



**NEW YORK MEDICAL COLLEGE**

A MEMBER OF THE Touro College and University System

*Where Knowledge and Values Meet*

Directive -Public

Date: 08/01/2022

Name: **Assistance for the Impaired Medical Student (AIMS)**

### **I. Assistance for the Impaired Medical Student (AIMS)**

The AIMS program at New York Medical College (NYMC) was developed to address the risk of development of alcohol, and substance abuse problems in medical school students. Physician impairment: often due to alcohol or other substances, has been increasingly recognized as a significant problem nationwide. Research has suggested that approximately 12-14% of all practicing physicians are or will become impaired with alcohol or some substance over the course of their careers. Of critical importance is the fact that a significant percentage of these impaired physicians report that impairment began during their undergraduate or graduate years of medical school. With an increased awareness of the tremendous social, and medical problems from alcohol/substance abuse early in their careers, and the establishment of clear guidelines, it is hoped that students and physicians can get the help they need to reduce the prevalence of these disorders. The primary purpose of the AIMS program is to identify, prevent and treat impairments related to alcohol/substance abuse.

### **II. What is impairment**

Stress is a part of life; it can be grouped into good and bad stress. Many students find medical training stressful. While most cope in healthy manners, not everyone does. Sometimes, the stresses of medical education due to tremendous workload, financial pressures and changes in lifestyle may seriously strain the normal development of healthy coping medical students. Occasionally, however, a student may be unable to adapt successfully to these stresses and engage in harmful coping mechanisms such as the use of alcohol or drugs. When these maladaptive coping mechanisms persist, a student may be considered impaired. The impaired medical student is one whose behavior usually violates the regulations of New York Medical College and the standards of the medical profession. Fortunately, substance and chemical abuse dependence are among the causes of impairment amenable to treatment. The earlier the problem is recognized the more quickly and easily it can be corrected.

### III. **Confidentiality**

The issue of confidentiality is of utmost importance. AIMS is designed to protect all students, including those who may find it necessary to report suspicion or occurrence of impairment of a colleague. At no time during the identification, evaluation, or treatment process will any uninvolved individual know the identity of the impaired student or the person who reported them. There are four circumstances where confidentiality will not be maintained, and information will be shared with Student Affairs (Please see the below illustration):

1. If someone affiliated with the school makes a referral, and the referred student refuses evaluation.
2. The evaluator believes the student is temporarily unfit for clinical responsibilities.
3. The evaluator believes the student is fit for clinical responsibilities but recommends treatment. If the student refuses treatment, Student Affairs would be notified.
4. If recommended treatment is not completed.

### IV. **DEFINING SUBSTANCES**

Alcohol

Marijuana

Prescription medicines, such as pain pills, stimulants, or anxiety pills (misuse)

Methamphetamine

Cocaine

Opiates

Hallucinogens

Inhalants

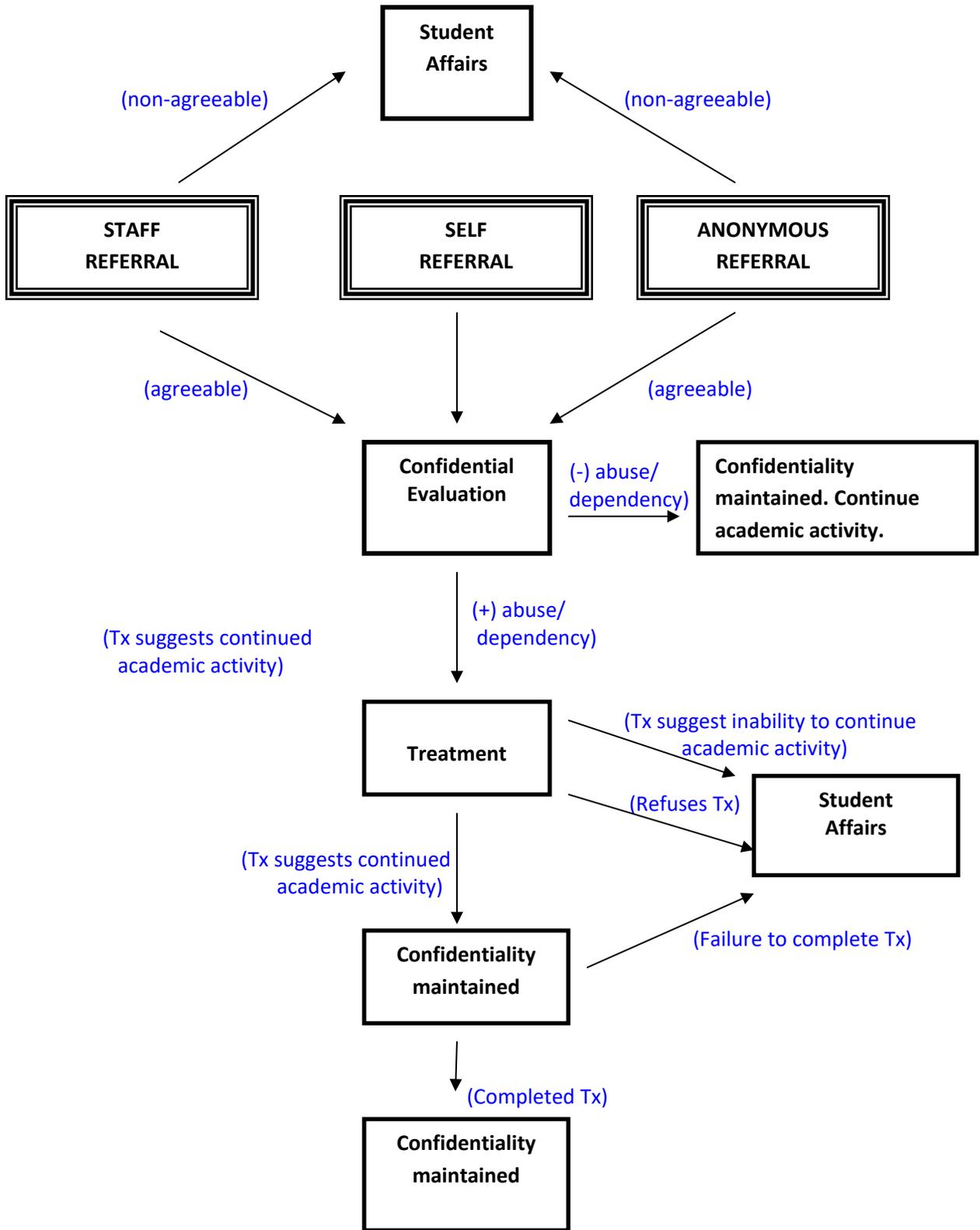
### V. **GOALS**

The program has five goals:

1. To provide compassionate assistance to impaired students before they are irreversibly harmed.
2. To provide help in a way that fully protects the rights of impaired students to receive treatment in firm confidence.
3. To assure that recovered students can continue their medical education without stigma or penalty.
4. To protect patients, and others from the harm that impairment may cause.
5. Provide affected students with access to treatment.

### VI. **PROCEDURE**

# HIERARCHYCHY CHART



### **POPULATION AT RISK**

- Medical students enrolled in NYMC, who may be a danger to themselves, or others.
- Enrolled student at NYMC who is actively working in a lab, clinical setting conducting research, or clinical setting providing treatment to patients.
- Enrolled student who is engaging in at-risk behavior that is unlawful (i.e., driving while intoxicated, or using/selling illicit substances).

### **VIII.**

#### **OBJECTIVES**

- Be evaluated by an SMHW licensed clinician.
- Use evidence-based assessment tools to evaluate risk.
- If the risk is determined, refer to an OASAS-approved clinic for further evaluation.
- Obtain evaluation and treatment recommendations.
- Obtain clinical documentation from the external treatment provider that deems student safe to perform their responsibilities.

## **SUBSTANCE ABUSE RESOURCES**

**THE COUNSELING CENTER AT YORKTOWN HEIGHTS** is the newest program of a growing multi-state company of outpatient addiction treatment centers assisting adults, young adults and adolescents seeking help for addiction and co-occurring disorders associated with substance abuse. The Intensive Outpatient Program (IOP) enables sober and productive living by providing a comprehensive and holistic method to treating the entire individual, not just the symptom. Calls are taken 24/7 and “no call for help goes unanswered!”

914-629-0671 | Fax 914-962-5102 | <https://yorktowncounselingcenter.com/>

Tom Roskin, Outreach Coordinator  
The Counseling Center at Yorktown Heights  
2000 Maple Hill  
Yorktown, NY 10598

**FOUR WINDS HOSPITAL** provides inpatient/outpatient mental health services for children, adolescents, and adults. In addition, Four Winds offers outpatient partial hospitalization for children, adolescents, and adults.

1-800-528-6624 | [www.fourwindshospital.com](http://www.fourwindshospital.com)

**MOUNTAINSIDE TREATMENT CENTER** is a nationally acclaimed, alcohol and drug rehabilitation center with Dual Accreditation from CARF & The Joint Commission plus NYS OASAS licensure, providing innovative and comprehensive addiction treatment, for healing – mind, body, and spirit. Focusing on individual needs, weaknesses, and strengths, we teach positive decision making, refusal strategies, and coping skills for maintaining sobriety.

203-219-2800 | [Thea.Ross@mountainside.com](mailto:Thea.Ross@mountainside.com) | [www.mountainside.com](http://www.mountainside.com)

480 North Bedford Rd  
Chappaqua, NY 10514

**WESTCHESTER MEDICAL CENTER HEALTH PPS** was established to participate in NY State’s Delivery System Reform Incentive Payment (DSRIP) program. DSRIP is a Statewide initiative to improve the delivery of healthcare. WMCHHealth PPS is working to create a health care delivery system that is based on carefully planned clinical and social programs that help patients and consumers better manage complex illness. WMCHHealth PPS intends to improve

the long-term health and wellness of Medicaid, uninsured, and general populations throughout NY's Hudson Valley.

914-326-4200 | [www.crho-ny.org](http://www.crho-ny.org) | [crhi@wmchealth.org](mailto:crhi@wmchealth.org)

**Montefiore-Einstein Psychiatry Associates at Montefiore Medical Center and the Albert Einstein College of Medicine** is recognized as one of the best in the nation. It fuses together a unique blend of extraordinary physicians, clinicians and physicians, and exceptional educational and research resources to help patients cope with mental health disorders. The department provides the highest quality care and the safest, most effective solutions to patients of all ages by integrating the latest advances in science and research into new treatment developments. Montefiore has the distinction of being the first health system in New York City to earn a Behavioral Health Distinction from the National Committee for Quality Assurance (NCQA).

(718) 920-4814 | [MEPA@montefiore.org](mailto:MEPA@montefiore.org)

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