicians):

<http://www.texmed.org/Template.aspx?id=4619>

**Institute for the Study of Health and Illness** (Remembering the Heart of Medicine/Finding Meaning in Medicine)

<http://theheartofmedicine.org/home/>

## OTHER RESOURCES FOR PHYSICIAN HEALTH AND WELL-BEING

There are programs set up for assisting distressed and troubled physicians. They can provide classes, coaching, counseling, and in some cases more intensive intervention and help:

### **CENTER FOR PROFESSIONAL HEALTH-VANDERBILT MEDICAL CENTER**

<http://www.mc.vanderbilt.edu/root/vumc.php?site=cph>

1107 Oxford House

1313 21st Avenue South, Nashville, TN 37232

(615) 936-0678

### **THE CENTER FOR PROFESSIONAL WELL-BEING**

<http://www.cpwb.org/default.html>

John-Henry Pfifferling, PhD

21 West Colony Place, Suite 150, Durham, North Carolina; 27705

Tel: (919) 489-9167

### **INNER SOLUTIONS FOR SUCCESS**

[www.innersolutionsforsuccess.com](http://www.innersolutionsforsuccess.com)

Elizabeth Becker, LCSW

P.O. Box 210204, Chula Vista, CA 91921

(619) 421-1668

### **MENNINGER CLINIC-PROFESSIONALS IN CRISIS PROGRAM**

[www.menningerclinic.com](http://www.menningerclinic.com)

Michael Groat, PhD

2801 Gessner Drive, Houston, TX 77080

800-351-9058 / 713-275-5000

### **PROFESSIONAL RENEWAL CENTER**

<http://www.prckansas.org/>

1421 Research Park Drive #3B, Lawrence, KS 66049

(785) 842-9772