

The Purpose of DPHMP

The mission of the Delaware Professionals' Monitoring Program (DPHMP) is to support the Division of Professional Regulation (DPR) in protecting the health, safety, and welfare of the public. The purpose of the confidential DPHMP is to help professionals recover from substance use and mental health issues.

DPHMP is administered by DPR, and services are provided by **Uprise Health**, an independent behavioral health services company.

What Are the Goals of DPHMP?

DPR realizes that careers, safety, money, and even lives are put at risk when licensed professionals working in safety-sensitive positions have substance use or mental health issues that impact their work performance. DPHMP supports DPR in providing effective solutions for meeting three key goals:

- 1 Supporting both public and workplace safety.
- 2 Helping licensees with substance use and mental health issues to recover and continue working safely.
- 3 Helping keep experienced, trained professionals employed.

What Services Are Included

DPHMP includes the following:

- **Evaluation** - determines treatment plan
- **Case Monitoring** - supports compliance
- **Toxicology Testing** - supports compliance
- **Website for Licensees** - provides program forms, guidelines, and payment status
- **Website for DPR** - tracks compliance of enrolled licensees

What to Expect If I Enroll

- You will be assigned an Agreement Monitor who will provide support throughout participation.
- You will schedule a mental health and substance abuse assessment with an approved, licensed Evaluator.
- Your Evaluator will determine and create an appropriate treatment plan based on your individual needs and requirements.
- The Agreement Monitor will assist you in understanding your treatment plan.
- You may be required to participate in follow-up toxicology screenings:

Toxicology screenings are random, so you must check in every day (by phone, website, or mobile app) to determine if you are scheduled to test that day.

You will have access to a personal website to check on testing, retrieve information, and pay for services.

DPR will also have access to the website, so they can monitor your compliance with treatment, including that you have checked in for testing daily and continued to test negative.

- The duration of the program varies from three to five years. The intent is to keep you working or return you to the workplace as soon as possible while you are participating in the DPHMP.

Who Should I Contact?

For more detailed information about how the program works, or to start the referral process, please contact DPHMP at:



Call DPHMP **800-834-3773**
delawaremonitoring.com
monitoring@uprisehealth.com



Delaware Professionals' Health Monitoring Program (DPHMP)

The Delaware Professionals' Health Monitoring Program (DPHMP) helps protect the health, safety, and welfare of the public and provides an opportunity for regulated professionals to remain in or return to the workplace.



Who Should Participate in DPHMP?

Any licensed professional regulated by a state of Delaware Title 23, Title 24, and Title 28 board or commission that is experiencing substance use and/or mental health issues should enroll in the DPHMP.

Who Is Eligible for DPHMP

Licensees must have a Delaware license or certification. Licensees are eligible to self-enroll if they have not committed an offense, other than the status of being chemically dependent or impaired, that would constitute grounds for discipline under applicable laws governing the profession. Additionally, licensees with a disciplinary action may be mandated into the DPHMP by their licensing board or commission by an Order.

How Can I Become Enrolled?

1. Voluntarily self-refer into the program.
2. Be referred by a third party who contacts the DPR or the DPHMP.
3. Be mandated to enroll by an Order from a professional licensing board/commission.

Should I Refer Myself Into DPHMP?

If you are struggling with a substance use and/or mental health issue, you should voluntarily enroll in the program. Participating in the DPHMP could save your career and your life.



How Do I Enroll?

When you call, the DPHMP will be explained to you. If after hearing the program description, you decide to enroll, you will receive the required forms by email or USPS. Once you sign and return the forms, you will be assigned an Agreement Monitor who will support you in scheduling an evaluation to determine appropriate treatment recommendations. Your Agreement Monitor will continue to work with you throughout the program.

Am I Required to Enroll If I Call for Information?

You are not required to enroll, but it is important to understand that enrolling in DPHMP is a commitment to recovery, and by enrolling, you are making a choice to resume practicing safely and to your full potential. Upon enrollment, you will be provided a consent that allows for the sharing of your information with DPR.

How Do I Refer Licensees Into DPHMP?

When a third party refers a licensee, the limitations of the referral are shared with the third party. Third party referrals must always be in writing. A letter is then sent to the licensee informing him/her that a third party referral has been made and that the licensee needs to contact the DPHMP to complete an intake.

Referring someone to the DHPMP might seem difficult but you could be saving lives and careers by making a call.

What Happens When I Refer Someone Into DPHMP?

When you make a referral, you can call Uprise Health to receive guidance through the process and/or submit the reason(s) for the referral and any other relevant information you are able to share. The third party is always encouraged to have the licensees call the program to directly self-refer.

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Once the DPHMP makes contact with the licensee, he/she receives an overview of the program and is sent enrollment forms that must be signed and returned to the program. The licensee is then referred for an evaluation to establish appropriate treatment recommendations.

Any referred licensee who does not sign and return the enrollment form within 10 business days will be reported as non-compliant to DPR.

What to Expect After an Individual Is Enrolled

For the State Boards and Commissions

Once an individual is enrolled in the program, DPR will only share non-compliance information as appropriate with the licensing board or commission.

For Third Parties

- Third parties will receive no further information once an individual is enrolled in the program.
- They may be called to testify in the event of an investigation resulting from licensee non-compliance or failure to enroll.



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monitoring@uprisehealth.com