



**ISMA**  
INDIANA  
STATE  
MEDICAL  
ASSOCIATION



The Indiana State Medical Association (ISMA) Physician Assistance Program was created to assist physicians experiencing difficulties in their personal or professional lives. Experience indicates that an untreated psychiatric, substance use or stress disorder can eventually lead to problems in the medical practice. Obtaining assistance during these troubled times can be beneficial to the physician personally and can help avert a crisis in the professional workplace. Help is only a phone call away.

The Commission on Physician Assistance (COPA) is the physician oversight committee for the program and meets on a quarterly basis. The program is also supported by a Medical Consultant and staffed by two licensed clinical social workers (i.e., the Program Coordinator and Case Manager) and an Administrative Assistant.

## Program Services

The ISMA program addresses a broad-range of concerns including:

- Alcohol and substance use disorders
- Mental health disorders
- Disruptive behavior

## Program Elements

- Screening and, if appropriate, referral for evaluation and/or treatment
- Consultation for physician health-related concerns
- Case management and monitoring services designed to provide support and accountability to the physician
- Advocacy services (e.g., status reports sent to physician's employer at physician's request)
- Education on the program and physician health-related concerns

## CONTACT

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