



WASHINGTON  
PHYSICIANS  
HEALTH PROGRAM

A wide-angle photograph of the Seattle skyline at dusk, viewed from across a body of water. The city lights are visible against the twilight sky, and the Space Needle stands out on the left. In the foreground, dark, jagged rocks are partially submerged in the water.

# 2019

# ANNUAL REPORT





## A MESSAGE FROM THE DIRECTORS

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!

Chris Bundy, MD, MPH  
EXECUTIVE MEDICAL DIRECTOR

Sheldon Cooper  
EXECUTIVE DIRECTOR

## 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

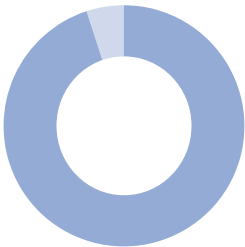


# HELP NOT DISCIPLINE

WPHP is a confidential, therapeutic alternative to discipline.

93%

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



## 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

162

Individuals referred to WPHP in 2019

113

Met with WPHP  
70% of those referred came in

72

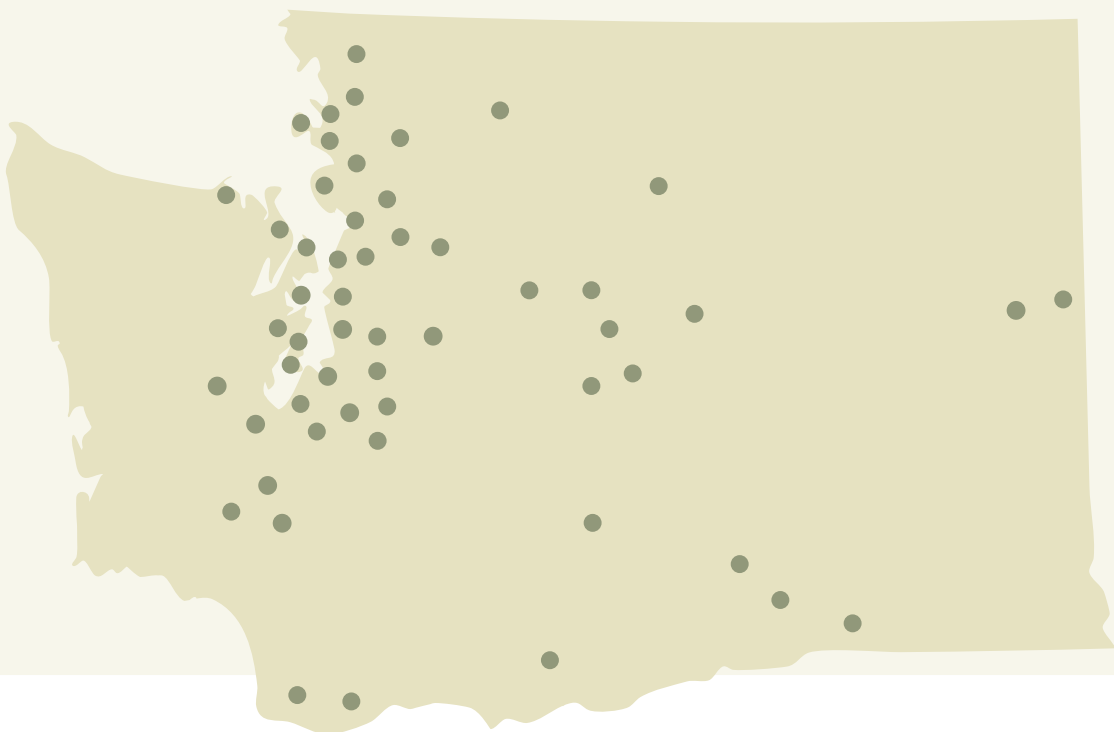
Joined WPHP  
44% of those referred signed agreements

Over 1/2 of referrals are cleared, concerns are put to rest

## WPHP PARTICIPANTS BY LOCATION

### Washington:

BELLEVUE	2	EVERETT	4	MT. VERNON	1
BELLINGHAM	4	FREELAND	1	MUKILTEO	1
BONNEY LAKE	1	GIG HARBOR	6	NEAH BAY	1
BOTHELL	2	GRANDVIEW	1	NEWCASTLE	1
CAMAS	1	ISSAQUAH	1	OLYMPIA	4
CARLSBORG	1	KENNEWICK	5	PORT TOWNSEND	1
CENTRALIA	1	LAKEWOOD	1	PUYALLUP	3
CLYDE HILL	1	LIBERTY LAKE	1	REDMOND	2
COLLEGE PLACE	1	LYNNWOOD	1	RENTON	2
EDGEWOOD	1	MARYSVILLE	1	RICHLAND	3
EDMONDS	2	MEDINA	1	SAMMAMISH	1
ELLENSBURG	1	MERCER ISLAND	3	SEATTLE	33
EPHRATA	1	MOSES LAKE	1	SEQUIM	1



SHELTON	1
SHORELINE	1
SPANAWAY	1
SPOKANE	10
STEILACOOM	1
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



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

54%

NATIONAL AVERAGE



15%

WPHP PARTICIPANTS



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

PARTNERSHIP = STRENGTH

EDUCATION & OUTREACH IN 2019

57

Hours of educational presentations

2489

Professionals reached through presentations

74

Outreach contacts

- Continuing education presentations
- Professional student and trainee education
- Collaboration with professional organizations
- Newsletter and article contributions
- Outreach and consultation for health-care organizations
- Local, regional, and national leadership service, and expertise

NOW SCHEDULING EVENTS FOR 2021 - 2022!

“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

## WPHP BOARD OF DIRECTORS

Edward Walker, MD, MHA

Lon M. Hatfield, MD, PhD

Paris Kallas, JD

Thomas J. Curry

Rob Benedetti, MD

Mary Collins Murphy, RN

Brad McPhee, DDS

Tom Miller, MD

Kristin Kenny

Antonio Pedroza, MD

Brenda Suiter, MHA

Matt Layton, MD, PhD

John Wynn, MD, DFAPA

Lyle Larson, PA-C, PhD



WASHINGTON  
PHYSICIANS  
HEALTH PROGRAM

1200 6TH AVE, SUITE 850  
SEATTLE, WA 98101

**PHONE:** (206) 583-0127  
**TOLL-FREE:** (800) 552-7236

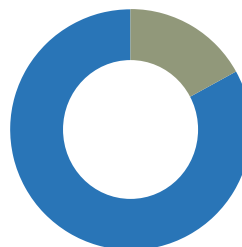
**WPHP.ORG**

CONNECT WITH US:



# 2019

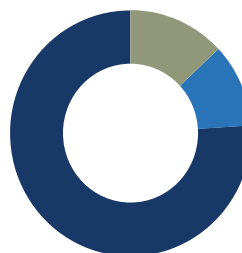
## FINANCIAL SNAPSHOT



### FUNCTIONAL EXPENSES

**17%** MANAGEMENT & GENERAL

**83%** PROGRAM SERVICES



### REVENUE RESOURCES

**13%** PARTICIPANT FEES

**11%** DONATIONS & OTHER

**76%** LICENSE SURCHARGES

### 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.