



NC PROFESSIONALS HEALTH PROGRAM

**ENCOURAGING THE WELL-BEING AND  
RECOVERY OF MEDICAL PROFESSIONALS  
THROUGH COMPASSION, SUPPORT,  
ACCOUNTABILITY AND ADVOCACY.**



**Let us help take care of you  
so you can help take care of patients!**



## **NCPHP OFFERS**

- Confidential program participation
- Free screening interviews for licensees or registrants of the NCMB, NCBOP, or NCVMB
- Comprehensive monitoring
- Compassionate support
- Evidence-based advocacy

## **FINANCIAL ASSISTANCE**

Treatment scholarship funds are available for licensees of the NCMB and the NCBOP to help defray some of the costs associated with assessment or treatment. In addition, the Michael Wilkerson Family Assistance Fund provides financial support for family members (of licensees of NCMB, NCBOP, or NCVMB) who would like to participate in the treatment process, but lack the necessary funds to do so.

## **REFERRALS**

Traditionally, about half of NCPHP's referrals come from hospitals, colleagues, medical practices, friends and family, or even the provider themselves. The remainder come from licensure boards. Due to the sensitive nature of our work, all NCPHP services are provided under the strictest anonymity and confidentiality afforded by the law.

## **SUPPORT**

NCPHP is supported by the North Carolina Medical Board, North Carolina Medical Society, North Carolina Academy of Physician Assistants, North Carolina Healthcare Association, North Carolina Board of Pharmacy, North Carolina Veterinary Medical Board, and North Carolina Veterinary Medical Association.



## NCPHP IS HERE TO HELP!

We assist medical providers with the following issues:

- Substance use disorders
- Mental health issues, such as depression or anxiety
- Job-related burnout
- Communication issues
- Boundary issues

NCPHP has been helping medical professionals for over 30 years. Our knowledge and expertise enables NCPHP to advocate for participants to their employers, partners, hospitals, insurance panels, and licensure boards (NCMB, NCBOP, or NCVMB). Our goal is to help NCPHP participants develop and maintain a healthy and recovery-focused lifestyle that supports their safe return to practice.

We are the only North Carolina organization that provides access to non-disciplinary and confidential programs for identification, intervention, and rehabilitation of potentially impairing issues for licensees of the NCMB, NCBOP or NCVMB.

---

*“...I finally hit bottom and asked for help...”*

---

## HOW TO RECOGNIZE WHEN TO CONTACT NCPHP

### SIGNS AND SYMPTOMS OF SUBSTANCE USE DISORDERS

Have you noticed any of these warning signs in yourself or a colleague?

- Withdrawing from friends and activities
- Becoming anxious, mistrusting, depressed, irritable
- Neglecting personal hygiene
- Looking tired, experiencing insomnia
- Self-treating physical problems
- Working at unusual hours
- Difficult to reach when on call, avoiding patients
- Poor record keeping

---

*“I am able...to comprehend the word serenity...”*

---

### SIGNS AND SYMPTOMS OF DEPRESSION

Have you noticed any of these warning signs in yourself or a colleague?

- Having difficulty sleeping
- Having trouble concentrating
- Being tired for no reason
- Feeling down or sad for no reason
- Crying for little or no reason
- Losing interest in formerly important activities
- Feeling hopeless in regards to life
- Thinking of self-harm or suicide

### SIGNS AND SYMPTOMS OF WORK-RELATED BURNOUT

Have you noticed any of these warning signs in yourself or a colleague?

- Feeling tired and drained most of the time
- Changes in appetite or sleep habits
- Feeling helpless, trapped, and defeated in the workplace
- Increasingly cynical and negative outlook on work
- Procrastinating, losing motivation on the job
- Decreasing work satisfaction and sense of accomplishment
- Withdrawing from responsibilities, skipping work or coming in late and leaving early
- Using food, drugs, or alcohol to cope

Note: These may be symptoms of other conditions as well.

---

*“...empowering and encouraging one to grow.”*

---

Substance use and mental health disorders impact more than just the person suffering. There is a ripple effect that permeates through every facet of that person's life. Spouses, children, colleagues, partners, and even patients can all suffer negative consequences. People suffering from substance use or mental health issues or burnout feel alone and believe they are only hurting themselves. This is simply not the case.

## TESTIMONIAL OF A PAST NCPHP PARTICIPANT

*“I did not graduate most outstanding student of my class with the endeavor of becoming an alcoholic and an addict. As time went on, I perceived myself entitled to practice medicine until I was no longer able to practice medicine. When I finally hit bottom and asked for help, the NCPHP was there to assist me where few others were willing or able to do so.*

*Having experienced several PHP programs, I can honestly say that the NCPHP is one of the most empathetic and understanding in advocating for the recovery and reentry into the practice of medicine of its clients. Their approach to client monitoring is unique with regard to personal accountability while at the same time empowering and encouraging one to grow. My life today far exceeds what I could have imagined when I first entered recovery. I'm working in a thriving practice with wonderful staff and patients. I am a loving and engaging husband and father.*

*Today as a result of the help of the NCPHP, their encouragement and advocacy as well as a solid 12-step program, I am able to be a healthy and productive provider, and most importantly of all, to comprehend the word serenity and finally experience peace.”*



**NC PROFESSIONALS HEALTH PROGRAM**

220 Horizon Drive, Suite 201  
Raleigh, NC 27615  
919-870-4480  
919-870-4484 (fax)

[www.NCPHP.org](http://www.NCPHP.org)