

Helping You to Help Your Clients

Research has shown that at some time during their career, most psychologists struggle with serious life events, personal challenges, or mental health issues. As psychologists, we are committed to our professional responsibilities and often feel hesitant in taking enough time away to fully care for our own needs. Psychologists who could benefit from community programs often prefer to access resources that provide clearer professional boundaries with the communities that they serve.

You are not alone. Check out www.opa.org for the current list of CAC members or our provider panel, and then just call.



www.opa.org

The Colleague Assistance Program is a Peer Review body of the OPA and is exempt from the health care peer reporting law

Want To Get Involved?

- ▶ Add tips from your own experiences to our tip list
- ▶ Volunteer for the Colleague Assistance Committee or another OPA committee
- ▶ Invite another psychologist to join your consult group



**Oregon Psychological Association
Colleague Assistance Program**



www.opa.org

The Colleague Assistance Program is a benefit of membership in the Oregon Psychological Association



Colleague Assistance Program

Assisting psychologists who are experiencing distress, who need support, or who are at risk for impairment



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Psychological Association
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Telephone Consultation and Referral

The Colleague Assistance Committee (CAC) is considered a Peer Review body of the Oregon Psychological Association (OPA) and thus is exempt from the health care provider duty to report law. The members of the committee are available for phone consultation when a psychologist is having difficulty managing their practice due to personal concerns, or is in distress and is unsure of where to turn for help. Committee members assist in sorting out options and providing information on places to turn for help.

Provider Panel List

The Colleague Assistance Committee provides a panel of psychologists throughout Oregon who are experienced in providing psychotherapy to other clinicians. These providers understand the serious need for confidentiality in one's collegial community and understand that privileged therapeutic communications are confidential and exempt from report to any health care licensing board. The panel is listed by specialty and location.

Reaching Out

We all recognize that the APA Code of Conduct recommends we approach our colleagues directly when we have concerns about a colleague's behavior. The Colleague Assistance Committee strongly endorses this approach. Despite these direct efforts, at times we as professionals may continue to be concerned about how personal issues facing a colleague may be interfering with their ability to work and practice effectively. The Reaching Out Program attempts to contact these professionals when multiple colleagues have expressed concern.

Mentor Program

OPA recognizes the inherent stresses involved when a psychologist receives a complaint to their licensing board. The Mentor Program will connect a member in the complaint process with another who has been through the process, or has sat on the licensing board, or on the OPA ethics committee. The mentor's role will be to provide support. A mentor will not guide nor advise, and is never meant to substitute for legal advice.




**Oregon
Psychological
Association**

TIPS for Practice

Find information on these and other topics on the OPA website www.opa.org:

- ▶ Hitting your stride: Managing increasing workloads and meeting deadlines.
- ▶ Having a baby: Planning tips for managing your practice and growing your family.
- ▶ Medical concerns: Tips for maintaining a practice and managing client concerns while coping with illness.
- ▶ Caregiving of elders: Tips for balancing a practice with elder care concerns.
- ▶ Recognizing practice shifts: Are you having trouble with boundaries?
- ▶ OPA's own one hour video on Healthy Psychologists.



*Find information
on all the
Colleague
Assistance
programs at:*

www.opa.org