Dear Friends,

This Annual Report celebrates WPHP’s 2019 accomplishments and honors our partners. While the work we do is complex, it is based on a simple and highly effective model deployed with accountability, consistency, and excellence. WPHP works — the health professionals we support, as well as their families, patients, and communities, all benefit from our efforts. None of this would be possible without the support of the licensees whose surcharges underwrite our work; the courageous compassion of those who reach out to us each year on behalf of themselves or a peer; the collaboration among the employers, organizations, professional associations, Boards and Commissions with whom we partner; and the dedication of our volunteer Board of Directors to guide our mission. Thank you!

OUR MISSION

The mission of Washington Physicians Health Program is to facilitate the rehabilitation of health-care professionals who have physical or mental conditions that could compromise patient safety and to monitor their recovery.

“WPHP has made all the difference and given me my life back.”

- WPHP PARTICIPANT

HEALTHY DOCTORS = BETTER CARE

• Decreased medical errors
• Increased patient satisfaction
• Better treatment recommendations and increased treatment adherence
• Lower malpractice risk
• Better treatment outcomes such as post-hospital discharge recovery times

Chris Bundy, MD, MPH
EXECUTIVE MEDICAL DIRECTOR

Sheldon Cooper
EXECUTIVE DIRECTOR
WHAT IS WPHP’S PURPOSE?
• Protect the patients of Washington
• Promote early detection of treatable diseases
• Rehabilitate health-care providers
• Keep safe and healthy professionals in practice

WHAT DOES WPHP HELP WITH?
• Behavioral health: mood, anxiety disorders, etc.
• Substance use problems
• Cognitive and neurological conditions
• Burnout
• ANY health condition

WHO WE SERVE
Allopathic, Osteopathic, and Podiatric Physicians, Physician Assistants, Dentists, and Veterinarians, residents and the students and families of these disciplines

HELP NOT DISCIPLINE
WPHP is a confidential, therapeutic alternative to discipline.

93% of participants receive help without ever being known to their licensing board.

WPHP PARTICIPANTS BY LOCATION

Washington:
BELLEVUE          2
BELLINGHAM        4
BONNEY LAKE       1
BOTHELL           2
CAMAS             1
CARLSBORG         1
CENTRALIA         1
CLYDE HILL        1
COLLEGE PLACE     1
EDGEWOOD          1
EDMONDS           2
ELLENSBURG        1
EPHRATA           1
EVERETT           4
FREELAND          1
GIG HARBOR        6
GRANDVIEW         1
ISSAQAH           1
KIRKINWICK        5
LAKESIDE          1
LIBERTY LAKE      1
LYNNWOOD          1
MARYSVILLE        1
MEDINA            1
MERCER ISLAND     3
MOSES LAKE        1
MT. VERNON        1
MUKILTEO          1
NEAH BAY          1
NEW CASTLE        1
OLYMPIA           4
PORT TOWNESEND    1
PUYALLUP          3
REDMOND           2
RENTON            2
RICHLAND          3
SAMIYAMA          1
SEATTLE           33
SEQUIM            1
SHELTON           1
SHORELINE         1
SPANAWAY          1
SPOKANE           1
STEILACOOM        10
TACOMA            8
TUMWATER          1
VANCOUVER         2
WOODINVILLE       3
YAKIMA            3
UNKNOWN           1

Out of State:
ALASKA            2
CALIFORNIA        3
COLORADO          1
FLORIDA           1
GEORGIA           1
IDAHO             5
ILLINOIS          1
MONTANA           1
NORTH CAROLINA    1
NORTH DAKOTA      1
NEBRASKA          1
NEW MEXICO        1
OREGON            5
RHODE ISLAND      1
TEXAS             2
VIRGINIA          1
WYOMING           1

Individuals referred to WPHP in 2019:
162

Met with WPHP:
70% of those referred came in:
113

Joined WPHP:
44% of those referred signed agreements:
72

Over 1/2 of referrals are cleared, concerns are put to rest.
**WPHP WORKS**  Benefits extend beyond addressing the impairing illness.

**WITH HELP FROM WPHP, PARTICIPANTS REPORT**

- **35%** Improved charting and received fewer complaints
- **50%** Better boundaries at work and decreased marital conflict
- **75%** Better work satisfaction and improved lifestyle choices
- **40%** Reported decreased absenteeism
- **70%** Less burnout, less stress at work and less anxious at work
- **80%** Improved relationships, less stressful personal life, improved health overall, better work/life balance and less irritability

*Statistic indicates the proportion of WPHP participants reporting improvements they attribute to the program.*

**WPHP REDUCES BURNOUT**

- **90%** Working in their field at program completion
- **80%** Substance Use Disorder participants relapse-free at 5 years
- **80%** Describe their WPHP experience as extremely useful or life-saving

**NATIONAL AVERAGE**

- **54%** Continuing education presentations
- **15%** Newsletter and article contributions

**WPHP PARTICIPANTS**

- **75%** Better work satisfaction and improved lifestyle choices

**Nationally, 54% of physicians experience burnout while only 15% of WPHP participants do.**

"From the start, the professionals at WPHP were empathetic and reassuring. I felt their support. They emphasized they were there for me and were available. My options were clarified, and they honored the highest standards of wanting me to succeed and ensuring that my care of patients would not be compromised."

— WPHP PARTICIPANT

**EDUCATION & OUTREACH IN 2019**

- **57** Hours of educational presentations
- **2489** Professionals reached through presentations
- **74** Outreach contacts

NOW SCHEDULING EVENTS FOR 2021 – 2022!

- Continuing education presentations
- Newsletter and article contributions
- Outreach and consultation for health-care organizations
- Collaboration with professional organizations
- Local, regional, and national leadership service, and expertise
DONATIONS SUPPORT
FINANCIAL ASSISTANCE

On the strength of philanthropic contributions from many individuals and organizations, WPHP provided $26,415 in grants to participants in need during 2019. These contributions supported 34 participants to access evaluations and treatment, as well as our Annual Reunion and ongoing WPHP services. We are deeply grateful to our donors for this support.