



Federation of State Physician Health Programs

FSPHP Insights

September 5, 2025



DONATE NOW

The 2025 FSPHP Rally-by-Region Has Begun!

Please join FSPHP and the Funding Development Committee for the 5th annual Rally-by-Region!
Help us raise \$14,000 (\$3,500 per region) by 12-31-25!

👛 Your donation will help FSPHP continue to:

- **Advance Best Practices:** Support the rollout of [PEER™ \(Performance Enhancement and Effective Reviews for PHPs\)](#) and the [FSPHP-ETA™ \(Evaluation and Treatment Accreditation Program\)](#).
- **Expand Research:** Help analyze data from our National PHP Study and build a national Research Information System (RIS) to demonstrate how PHPs improve well-being and reduce professional liability risk.
- **Raise Awareness:** Promote PHP services with national education efforts and our new awareness video - [Trusted Help for Healthcare Professionals](#).

Visit the [Rally-by-Region 2025 page](#) for updates and to see your region's progress.



Dr. Art Hengerer

The State Physician Health Programs Create Successful Alternatives to Reduce Stigma, Provide Care and Monitoring Mental Health Issues Impacting Physicians

FSPHP Board Member, Dr. Art Hengerer, Presents at IAMRA 2025 in Dublin

Art Hengerer, MD, FSPHP Board Member, represented the Federation of State Physician Health Programs (FSPHP) at the **16th International Conference on Medical Regulation**, hosted by the **International Association of Medical Regulatory Authorities (IAMRA)** from September 3–6, 2025, in Dublin, Ireland.

Dr. Hengerer presented on "The State Physician Health Programs Create Successful Alternatives to Reduce Stigma, Provide Care and Monitoring Mental Health Issues Impacting Physicians." His session highlighted the critical role of Physician

Health Programs in supporting clinician well-being through compassionate, confidential care and structured monitoring—offering a model that promotes recovery while protecting public safety.



You Can Still Sponsor the *Fall Issue of Physician Health News*

Sponsorship Reservations due: September 5th

Artwork due: September 26th

The Fall 2025 edition of *Physician Health News* will include highlights and session summaries from the FSPHP 2025 Annual Education Conference, held this past April in Seattle and will be emailed to the entire FSPHP community of over 2,000 individuals, including all state programs and state licensing boards, and available on the FSPHP website.

[Learn more about the benefits and sponsorship options.](#)



Don't Miss the Fall Regional Member Meetings

The FSPHP Fall Regional Member Meetings offer a unique opportunity for State Physician Health Program members to connect, share insights, and collaborate on advancing best practices in healthcare professional well-being.

FSPHP 2025 Regional Member Meetings

Northeast Region - Thursday, October 9, 2025

Southeast Region - Tuesday, October 14, 2025

Western Region - Tuesday, October 21, 2025

Central Region - Friday, November 14, 2025

[Learn more and register.](#)

Regional Member Meetings are an FSPHP Member benefit.

Log-in required to register.



Support Physician Health—Sponsor Our Fall Regional Member Meetings!

Join us in advancing physician health and wellness by sponsoring our **Fall Virtual Regional Member Meetings**. Your support helps strengthen **physician and professional health programs**, ultimately enhancing the well-being of medical professionals and improving patient care.

Sponsorship is \$1,000 per meeting and includes:

- ✓ **Logo recognition** on the agenda and meeting materials
- ✓ **Attendance for two representatives** during designated meeting segments
- ✓ **A brief opportunity to address attendees**

[CLICK HERE](#) for more information and to become a Regional Member Meeting Sponsor.

ATTENTION MEMBERS

IT'S ALMOST
RENEWAL
TIME



Thank You for Being a Member - It's Renewal Time!

Thank you to each and every FSPHP member for your continued support and dedication!

On October 1, 2025, all FSPHP members will enter into their membership renewal period for the calendar year from **January 1, 2026, to December 31, 2026**. You will receive a renewal email and invoice from **MemberClicks on October 1st**, prompting you to take action.

- *(Please note: These emails will be from MemberClicks and could end up in your spam folder.)*

We look forward to your continued membership and look forward to another impactful year together!

Please contact **Sandra Savage** at ssavage@fsphp.org with any membership renewal questions or concerns.

Special Membership Dues Promotions

Three Free Months for New Members

Starting October 1st, any **new** member that joins FSPHP for the 2026 calendar year will receive the remainder of 2025 at no additional cost. Please share this information with anyone considering or who you feel may benefit from becoming an FSPHP member.

One NEW Free Associate Membership for Each Renewing State PHP

FSPHP is pleased to offer a complimentary **Associate Membership** to eligible State PHPs renewing for the 2026 membership year. This free membership is intended for a staff, committee, or board member affiliated with your PHP who would be joining FSPHP as a **first-time, new member**.

Eligibility:

- ♦ **Programs with 9 or Fewer Members**

If your **State Voting Member** and **all current Associate Members** renew for 2026, your program qualifies for one free NEW Associate Membership.

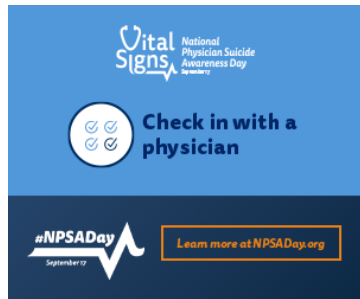
Example: If your State PHP has three Associate Members and all three, along with the State Voting Member, renew for 2026, you may add one NEW Associate Member at no cost.

- ♦ **Programs with 10 or More Members**

If your program has **10 or more total members**, and at least **9 Associate Members** plus the **State Voting Member** renew for 2026, you also qualify for one free NEW Associate Membership.

Example: If your State PHP has 15 members, and the State Voting Member and 9 or more Associate Members renew, you are eligible to add one new Associate Member for free.

📌 *Note: This offer is limited to one complimentary Associate Membership per qualifying State PHP and must be used for a NEW member.*



Share Your Story in Honor of National Physician Suicide Awareness Day - September 17th

We're proud to share that FSPHP is a [Supporting Organization for #NPSADay](#) - committed to raising awareness of the physician suicide epidemic and galvanizing physicians, their colleagues, and their loved ones to create a culture of wellbeing—one that prioritizes reducing burnout, safeguarding job satisfaction, and viewing seeking mental health services as a sign of strength.

Share Your Story with FSPHP

In honor of **#NPSADay**, FSPHP invites you to **Share Your Story!** Opening up about your personal experience can spark powerful conversations around mental health, break down stigma, and help create a culture where others feel safe, supported, and empowered to speak up.

If you're willing to have your story featured on the [PHP Participant Stories](#) webpage, please reach out to ssavage@fsphp.org.



Photo by [Freepik](#)

How Physicians Can Stay Whole Without Stepping Away

In a profession defined by relentless demands and emotional weight, physicians often find themselves sacrificing personal well-being in the name of patient care. *How Physicians Can Stay Whole Without Stepping Away* offers practical, compassionate strategies for maintaining mental and physical endurance without leaving the field. From HALT checks and breathwork to workflow tweaks and peer support, this piece reframes self-care not as luxury—but as survival.

Read the full article on the [FSPHP Resources on Health Professional Well-Being webpage](#).



The American Dental Association (ADA) Urges Reform: Removing Stigmatizing Questions from Licensure Applications

In a strong show of advocacy, the American Dental Association (ADA) is calling on state dental boards to eliminate stigmatizing questions related to mental health and substance use from licensure applications. The move is part of a broader effort to create safer, more supportive pathways for dental professionals seeking care.

In a letter sent in July 2025, ADA leadership outlined best practices and shared a comprehensive [Licensure Reform Toolkit](#) designed to guide boards in revising application language. The toolkit includes model policies and resources that

align with national recommendations for reducing barriers to care and protecting the privacy and dignity of applicants.

By encouraging boards to adopt non-discriminatory, health-positive approaches, the ADA continues its commitment to fostering a culture of wellness and support within the dental profession.

[Read the full article in ADANews.](#)

COMING UP!
Board of Directors Meeting
Tuesday, September 9 - Wednesday, September 10
Waltham, MA

Medical Student & Resident Committee
Monday, September 15 at 2pm Eastern

Task Force to Support Safe Haven
Friday, September 19 at 12:30pm Eastern

REGISTER NOW! Regional Member Meetings
Northeast Region - Thursday, October 9
Southeast Region - Tuesday, October 14
Western Region - Tuesday, October 21
Central Region - Friday, November 14

September 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			● Board of Directors Meeting			
7	8	9	10	11	12	13
		● Board of Directors Meeting	● Board of Directors Meeting			
14	15	16	17	18	19	20
	● Medical Student & Resident Committee				● Task Force to Support Safe Haven	
21	22	23	24	25	26	27
		● Public Policy Committee Meeting	● Standing Development Committee Meeting	● Accreditation and Review Council		
			● Research Committee Meeting			

READ PAST ISSUES OF INSIGHTS!

JOIN FSPHP FOR ACCESS TO MEMBER-ONLY CONTENT

DONATE TO FSPHP



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