As COVID cases spike again, health care professionals continue to experience unprecedented levels of stress, trauma, anxiety, depression, and the potential for substance abuse. Many are afraid to seek help because of the stigma around mental health treatment and of the possibility for professional and reputational damage.

Learn from national experts in the field of physician well being:

• How to identify the warning signs of burnout and substance abuse in your colleagues

• Methods of reducing the risk and stigma for seeking help

• How integrating virtual health care coaching and recovery coaching is a new, non-threatening and effective way to treat these conditions

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Sponsored by: The Freedom Institute, New York’s leading non-profit outpatient treatment, and its Veritus program, designed especially for the needs of physicians and health care professionals.
Dr. Michel Sucher is recognized as a pioneer and nationally recognized industry expert in alcohol and drug monitoring and after care programs, particularly for physicians and health care professionals. He is the medical director of the monitored aftercare programs for the Arizona Medical Board, the Arizona State Board of Dental Examiners and the State Bar of Arizona, as well as President of the California Physicians Health program. He also recently served as the acting medical director of the Division of Behavioral Health at the Department of Health Services, State of Arizona, and as the chief medical director for Community Bridges, a substance abuse and mental health treatment program. He has been the in-house behavioral health consultant for many of the largest law firms in the country.

Trained as an emergency physician, Dr. Sucher served as emergency department director for two hospital facilities. He is a Fellow of the American College of Emergency Physicians and a Fellow of the American Society of Addiction Medicine.

Andrew Lawson, MD, FACEP, BCC, CPCC

Dr. Lawson is a Stanford-trained, board certified emergency room physician and a professionally trained, certified, and accredited physician coach and consultant. As a physician, he understands the current problems, struggles and frustration that only a 20-year veteran of a high volume, high pressure regional trauma and medical center ER doctor can know. Combining his past experience with his present practice of medicine and coaching, he is uniquely qualified to help health care professionals through any experience they may be facing.

Dr. Lawson is a partner and practicing emergency physician at Mission Hospital Regional Trauma & Medical Center, a member of the Physician Wellness Committee and the Quality and Research Committee. He was recognized for the last three years as a physician of excellence by his local medical society and holds numerous coaching certifications with special training and emphasis on physician coaching.

Jacqueline Moline, M.D.

Jacqueline Moline, M.D., Vice President, Occupational Medicine, Epidemiology and Prevention, Northwell Health, chairs the physician group’s Physician Wellbeing Committee and collaborates with Northwell Health leadership to develop initiatives aimed at promoting and engaging health and wellness for Northwell’s workforce.

As the COVID-19 crisis exploded in New York City, she and her colleagues quickly ramped up support for staff by adding or expanding services such as embedding psychiatrists in departments for on-demand counseling, peer-to-peer communication opportunities including physician led calls to all employed physicians to “check in”, meditation rooms, a “psychological first aid” program, opportunities to debrief over difficult situations, and even developing affinity groups of people with like-minded interests to foster social engagement. The goal was for staff to always have someone to go to when they needed to talk or needed help.