

Philosophy and Purpose

The OPA-CAP program is based on principles of self-care, prevention, early intervention and psychological care to Ohio psychologists. We seek to create a climate which normalizes self-care and help-seeking behavior. In doing so the OPA-CAP program aims to keep stressed or distressed psychologists from becoming impaired and ,when indicated, to link them to providers for treatment.

Procedure to Request Assistance

Interested psychologists may contact an approved network provider directly. A list of providers can be obtained through OPA. If you choose to contact a network provider for an assessment, please identify yourself as a psychologist seeking service through OPA-CAP.



Interested in becoming an OPA-CAP network provider?

The OPA-CAP maintains a network of licensed Ohio psychologists who agree to accept at least one new referral per year.

An OPA-CAP network provider agrees to abide by all policies and procedures promulgated by the subcommittee including maintaining biennial licensure requirements. Providers warrant that all work will be consistent with the highest ethical and professional practice standards and with pertinent laws and regulations.

For More Information



www.ohpsych.org/about/governance/committees-task-force-and-affiliates/colleague-assistance-program/



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Colleague Assistance Program

OPA - CAP



Helping psychologists maintain high standards of professionalism and wellness through the provision of education, resources and referrals.



Mission

The mission of the Ohio Psychological Association - Colleague Assistance Program (OPA-CAP) is to provide Ohio psychologists with help accessing services to maintain or restore professional functioning in order to protect client welfare. In the role of providing care to others, psychologists often need support themselves which is difficult to obtain because of the confidential nature of their work. State law and established ethical standards require psychologists to recognize when their objectivity or competency may become impaired. OPA-CAP purports to prevent the occurrence of impairment and to smooth the referral process when treatment is needed or desired. We do so by providing relevant education and confidential referral services to all Ohio psychologists.

Services

- Referral to trained colleagues for assessment and help
- Wellness and self-care education
- Consultation on mental health concerns for yourself or other psychologists



Program Description

The OPA Colleague Assistance Program provides Ohio psychologists with:

- assistance in accessing needed services in order to restore optimal professional functioning and to eliminate risk to the general public, as well as
- programs and articles/resources about self care and recognition of problems before impairment occurs.

OPA-CAP is not a direct provider of services. The program serves as a clearinghouse for information, including education, prevention activities, resources and referrals. Participating psychologists who seek assistance are referred to network providers for ongoing care.

The program serves Ohio licensed psychologists who are self-referred, regardless of OPA membership status. Together with the Ohio Board of Psychology, the OPA-CAP Committee is developing a process by which treatment resulting from Board referrals may help to migrate disciplinary action.

OPA-CAP network providers are licensed psychologists who hold an unrestricted license to practice psychology in Ohio, maintain current malpractice coverage, submit professional references, have completed the OPA-CAP training, and agree to adhere to OPA-CAP policies and procedures. The Ohio Psychological Association, Ethics Committee and CAP subcommittee do not endorse network providers nor guarantee the outcome of CAP services.

For more information please visit:

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Confidentiality

Once a psychologist enters into treatment with an OPA-CAP network provider, the psychologist is considered a patient of the provider and has the same protections for confidentiality as any other client.

Mandatory reporting requirements pertaining to the abuse of children or vulnerable adults would still apply.



Guiding Principles

- Prevention and early intervention
- Normalization of self-care
- Help before impairment and harm to others