



4th Biennial

2019 MPHP Conference:

Professional's Health and Wellness



Thursday, June 13, 2019

8AM to 4PM

Augusta Civic Center, Augusta, Maine



Maine Medical Association

Robert J. Schlager, MD, President | Amy Madden, MD, President-Elect | Karen Saylor, MD, Chair, Board of Directors
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The Maine Medical Education Trust
Is proud to support
The Maine Medical Professionals Health Program
&
We wish you a successful conference!

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Welcome to MPHP's 4th biennial professional's conference.

The Medical Professionals Health Program (MPHP) is a program of the Maine Medical Association that provides monitoring, support, advocacy, and resources to healthcare professionals challenged with substance use, behavioral, and/or mental health issues. The MPHP first began providing services to professionals in Maine in 1987. Since that time, the program has grown in reputation and in services. It is now one of the most comprehensive professional health programs in the country.

The MPHP works cooperatively with six Maine boards of licensure, hospitals, medical staffs, and professional associations to ensure that professionals in need of treatment and services get the help they need. The MPHP is not a treatment program, but our staff assists professionals in locating the resources to better understand the treatment and recovery process, and to implement strategies for return to safe practice.

We hope you enjoy the sessions and conference. We greatly appreciate your feedback so please be sure to fill out and submit the speaker and program evaluation form included in this packet.

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CONFERENCE AGENDA

Thursday, June 13th, 2019 - Augusta Civic Center

Time	Event	Location	Presenter
7:00 - 8:00	Open Meeting	Oxford Room	
7:00 - 7:15	Volunteer Orientation	Civic Center entry (right)	
7:30 - 9:30	Continental Breakfast with Exhibitors	Kennebec Penobscot	
7:15 - 8:15	Registration and Check in	Civic Center entry (right)	
8:00 - 8:15	Welcome and Introduction	Western/Howard/Arnold room	Guy R. Cousins, LCSW, LADC, CCS, MPHP Director and Andy MacLean, Esq., MMA Interim Executive Director
8:15 - 9:00	Toxicology Discussion with Case Studies	Western/Howard/Arnold room	Barry Lubin, MD, Medical Director Affinity eHealth
9:00 - 10:00	Best Practices in Monitoring	Western/Howard/Arnold room	Sally Garhart, MD, Medical Director NH PHP and Maureen Sullivan Dinnan, JD, Executive Director CT HAVEN
10:00 - 10:15	Morning break w Exhibitors *	Kennebec/Penobscot	
10:15 - 11:15	Keynote: The Prescribing of Opioids for the Treatment of Chronic Pain	Western/Howard/Arnold room	Keynote Speaker: Stephen Hull, MD - Medical Director of Medical Pain Management at Mercy Pain Center
11:15 - 12:00	MAT - Medication Assisted Treatment and Recovery Considerations	Western/Howard/Arnold room	Joseph Py, DO, and Guy Cousins, LCSW, LADC, CCS, CS, MPHP Director
12:00 - 12:45	Lunch	Western/Howard/Arnold room	"Chefs choice" with salad bar addition for lunch in the conference room with baked goods and fresh fruit
12:45 - 1:45	Self-Care	Kennebec/Penobscot	Isaac Axtail, L.A.c, Maine Comprehensive Health Institute, Dr. Dan Poole, DO, Pathways Family Chiropractic, and Dr. James LaVallee, D.C., LaVallee Chiropractic.
1:45 - 2:15	Licensing Board Processes	Western/Howard/Arnold room	Licensing Board Representatives
2:15 - 2:30	Afternoon break with exhibitors*	Western/Howard/Arnold room	Break time beverages and snacks will be available in the exhibitor room
2:30 - 3:30	Participant Panel: Voices of Recovery	Western/Howard/Arnold room	MPHP participants speak on their experiences with addiction and recovery
3:30 - 4:00	Closing remarks	Western/Howard/Arnold room	Bob Chagrasulis, MD, MPHP Advisory Committee Chair

Program Committee



The MPHP program is provided peer review by committed members of an Advisory Committee. The members of the committee give freely of their time and expertise and collaborate to further the vision for this program.

Bob Chagrasulis, MD (Chair)

Myra Broadway, BSN, MS, JD (Co-Chair)

Mark Publicker, MD

Bill Sullivan, MD

Bill Nugent, Esq.

Jerr Roberts, DDS, NMD

Paul Rouleau, MSB, BSN, RN

Earl “Bud” Freeman, DO

Kathleen Lees, PA-C

Michelle Kribel, CRNA

Angela Westhoff, MA

Betty Harris, Pharm.D

Jean Woodward, BPharm, Ph.D

Scott Hanson, MD, MPH, FACP

Not listed here, but equally important, are the MPHP staff members who tirelessly worked to create a comprehensive conference program, seeing it to fruition from start to finish. The MPHP staff is dedicated to providing support, outreach, and education for all of Maine’s healthcare workers and stakeholders. The MPHP staff will increase efforts in reaching professionals to ensure that they have the supports needed to navigate difficult times.

Finally, the staff would like to thank all of those who not only participated in this conference, but are committed to assisting professionals who are facing various challenges in their careers and lives.

Speaker Biographies



Stephen Hull, MD, Medical Director of Medical Pain Management at Mercy Pain Center

Dr. Stephen Hull is a graduate of the University of Washington School of Medicine and completed his residency in psychiatry at the University of Minnesota. He has practiced in Portland since 1983 and is currently the Medical Director at The Pain Center at Mercy Hospital and the Co-Director of their Living Life Well Pain Rehabilitation Program. He provided testimony before the Maine Legislature as they developed Public Law Chapter 488, An Act to Prevent Opioid Abuse and Strengthen the Controlled Substances Prescription Monitoring Program, and was a member of the Maine Prescription Monitoring Program Stakeholders Focus Group at the Maine Department of Health and Human Services as they developed rules implementing Public Law Chapter 488. He serves on the AMA Pain Care Task Force.



Joseph Py, DO

Dr. Joseph Py is currently the Medical Director of Healthcare Resource Centers in Portland and Lewiston, Maine. He provides comprehensive MAT for OUD using methadone and buprenorphine. He is certified and trained in Addiction Medicine; practicing AM for the past 29 years. He holds clinical and executive roles and is certified in Family Practice, with additional training in Environmental and Nutritional Medicine, Medical Hypnosis and Physician Executive Leadership. Dr Py is a 1984 graduate of UNE College of Osteopathic Medicine and resides in Portland, Maine.



Guy Cousins, LCSW, LADC, CCS, Director Medical Professionals Health Program

Guy joined the MPHP team in February 2018 and brings with him 36 years of experience in the behavioral Health and education fields. He has served as the Director of the Maine Office of Substance Abuse and Mental Health Services and as a former member of the Board of Alcohol & Drug Counselors. Guy currently is a full time instructor at the University of Maine at Augusta, teaching in the Mental Health and Human Services Program. Guy is involved in coaching high school sports in his spare time.

Panel Speakers

Toxicology Discussion

- Barry Lubin, MD, Medical Director, Affinity eHealth

Best Practices in Monitoring

- Sally Garhart, MD, Medical Director, NH PHP
- Maureen Sullivan Dinnan, JD, Executive Director, CT HAVEN

Self Care

- Isaac Axtell, L.A.c., Maine Comprehensive Health Institute
- Dan Poole, DO, Pathways Family Chiropractic
- James LaVallee, D.C., LaVallee Chiropractic

Board Processes

- Dennis Smith, Esq., Executive Director, Maine Board of Licensure in Medicine
- Kim Esquibel, Ph.D, MSN, RN, Executive Director, Maine State Board of Nursing
- Penny Vaillancourt, Executive Director, Maine Board of Dental Practice

Afternoon Panel: The Many Faces of Addiction

- Virginia Eddy, MD
- Steven Bender, CRNA
- Kristen Sowada, RN

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Toxicology Discussion and Case Study

Barry Lubin, MD, Medical Director, Affinity eHealth

8:15 AM

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Best Practices in Monitoring

Sally Garhart, MD, Medical Director, NH PHP and Maureen
Sullivan Dinnan, JD, Executive Director, CT HAVEN

9:00 AM

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Keynote:

The Prescribing of Opioids for the Treatment of Chronic Pain

Stephen Hull, MD - Medical Director of Medical Pain
Management at Mercy Pain Center

10:15 AM

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Medication Assisted Treatment and Recovery Considerations

Joseph Py, DO, and Guy Cousins, LCSW, LADC,
CCS, CS, MPHP Director

11:15

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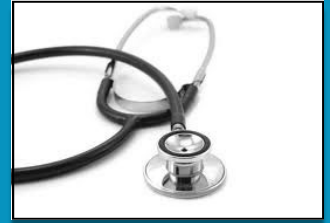


Self-Care

Isaac Axtail, L.A.c, Maine Comprehensive Health
Institute, Dr. Dan Poole, DO, Pathways Family
Chiropractic, and Dr. James LaVallee, D.C., LaVallee
Chiropractic

12:45 PM

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Board Processes

Licensing Board Representatives

1:45 PM

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Participant Panel: Voices of Recovery

MPHP participants speak on their experiences with
addiction and recovery

2:30 PM

Sponsor / Exhibitor Principal Service Descriptions

Thank you to all our generous sponsors and exhibitors!

Maine Medical Education Trust (MMET)

Acadia Healthcare

Unparalleled behavioral health services; all levels of care. Specialized **Licensed Professionals** programs. **Treatment Placements Specialists®**, an initiative of Acadia Healthcare, provide local support.

Affinity e-Health

Affinity eHealth operates SPECTRUM, a multi-dimensional platform to support monitoring and compliance programs. SPECTRUM provides sophisticated, secure and well-supported solutions to empower successful compliance outcomes for public agencies and their participants while ensuring public safety.

Acumen Institute

Our program is designed around personal and professional development as an evolutionary process that takes place over time. Acumen Institute is dedicated to individualizing each client's treatment and professional coaching process. This program meets most state licensure Board and Physician Health Program requirements for professional remediation or skills development action plans. Treatment groups are formed on an ongoing basis.

Caron Treatment Centers

At Caron, being real about addiction and recovery means treating addiction like the chronic disease that it is. That's why we staff more full-time physicians than the rest of the treatment industry and use evidence-based treatment to combat the root causes. Learning to manage your disease is the first step to taking back control of your life.

Granite Recovery

At Granite Recovery Centers we offer individuals a full spectrum of care from medical detoxification and primary residential treatment to extended care and sober living. Based on the needs of the individual, we assist those struggling with addiction create lives free from the grip of alcohol or drug addiction.

Kennebec Behavioral Health

Kennebec Behavioral Health's mission is to promote the well-being of persons who experience mental illness, emotional difficulties or behavioral challenges. KBH offers clinic-based services including medication management and outpatient counseling for mental health, substance use disorder, and co-occurring disorders at five clinic locations in Augusta, Winthrop, Waterville, Farmington and Skowhegan.

McLean Hospital

McLean Hospital offers exceptional care for individuals who are living with substance use disorders and the conditions that often accompany them such as depression, trauma and anxiety. Using evidence-based treatment models, some of which were developed in McLean's alcohol and drug abuse research programs, McLean's Division of Alcohol & Drug Services provides compassionate care through a continuum of services, including short-term inpatient detoxification, 30-day residential care, partial hospital (day) treatment, and individual and group outpatient therapy. McLean also offers Signature Recovery Programs for individuals seeking treatment in a luxury environment. To find out how McLean can help, please call 800.906.9531.

AFFINITY



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BARRY H. LUBIN, MD, MRO,

MEDICAL DIRECTOR
MEDICAL REVIEW OFFICER
NATIONAL MARKETING & SALES MANAGER

Barry.Lubin@affinityehealth.com



Acumen Assessments is a provider of state-of-the-science multidisciplinary, clinical and forensic diagnostic assessments for physician health programs and medical board evaluations



Acumen Institute is a longitudinal, intensive day treatment/coaching program designed to rehabilitate licensees.

REAL ABOUT RECOVERY

At Caron, being real about addiction and recovery means treating addiction like the chronic disease that it is. That's why we staff more full-time physicians than the rest of the treatment industry and use evidence-based treatment to combat the root causes. Learning to manage your disease is the first step to taking back control of your life.



"We have to start looking at addiction as a chronic disease. And it really has to be individualized. We cannot have one treatment for everyone."

Dr. Joseph Garbely, D.O., FASAM
Vice President of Medical Services and Medical Director



Caron.org
800-678-2332



Medical Professionals Health Program



Medical Professionals Health Program
A PROGRAM OF THE MAINE MEDICAL ASSOCIATION
Monitoring - Support - Advocacy - Resources

Assisting medical professionals of Maine by providing confidential and compassionate assistance and advocacy. Our professional staff and committee members help participants with substance use, behavioral, and mental health issues, better understand the treatment and recovery process and help implement strategies for return to safe practice.

If you are a participant in the MPHP and would like a mentor
OR

If you would like to become a mentor for a participant, please visit our website, call or email the MPHP

www.mainemphp.org

mphp@mainemed.com

(207) 623 - 9266

- Physicians—MDs, DOs, PAs
- Dental professionals
- Nursing professionals
- Pharmacy professionals
- Veterinarians
- Students of these professions



TREATMENT PLACEMENT **SPECIALISTS**

AN INITIATIVE OF ACADIA HEALTHCARE



Real People, Real Recovery

"I'm not crazy for feeling this way."

— Darryl
Mental Health Advocate and Participant in
McLean's Deconstructing Stigma Campaign



PUTTING PEOPLE FIRST IN MENTAL HEALTH

Whether it's our residential treatment services or our Deconstructing Stigma awareness campaign, McLean is changing lives and attitudes.

mcleanhospital.org



NAMI Maine offers **HELP & HOPE**

For You. For Me.
For Everyone.

RESOURCES

FOR THOSE AFFECTED BY MENTAL ILLNESS



Help Line

Get connected with a knowledgeable, trained support person who can help you locate the right resources. Call **800-464-5767** toll free from 8am - 4pm.



Training & Education

Evidence-based training for family members, individuals with mental illness, schools, community members, professional staff and clinicians statewide.



Respite Services for Families & Children

Certified respite services for families of children with emotional, behavioral and developmental disabilities.



Support Groups

NAMI's trained volunteers offer support groups statewide for individuals with mental illness and their families, veterans and others.



Resource Materials

On all mental health topics, including the newest research and information available from our outreach partners such as the National Institute of Mental Health.

Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the **1 in 4** Mainers who are affected by mental illness.

Visit www.namimaine.org for more information.



Learn about KBH



Accredited every **3 years**



1 in 5 suffer from a mental illness



170+ towns with residents served by KBH



<13,000 Maine residents served by KBH



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**Special thanks to Elliot Office Products in Farmingdale Maine for providing staff and volunteers with conference t-shirts.*

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Thank you for taking part in the conference. We hope that you had a positive and enlightening experience.

Please remember to turn in your event evaluation.

We appreciate your feedback!

Please visit us on the web at mainemphp.org

20 Pelton Hill Road
P.O. Box 69
Manchester, Maine 04251

(207) 623-9266