

Medical Society of Metropolitan Portland

Physician Wellness Program

Amanda Borges – Executive Director



Almost four years after its founding, the Medical Society of Metropolitan Portland's Physician Wellness Program has made strong strides toward addressing a glaring need. National surveys continue to show that a large percentage of doctors and other health care professionals feel stressed and burned out. Studies also show that doctors tend to seek help to a lesser degree and at a later stage than the general population.

Recognizing that physician wellness is vital to doctors' own well-being as well as to the delivery of safe, quality care, MSMP and the Metropolitan Medical Foundation of Oregon launched the Physician Wellness Program in June 2015. It offers confidential counseling specifically tailored to clinicians, with appointments available to them quickly at their convenience. No diagnosis is made; no insurance is billed; no electronic medical record is created. Psychologists are experienced in counseling physicians and offer east side and west side locations. No information disclosed to others without the physician's written consent. No role in disciplinary or fitness-for-duty evaluation.

The counseling service is available at no cost to all physicians, PAs, DPMs, and NPs for up to 8 sessions per year.

As of the beginning of April 2019, the program had served a total of 100 clients in 501 sessions. The large majority practice in Multnomah County, and the remainder in Washington, Clackamas, Columbia, Klamath, Marion, Wasco and Yamhill counties, and Clark County in Washington.

Peruse our website at www.msmp.org/wellnes-program to learn about additional program features including coaching, wellness events and education, and an online wellness library.

To schedule an appointment, please call our Private Wellness Line at (503) 764-5663.