



*A confidential and supportive resource for licensees of the State Medical Board of Ohio*

## **CONFIDENTIAL MONITORING PROGRAM**

*A confidential path* to seek help for burnout, mental health substance use disorders, or other impairing conditions.

*A safe space* for early intervention before patient safety becomes a concern

*A therapeutic alternative* to regulatory awareness for illnesses such as mental health or substance use disorders

### **What is the confidential monitoring program?**

The Confidential Monitoring Program (CMP) provides a path for licensees and applicants to confidentially receive treatment and support in a non-disciplinary program. CMP (formerly the One-bite Program) is available to all licensees and applicants of the State Medical Board of Ohio who may have issues impacting their health and well-being. This includes:

- Substance use disorders
- Mental health disorders
- Physical conditions
- Other potentially impairing illnesses

### **Who is eligible for participation in the Confidential Monitoring Program?**

- Physician (MD/DO/DPM)
- Resident Physicians
- Physician Assistant
- Respiratory Care Professional
- Anesthesiologist Assistant
- Dietician
- Acupuncturist
- Radiologist Assistant
- Genetic Counselor
- Massage Therapist

### **How does a SMBO licensee or applicant access CMP?**

If you or someone you know needs support for a mental health disorder, substance use disorder or another potentially impairing condition, you can connect directly with the Ohio Professionals Health Program to access screenings, assessments or referrals to treatment if deemed necessary.

### **What services are offered?**

- Well-being Screenings
- Referral for treatment or support
- Chronic illness management through therapeutic monitoring

### **Who administers the confidential monitoring program?**

OhioPHP is the designated monitoring organization for the SMBO. OhioPHP protects the confidentiality of program participants and referral sources to the fullest extent allowed by law.

*If you or a colleague needs help, contact OhioPHP.*

✉ [info@ohiophp.org](mailto:info@ohiophp.org) ☎ 614-841-9690 🌐 [ohiophp.org](http://ohiophp.org)



## FAQ

### Will the SMBO know about my participation in the Confidential Monitoring Program?

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*If a licensee or applicant connects directly with OhioPHP to determine their eligibility, the Medical Board will have no record of the licensee's participation in the program. If a participant is referred to OhioPHP by SMBO as a result of an opened complaint, board staff may be aware of the referral but will take no further action. However, OhioPHP is required by law to report to SMBO any licensee that fails to meet the terms of their monitoring agreement, presenting a risk to patient safety.*

### Is there a cost associated with the Confidential Monitoring Program?

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*OhioPHP has a sliding-scale structure for its fees. This ensures that we can continue to provide high-quality support while accommodating the diverse needs of our community. The sliding scale is designed to make our services accessible to all, regardless of financial circumstances. For more information, visit [ohiophp.org/fees](https://ohiophp.org/fees)*

### If I am concerned a colleague may be suffering from a mental health or substance use disorder, what should I do?

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*A license holder must report to the board any unprofessional, incompetent, unethical, or illegal behavior of a colleague of which the person has knowledge. If a licensee believes a colleague is suffering from a substance use disorder or physical or mental impairment, they may contact OhioPHP in lieu of making a report to the board. For more information about the board's duty to report requirements, visit <https://med.ohio.gov/for-licensees/duty-to-report>.*

*Program Adheres to:*

*ORC 4731.25, 4731.22, 4731.224, 4731.252, 4731.253  
OAC Chapter 4731-16*

***If you or a colleague needs help, contact OhioPHP.***

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