Federation of State Physician Health Programs

Better Together

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***DRAFT*** **CENTRAL REGION MEMBER MEETING AGENDA**
**Monday, November 30, 2026**
**9am – 1pm Eastern; 8am - 12pm Central; 7am - 11am Mountain; 6am - 10am Pacific**

**FSPHP Regional Member Meetings are open to all member types.**

**AGENDA IS IN CENTRAL TIME ZONE & IS SUBJECT TO CHANGE**

**8:00AM** **Welcome and Introductions**
*Facilitated by FSPHP Regional Directors: Becky Carlson, LMHC & Kay O'Shea, MAC, CADC, CTP*
Welcome New Members & Introductions
Review of the agenda
- A word from our Educational Sponsors:

**8:30AM** **FSPHP Spotlight: National Priorities Shaping the Region**
*FSPHP President: Edwin Kim, MD, FAPA, MRO*
*FSPHP Executive Director & CEO: Linda Bresnahan, MS*

**9:00AM** **Round Robin: Top Challenges and Emerging Priorities**
*Facilitated by Kay O'Shea, MAC, CADC, CTP*
In this round robin, each member program or organization will briefly share one top challenge or emerging priority impacting their work. Possible areas to address include **operational or workflow challenges**, **workforce and staffing issues**, **evolving regulatory or compliance requirements**, **participant engagement**, **education and training gaps**, **emerging clinical and behavioral health trends** or a **topic of your choice**.

This session is designed to identify shared concerns and highlight opportunities for collaboration, peer support, and better understand where challenges and support needs may exist across the group.

To ensure everyone has an opportunity to contribute, we will move around the group so that each program/organization has a chance to speak once before anyone speaks a second time.
*Each participant will have approximately **2–3 minutes** to speak. This timeframe may be shortened or extended depending on attendance and the overall flow of the discussion.*

*If time permits, after the initial sharing, we will take some time to explore possible approaches and solutions together. This may include highlighting what has worked in other settings, brainstorming options, or identifying areas for future collaboration.*

**9:50AM** **Managing Complex Mental Health Cases in PHPs: Interactive Case Discussion**
*Panelists:*
*Esther Huston, DNP, ARNP, PMHNP-BC, Doctoral Prepared Psychiatric Mental Health Nurse Practitioner | University of Iowa LEND Graduate | Trauma-Informed Practice and Policy and Perinatal Mental Health Advocate*
*Facilitated by Becky Carlson, LMHC*
This interactive session will begin with a brief expert overview of best practices for Health Professional Programs managing complex mental health cases, followed by two case presentations. Participants will then move into breakout groups to brainstorm their approach to each case, identify appropriate referral options and resources, and outline strategies for ongoing PHP case management. Each breakout will assign a reporter to present the group's recommendations back to the full audience, creating an opportunity to compare

approaches, surface practical resources, and define what a successful PHP experience looks like in these complex situations.

**11:20AM** **BREAK**

**11:30AM** **Worksite Monitoring: Guidance for Programs and Participants**
*Facilitated by Becky Carlson, LMHC & Kay O'Shea, MAC, CADC, CTP*
As licensing boards increasingly remove health-related questions on applications, worksite monitoring is becoming a critical component of ensuring safe practice and supporting participant success. However, confusion persists around the role—particularly the distinction between worksite monitors, practice monitors, mentors and sponsors.

This session will clarify the purpose, scope, and expectations of worksite monitors, including how they differ from other monitoring roles. Participants will gain practical guidance on identifying and selecting appropriate monitors, including considerations for choosing a qualified and effective peer, and what successful monitoring relationships look like in practice.

**11:55AM** **Wrap Up & Closing Remarks**

***Thank you to our Educational Grant Sponsor!***

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