

Key Elements of PHPs	
Feature	Notes
Frequent, random, robust, and prolonged urine testing	Physicians are urine tested frequently and randomly for 5 years as a part of the PHP contract. The battery of substances screened is more robust than typical, including screening for ETG, an alcohol metabolite.
Intense relapse management	PHPs recognize the commonality of relapse and its threat to recovery. Any deviation from the treatment plan is considered an opportunity for further evaluation and individualization of the recovery plan.
Recovery focus	PHPs focus beyond abstinence and substance use treatment. There is a large emphasis on peer-to-peer education, 12-step participation and a wide spectrum of other services, including psychiatry, individual therapy, and family therapy.
Assertive and individualized contingency management	Contingency management works best when the punishments and rewards are consequential and delivered swiftly. PHPs utilize their relationships with medical boards as powerful leverage to incentivize physicians to comply with treatment.
Thorough evaluation and rehabilitation	PHPs set the bar high for the initial steps of treatment. Referred physicians are evaluated across biological, psychological, and social domains and typically have longer residential admissions (90+ days).

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