

## Weekly Monitoring Groups

### Periodic Monitoring Consultant Sessions

This is a brief description of the HPSP Weekly Monitoring Group and Periodic Consultation individual sessions. The group and the individual consultation services are mandatory requirements for licensees governed by the Oregon Medical Board who are other than those diagnosed with mental health disorder only. Check the HPSP website at <https://hpspmonitoring.com> for more information on program guidelines.

**Weekly Monitoring Group for Licensees with Substance Use Disorders:** This group is a critical component of your monitoring program, and will offer you a supportive environment with your peers to discuss and problem solve issues that could impact your recovery. In order to make your monitoring group experience productive and meaningful to you and the other group members, the following rules have been established to ensure regular attendance and participation by all. We hope this is a positive and helpful experience for you. Please talk to your group monitoring consultant (GMC) or agreement monitor, if you have any questions or concerns. The monitoring group is a non-therapeutic group and not reimbursable by insurance. This is an opportunity to share information and offer support to your professional peers.

1. Be on time and stay to the completion of the group.
2. Turn off all forms of electronic communication.
3. Utilize the group to the best of your ability to ensure your monitoring needs are being met.
4. Honor diversity.
5. Maintain confidentiality of the group. This means that you should not identify any other group members by name or “story” to anyone outside the group. Any deliberate breach of group confidentiality will result in a report of non-compliance to the Medical Board. The licensing board, depending on circumstances, may determine that this behavior violates the state laws as unprofessional conduct. A threat to breach group confidentiality can be determined to be substantial non-compliance and reported to the Medical Board.
6. You must sign Consent 1 or the Addendum to Consent 1 which allows the GMC to share information with your agreement monitor and periodic monitoring consultant.
7. Attendance policy
  - i. Participants are expected to attend group weekly unless they obtain prior approval from their agreement monitor who will confer with the group monitor. Absences can be excused without advance notice only in

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extraordinary circumstances.

- ii. Within the first 90 days of entering the group, there cannot be any absences. Following completion of the first 90 days, there cannot be more than 4 excused absences in the remaining 9 months of the first year.
- iii. There may be no more than 6 excused absences per year in years two and beyond. An unexcused absence is considered substantial non-compliance and any requests for absences beyond 4 excused absences in year one and 6 absences in year two and beyond must be reviewed by the policy advisory committee for approval. Licensees who may be allowed additional excused absences must attend a minimum of 94 groups before completing the group requirement. Absences in excess of 10 in a 2 year period may result in the licensee being required to attend group for longer than 2 years in order to meet the requirement of attending at least 94 group sessions. If a meeting day falls on a state holiday, the meeting is cancelled. Licensees do not have to attend a make-up meeting for cancelled meetings due to state holidays. Licensees not meeting the 94 session requirement will need approval from the Policy Advisory Committee regarding completion of the monitoring group requirement.

#### 8. Fees for group meetings

- a. The group fees are \$42.00 per group and licensees are billed for every session, unless the group consultant cancels a meeting which is not rescheduled. Licensees are charged for a weekly session whether or not they attended. Licensees are billed by Reliant on a monthly basis for their group meetings.

**Periodic Monitoring Consultants for Licensees with Substance Use Disorders:** The periodic monitoring consultant (PMC) is an important member of your support team. Other than those diagnosed with a mental health disorder only, all Oregon Medical Board licensees who are in the monitoring program are required to meet in person for one hour with a periodic monitoring consultant (PMC) on a quarterly basis following completion of the weekly monitoring group. In some cases more frequent meetings with the PMC will be required, and some licensees with only mental health diagnoses may be required to meet with a PMC if that requirement is requested by the OMB, the HPSP medical director, or by the licensee's provider. This is not a therapy session but a monitoring session in which the focus is on your compliance to your current monitoring agreement and how well you are maintaining a stable recovery program. This is a support service to provide you with an opportunity to talk in person to a substance

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abuse and/or mental health professional whose role is to work with you to successfully complete the HPSP program. When possible, it is recommended that the GMC become your PMC. PMC meeting frequency should be quarterly starting once the group requirement is met. If the licensee chooses a PMC that is not the GMC, the licensee may be required to meet monthly for two months with the PMC to establish a relationship before changing to a quarterly schedule.

Licensees who are not required to have a PMC must sign a Consent 1 or the addendum to Consent 1 so their primary therapists may share compliance information with the licensee's agreement monitor. Licensees with mental health diagnoses may be required to have a PMC due to a request by the OMB, a third party evaluator or upon the recommendation of the agreement monitor with approval by the Medical Director for self-referrals.

Additional information regarding the PMC requirement:

1. You need to sign the Consent 1 or the Addendum to Consent 1 so that the PMC may share information from your individual sessions with your agreement monitor.
2. An annual review is conducted with your agreement monitor at the anniversary date of program enrollment. At that time, your monitoring agreement is reviewed and changes to your recovery plan may be made. The assigned PMC or GMC contributes information and makes recommendations to your agreement monitor. All changes in the monitoring agreement must be approved by the medical director.
3. Fees for the individual consultant sessions are determined according to the consultant's licensure and certification. The hourly fee for Certified Alcohol and Drug Counselors is \$97; for master level consultants is \$121, for PH. D. level consultants-\$175 and MD level consultant is \$175.
4. There may be situations where the individual consultant is unable to continue with a licensee. In this circumstance the licensee will be assigned a new PMC. Your agreement monitor and the medical director will determine the initial frequency of individual sessions for a self-referral. The OMB will need to be consulted in cases of a Board referral.
5. If a licensee fails to give 24 hour notice of cancellation of a scheduled periodic monitoring meeting, the licensee will be charged full fee for the missed meeting and the PMC will be reimbursed for their full rate. If the licensee cancels the scheduled periodic monitoring meeting with 24 hour notice, the licensee is not charged and the consultant is not reimbursed.