ABOUT THE ACCMA

The Alameda-Contra Costa Medical Association (ACCMA) is a professional association of physicians who are committed to addressing health issues of concern to patients and doctors in the East Bay. Throughout its history, the ACCMA has sought to improve public health, the quality of the practice of medicine and patients’ access to care. ACCMA continues its tradition of leadership today by focusing on its core mission: empowering physicians in their profession, their practices and their community.

Alameda-Contra Costa Medical Association
6230 Claremont Ave., 3rd floor
Oakland, CA 94618
(510) 654-5383
accma@accma.org

Not a member? Join more than 4,200 physicians in the East Bay to help us fight for your profession. Learn more about the benefits of membership by visiting
www.accma.org/become-a-member/membership-benefits

A HISTORY OF PROMOTING PHYSICIAN WELL-BEING

In 1968, ACCMA created the first Physician Well-Being Committee in the country to provide confidential assistance to physicians who were affected by a debilitating addiction or emotional or physical impairment. Now called the ACCMA Physicians Advisory Committee, the legacy of the program lives on.

Committee members meet frequently to discuss ways to improve the joy of medicine, prevent professional burnout, fight against addiction, and more—all while providing support to their physician colleagues.
CONFIDENTIAL ASSISTANCE FOR PHYSICIANS

The ACCMA Physicians Advisory Committee is comprised of physicians from all medical specialties and localities within Alameda and Contra Costa counties who volunteer their time and expertise to support other physicians, like you.

CONFIDENTIALITY

All phone calls and meetings for support are completely confidential.

ASSISTANCE ON A WIDE RANGE OF TOPICS

From substance abuse to professional burnout, committee members can provide a wide range of support, as well as direct physicians, or those concerned about them, to helpful resources.

JUDGMENT-FREE

Committee members seek only to provide help and support, not to judge and censure.

HOW CAN WE HELP?

510-654-5383

accma@accma.org

www.accma.org

INFORMATION AND SUPPORT FOR MEDICAL STAFFS

Starting a wellness or advisory committee? Drawing from its experience and expertise, the ACCMA Physicians Advisory Committee is also available to assist hospital medical staff in:

- Forming local committees
- Providing information regarding member responsibilities and legal obligations
- Teaching medical staffs and wellbeing committee members about wellbeing issues
- Using a mock “intervention” to demonstrate how to approach a physician who has a problem.

Please call the ACCMA at (510) 654-5383 for more information.