

TAKE CARE OF
YOUR PATIENTS
BY TAKING CARE
OF YOURSELF



THE LEXINGTON MEDICAL SOCIETY PHYSICIAN WELLNESS PROGRAM

TAKE CARE OF YOUR PATIENTS BY TAKING CARE OF YOURSELF

The Physician Wellness Program (PWP) was originally designed as a safe harbor for physicians to address normal life difficulties in a confidential and professional environment.

WHY WAS THIS PROGRAM CREATED?

Being a physician or trainee isn't easy. Difficulties with the current health care and learning delivery systems, maintaining a healthy work/life/family balance, and dealing with the normal stresses of everyday life can take their toll.

We serve many times as counselors to our patients who turn to us for guidance. Who do we turn to when we need to talk through an issue or get some coaching for how to handle stress in our life? Too often the answer is "no one," and that is regrettable because it is imperative that we be as healthy as possible in our role as health care providers and current trainees.

We deserve to function at our best in all areas of our life. By addressing areas of difficulty, we can decrease our stress levels and increase our levels of resilience.

Some examples of those difficulties include:

- Family issues
- Relationship problems
- Work-related difficulties
- Alcohol/drug abuse
- Depression & anxiety
- Difficulty managing stress
- Mood swings
- Suicidal thoughts

How PWP Works

We have contracted our program with The Woodland Group. The Woodland Group will provide counseling to active physician members of the Lexington Medical Society and now University of Kentucky College of Medicine residents, fellows, medical students, graduate students, and postdoctoral fellows. The Woodland Group also provides telephonic or video counseling to UK College of Medicine trainees located outside of Lexington, Kentucky. Non-emergency sessions will be scheduled during regular business hours. Emergency sessions can be scheduled on a 24-hour, 7 days-a-week basis.

Seven licensed psychologists make up the Woodland Group and have been vetted by LMS. Steven Smith, Ph.D. and Sandra Hough, Ph.D. are our program coordinators and will serve as points of contact to access PWP. The Woodland Group will maintain a confidential file for each physician and trainee, but no insurance will be billed and LMS will not be given any information about those who utilize the program. As such, this program is completely confidential which is crucial to its success. LMS will pay The Woodland Group a monthly bill based on the number of sessions provided. The Woodland Group will verify LMS membership from the physician finder on the LMS webpage.

TO MAKE YOUR APPOINTMENT

- 1) Call the confidential hotline at 1-800-350-6438 and leave a message in either Dr. Smith's or Dr. Hough's voice mailbox.
- 2) They will call you back to schedule an appointment. It's that simple!

PWP Benefits

8 free sessions each calendar year

Complete confidentiality

Easy access

Convenient location (535 W. 2nd Street, Suite 207) 24/7 availability