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*Mission:*

The Medical Professionals Health Program, a program of the Maine Medical Association, assists medical professionals of Maine by providing confidential and compassionate assistance and advocacy. Our staff and committee members help participants with diagnosed substance use disorders. Although we do not provide evaluation or treatment, we help participants better understand the treatment and recovery process and help implement strategies for return to safe practice.



## MAY IS NATIONAL FITNESS MONTH!

Substance use and abuse is what brings most participants to our program. The desire to be sober and return to work as a medical professional is great motivation for documenting recovery through toxicology testing and monitoring. Through the reports and tests, MPHP gets a glimpse of participant's recovery and well-being. The self reports in particular provide a snapshot of trials faced and the great resiliency within each participant.

Over the years, many have indicated that exercise is an important part of their recovery program, helping them to better address the demands of work and home life. We believe that 'fitness' is a broadly inclusive term that includes health (physical & mental), nutrition and exercise. Over the next year, we will highlight several health related issues that we believe directly and indirectly relate to recovery.

There are so many reasons to become more active and fit – studies show re-

duce risk of cardiovascular disease, type -2 diabetes, certain cancers, lower blood pressure and cholesterol, reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis. Yet, 37% of adults report they are not physically active.

It is recommended that adults engage in 30 to 60 minutes of physical exercise most days of the week. **Note that activity can be broken into smaller segments of 10 or 15 minutes throughout the day.** Below are some suggestions for increasing your activity levels and becoming more active.

- Use care when selecting tools and appliances – use the stairs, push mower and 'hand' kitchen tools.
- Bike or walk when going to visit neighbors and friends.
- Join a league sport (softball, volleyball, swimming, etc)
- Park at the far end of the parking lot.

### For more information, you can visit the following sites:

[www.fitness.gov](http://www.fitness.gov): The President's Council on Physical Fitness and Sports

[www.smallstep.gov](http://www.smallstep.gov): The Department of Health and Human Services offers tips on ways you can incorporate physical activity into your life.

[www.nps.gov](http://www.nps.gov): The National Parks Service: find a trail, campground, lake, or river near you.

[www.americanheart.org](http://www.americanheart.org): The American Heart Association: click on healthy lifestyles and get helpful tips and resources on physical activity and nutrition to maintain good heart health.

[www.acsm.org](http://www.acsm.org): The American College of Sports Medicine: general information on the science of health and safety in sports, physical activity, and fitness participation.

## **GRATITUDE**

*Gratitude unlocks the fullness of life. It turns what we have into enough, and more.*

*It turns denial into acceptance, chaos into order, confusion into clarity...*

*It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events.*

*Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."*

*~ Melodie Beattie ~*

## TOXICOLOGY TESTING FREQUENCY

Toxicology monitoring, whether urine, blood, hair, or nails, is an important part of every MPHP Monitoring Contract. The frequency and random distribution are specifically designed to provide a snapshot in support of participants recovery efforts. The more 'random' the tests, the more representative the samples are believed to be.

One of the most frequent telephone calls that case managers at MPHP receive in the early months of a Monitoring Contract relates to testing frequency. Understandably, tests are expensive and disruptive to work sched-

ules, and no one wants to visit the collections sites more than required. A participant may call and say, "I've already submitted two specimens this month and I was just selected again, why is that?"

The answer is relatively simple, though probably still an irritant. The real strength of this toxicology testing program is the randomness of selections. Professionals call in five days a week and they are randomly selected for specimen



submission by computer. If a participant's Monitoring Contract requires two specimens a month, this means, on average, the professional will be asked to submit two specimens a month.

Understanding the importance of randomness, however, many contracts allow for an extra random or two over the course of the year. This extra test, programmed in at the onset of contracts, is not necessarily indicative of concerns on the part of case managers. Therefore we ask everyone to understand that being given a particular frequency is not a guarantee that an extra selection will not be required in a particular month.

## MPHP 2011 ANNUAL REPORT:

A SUMMARY OF MPHP ACCOMPLISHMENTS IN 2011

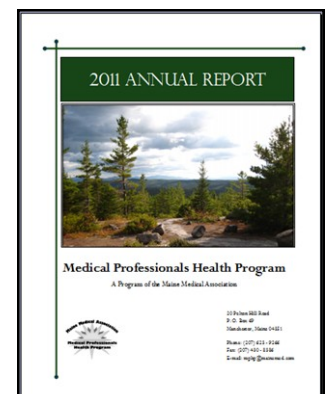
Each year the MPHP takes time to reflect on the program, results of our efforts and success and struggles we experienced in the past year.

The results are featured in our annual report which is shared with each licensing board.

We invite you to also take a few minutes to check out the MPHP

Annual Report. It is now available on the Affinity eHealth and the Maine Medical Association Website. The report summarizes our program's activities, accomplishments, and finances for 2011. This is also an opportunity for us to thank our many supporters including our Staff, committed Advisory Committee, and medical staffs and hos-

pitals who donate so generously each year.



## THERAPY:

### AN ALTERNATIVE APPROACH

Therapy... the place we go to discuss all of our problems and figure out the root cause, right? This is what many of us have experienced, but therapy has evolved. Now your therapist may be able to also help you to achieve your goals.

Goal achievement therapy (also called solutions based therapy) presumes that a client is an expert on their own life. The key to this approach is that, during the course of therapy, there will be a focus on the **future** instead of the **past** – on the **goal** rather than the **problem**.

There are many ways to approach this, but for many, the client starts

with a list of their own personal goals. The therapist and client work to establish the course of “treatment” – a plan for accomplishing the goals and addressing the barriers that might make achieving the goals more difficult. In this form of therapy, it is important to recognize barriers to goal achievement.

Barriers may include:

- past or current drug use
- negative mindset
- resistance to change
- health or psychological conditions
- impending board actions
- geographical limitations

For this to be effective, the client has to be prepared to own the barriers, and be prepared to make a change. And don’t be afraid to “dream big”. If goals are large, break them down into smaller, more manageable goals - make bigger goals into a 1-year, 5-year, or even a 10-year plan.

So, when it feels like you’ve addressed your substance use issues with your therapist and are struggling to see the value in continuing with this ongoing contract requirement, consider asking your therapist to assist or coach you through the unfolding developments of your career or personal life.

~  
*I tried to catch some fog,  
but I mist.*

~  
*I stayed up all night  
to see where  
the sun went. Then it  
dawned on me.*

## THINGS WE LEARN FROM OUR PETS

As we get to know many of you, we’ve learned over the years that many of you are pet lovers and have pets of your own. The animals in our lives teach us so much about life and enjoying the moment. This website slideshow (link below) highlights the lessons our pets share with us daily - the importance of exercise, cultivating friendships, taking naps, being silly, not holding grudges, playing, and eating fish!

<http://pets.webmd.com/ss/slideshow-things-you-learn-from-your-pet>







### Medical Professionals Health Program

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### Medical Professionals Health Program

#### Helping:

- Dentist
- Denturists
- Hygienists
- Nurses
- Pharmacists
- Physicians
- Physician Assistants
- Veterinarians

#### Supported by:

- Maine Professional Licensing Boards
- Maine Hospitals and Medical Staffs
- Medical Malpractice Carriers of Maine
- Individual contributions

## HEALTH AND WELLNESS

### ADDITIONAL WEB RESOURCES

There is a wealth of information on the web that can be helpful. We've taken some time to review a few sites and we thought these contain some helpful information. (Cautionary note: Be wise about purchasing products from any site.)

**Substance Abuse & Mental Health Websites** - internet sites featuring information and publications on a variety of health related topics.

- <http://www.samhsa.gov>
- <http://store.samhsa.gov/shin/content//SMA-3718/SMA-3718.pdf>
- [www.newliferecovery.net](http://www.newliferecovery.net)
- <http://www.masap.org/site/default.asp>

**Treatment Programs** - offering written materials on recovery, web book groups, 12-step meetings, and seminars, etc

**Insurance Providers** – Offers information on health and wellness, managing your health, health quizzes, work and life balance, and newsletters on a variety of topics.

- [www.harvardpilgrim.org/portal/page?\\_pageid=213,38308&\\_dad=portal&\\_schema=PORTAL](http://www.harvardpilgrim.org/portal/page?_pageid=213,38308&_dad=portal&_schema=PORTAL)
- <http://www.anthem.com/health-insurance/health-and-wellness/hw-overview#>
- <http://www.aetna.com/health-wellness/behavioral-mental-health.html>

## RELATED RESOURCES:

### Upcoming Events & Seminars:

**AA Sober Dance** – May 12 from 7pm to 11pm. Kittery Dance Hall on Walker Street. A live band will play from 7-9 followed by a D.J. All are invited. (\$10 suggested donation)

**Intensive in Intra-personal Mindfulness Friday**, June 1, 6-9:30pm and Saturday, June 2, 8:30am-3:30pm Limited to 25 nurses and physicians working within the MMC system. For more information contact [dreheg@mmc.org](mailto:dreheg@mmc.org)

**University of Utah School on Alcoholism and other Drug Dependencies**, June 17 to 22, 2012

**2012 AMA-CMA-BMA International Conference on Physician Health**, October 25-27, 2012, Montreal, Canada

### Online Resources & Recovery Sites:

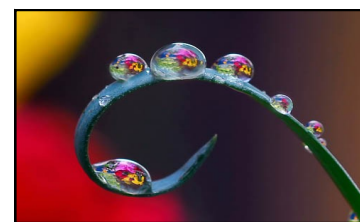
**Alcoholics Anonymous** - [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

**Alateen** - [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**Narcotics Anonymous** - [www.na.org](http://www.na.org)

**National Council on Alcoholism and Drug Dependence** - <http://ncadd.org>

**American Council for Drug Education** - [www.acde.org](http://www.acde.org)  
[www.drugabuse.gov](http://www.drugabuse.gov)



### Key Dates:

**Monitor and Self Reports:** due end of the month - no later than the 10th of the month.

### Caduceus Groups:

**Monday ~**  
Bangor: 7:00pm, Acadia Hospital

**Wednesday ~**  
Portland: 7:15pm, Mercy Hosp.  
Bangor: 7:00pm, Acadia Hosp.

**Thursday ~**  
Calais: 7:00pm, 37 Palmer St.  
Lewiston: 7:15pm, St. Mary's Hospital  
Manchester: 7:00pm, Community Church  
Presque Isle: 7:30pm, AMC