

New PHP Program – Small but Mighty

We admit that we were devastated when the Missouri State Medical Association (MSMA) announced to us that they were closing the Missouri Physicians Health Program (MPHP). We were sad but did not give up hope.

As colleagues, active participants, released participants, service providers, FSPHP members, and others responded to the closure with so much positive feedback and words of kindness about our work, we realized how much we loved what we did and didn't want to stop. We knew the MSMA had made plans for the University of Missouri Physician and Health Professionals Wellness Program to step in and monitor our active participants. Knowing our participants were being taken care of and that service to them would not be interrupted was a great relief for us.

We asked our St. Louis participants, service providers, and colleagues for their advice about opening our own nonprofit corporation so we can continue monitoring St. Louis regional healthcare professionals. Their response was extremely positive. Our next step was to present our business plan to the Missouri Board of Healing Arts and ask to be listed as an approved service provider. They approved our program, contingent upon revisiting our progress in July of 2025.

The way things have been going, we are looking forward to that meeting. We incorporated on December 26th, 2024 as STL-Professionals Health Program (STL-PHP). Today, we have over 25 participants, incoming donations, and pledged donations. An outstanding Board of Directors, including a Medical Director. We recently passed our by-laws and our pro bono website is almost ready to launch.

WHAT IS THE STL-PROFESSIONALS HEALTH PROGRAM?

The STL-PHP is a confidential and voluntary resource dedicated to assisting healthcare professionals facing impairing or potentially impairing conditions. Our goal is to provide early intervention and evaluation, offering the best chance for successful recovery while ensuring the highest standards of patient safety.

WHO WE HELP

STL-PHP helps St. Louis-based healthcare professionals suffering from

- Mental Illness
- Emotional disorders
- Behavioral disorders
- Substance abuse
- Boundary violations
- Cognitive concerns

OUR PROGRAM SERVICES

Screening

The first step is a confidential, no-cost consultation. An informal screening is done to determine the best course of action for the individual.

Advocacy

One of the most beneficial roles of the STL-PHP is advocacy. We will advocate and act as a liaison on the healthcare professional's behalf with the employers, state monitoring programs, the Board of Healing Arts, and other entities. We are independent of licensure agencies, but we do have a strong working relationship with them. STL-PHP is strictly confidential; any disclosure by the STL-PHP requires the participants' written permission.

Monitoring

The STL-PHP provides ongoing support through monitoring to ensure the participant is improving their health and well-being. Monitoring occurs when an assessment indicates that a healthcare professional is experiencing an illness that could benefit from long-term, ongoing, and therapeutic support. The STL-PHP provides oversight of treatment aftercare recommendations, which is critical to the participant's success. Standard monitoring length can be from one to five year period and is dependent upon individual needs.

Prioritizing healthcare professionals' health and well-being is essential to maintaining the health and well-being of their patients. Our voluntary program ensures that healthcare professionals struggling with their mental, emotional, and physical health have access to the support and services they need.

Let the STL-PHP guide the first steps to recovery for you, a loved one, or a colleague

Confidential calls can be made to Mary Fahey at 314-578-9574 or Kay O'Shea at 314-753-0075

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www.stl-php.org (available soon)

