

WHO WE ARE

North Carolina Caring Dental Professionals is a confidential well-being program that provides assistance, intervention, monitoring, and advocacy to licensed dental professionals who are currently experiencing problems related to substance abuse and emotional disorders. NCCDP is a non-profit, independent agency, with a Board of Directors representing the NC State Board of Dental Examiners, the NC Dental Society, the UNC School of Dentistry, and the Dental Hygienists of the State of North Carolina.

The purpose of NC Caring Dental Professionals is to prevent a career from being destroyed or a professional reputation from being damaged. NCCDP provides confidential peer support and professional assistance with advocacy through assessment, treatment, recovery, and monitoring activities. If the program is followed, NCCDP will maintain confidentiality and will assist the dental professional in license retention.

The mission of our program is to identify, intervene and assist members of the dental profession and their families who suffer the consequences of alcohol or other drug abuse or addiction, stress and professional burnout or other impairments.

This free-standing entity was created by a Legislative Statute in the North Carolina General Assembly (N.C.G.S. 90-48.2). The North Carolina Dental Society supported the legislation. The North Carolina State Board of Dental Examiners' Rule 21 N.C.A.C. 162.0101 set the North Carolina Caring Dental Professionals Program in motion after the legislation passed the General Assembly on April 1, 1994. The North Carolina Dental Society loaned operating funds to the Program until the first year's funds were collected with the 1995 license renewal. It is now funded through assessments that are paid by Dentists and Hygienists upon license renewals.

*Completely Confidential and
Anonymous Assistance for
Alcohol, Substance Abuse,
and Emotional Disorders.*



North Carolina
Caring Dental Professionals
PO Box 1258
Southern Pines, NC 28388
(800) 230-3934

Just Reach Out

Help Is Available For

DENTISTS

Just Reach Out



*A Well-being Program For
North Carolina's Dental Professionals*



*North Carolina
Caring Dental Professionals*

CONFIDENTIAL HOTLINE
(800) 230-3934



Completely Confidential and Anonymous Assistance for Alcohol, Substance Abuse, and Emotional Disorders.

Created by dentists for dentists and dental hygienists to promote a healthy recovery and lifestyle.

REACHING OUT TO DENTISTS

The causes of professional impairment are varied, and dentists are not immune. Dentists face many challenges, some of which are unique to the profession of dentistry and some that are shared by the community of dental and other healthcare professionals.

- National Figures suggest that 10% of the population is at risk for alcohol and other drug addictions.
- Experts estimate that health care professionals, including dentists and hygienists, have a 20% lifetime risk of becoming dependent on alcohol and other drugs.

NCCDP's goal is to provide help at the earliest point possible and to assist the dentist to safely return to practice.

What we do

- Recognize professional impairment
- Coordinate interventions
- Obtain appropriate levels of assistance
- Provide advocacy
- Monitor recovery
- Maintain confidentiality

WHEN DOES A DENTAL PROFESSIONAL NEED HELP?

Signs and Symptoms

- Decrease in skill level
- Poor attendance
- Mood swings, unexplained anger, nervousness, anxiety, depression
- Missing prescription pads and/or medication
- Illegal writing of prescriptions for self
- Altered patient records
- Frequent illness and need for prescription medications
- Increased patient complaints
- Problems with team members
- Significant emotional and behavioral changes- family and friends concerned about behavior

Effects on Practice

- Increased absenteeism and tardiness
- Increased accidents and mistakes
- Increased liability
- Decreased productivity
- Increased use of health benefits
- Puts professional license at risk

WHEN IMPAIRMENT IS SUSPECTED

When impairment is suspected there are several actions which may or may not occur. You may decide to do nothing because of denial, fear of litigation, loss of employment, or even loss of the professional license. Enabling is another course of action which may be willful or unknowing. There may be a tendency to cover up mistakes and make excuses because you may want to avoid confrontation. Finally, you may decide to become proactive and seek confidential help for yourself, your peer, or your family member.

There are two ways to access the services of the NCCDP

Anonymous Referral

The dental professional, colleague, or family member contacts the NCCDP for a confidential discussion. If the professional is ready to cooperate, the NCCDP will make a referral for assessment and treatment (if indicated). The assessment process usually takes between 3-4 days and if treatment is recommended then follow-through will be required. After returning from treatment the professional joins the NCCDP by signing a Participation Agreement or a Service Agreement. No two situations are the same and every case is tailored to the needs of the individual.

Board of Dental Examiners' Referral

A dental professional is impaired at work; receives a DWI or DUI; is caught diverting prescriptions for their own use; is charged with something illegal; or is reported directly to the BDE by a friend, co-worker, manager, family member, etc.

Just Reach Out



- CALL US NOW -

It may be the best call you've ever made!

(800) 230-3934