



Federation of State Physician Health Programs

Better Together

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**
- 9:00AM** **Round Robin: Top Challenges and Emerging Priorities**
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**
This one-hour interactive session will begin with a brief expert overview of best practices for Physician Health 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