



Proudly Serving More Than 7,500 Physicians  
in El Dorado, Sacramento, and Yolo County.

# Sierra Sacramento Valley Medical Society

## Annual Report 2025



SSVMS Members with  
Assemblymember  
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2025

# President's Message



Adam Dougherty, MD, MPH, President

Serving as the 2025 SSVMS President was one of the most challenging and professionally rewarding things I have ever done. Together, the physicians who comprise SSVMS supported our profession by advocating to the California State Legislature, our local county elected officials, regulators, and even travelling to Washington, DC to speak with members of Congress. We supported each other, our colleagues, through programs like Mentorship in Medicine and Joy of Medicine. We supported our patients through our tireless efforts each day. And we supported the next generation of physicians through programs like Future of Medicine.

We accomplished a lot along the way, but that doesn't mean we didn't have our struggles. In 2025, healthcare once again reached national headlines in many of the wrong ways as funding has been cut and vaccine hesitancy continues to rear its ugly head. Meanwhile, many are questioning evidence-based policies and treatments. These battles will not be easily won but SSVMS will continue to push for healthier communities and the strength of organized medicine will not back down. Thank you to every physician who's worked on these efforts and to all those who will continue to support medicine and our patients.

"The strength of organized medicine will not back down."

-Adam P. Dougherty, MD, MPH, President



Adam Dougherty, MD, MPH, President and Aileen Wetzel, CEO in Washington, DC.

# Advocating For Healthcare

## SSVMS/CMA Year in Review

CMA and SSVMS worked hard to reform prior authorization (health plans must now annually report data, and the Department of Managed Health Care can remove prior authorization statewide on a code-by-code basis), stopped efforts that would have increased medical malpractice costs, and successfully fought to prevent artificial intelligence and other chatbots from tricking patients into thinking they were interacting with licensed health professionals.

Successfully pressed the state to begin implementing Prop 35 – securing a commitment to fund emergency department physician payments, family planning and abortion services, graduate medical education programs, and emergency medical transport services.

Fought to protect Medi-Cal for pregnant women, kids, seniors, and veterans.

Reformed the Medicare Physician Fee Schedule.

### Legislative Victories

Three of CMA's sponsored bills were signed by the Governor of California.

**Prior Authorization** (SB306–Becker): Eliminates prior authorization requirements for services that insurance companies routinely approve.

**Strengthen the Corporate Bar** (SB351–Cabaldon): Holds private equity groups accountable when they interfere with the practice of medicine, protecting physician autonomy in patient care.

**Artificial Intelligence** (AB489–Bonta): Bans AI Chatbots Masquerading as Medical Professionals.

**Blocked harmful bills** that would have increased medical malpractice insurance costs, impacted mandatory CEUs, and infringed on physicians' independent control of medical staff.



# Mentorship in Medicine

## Inspiring the Next Generation of Physicians

SSVMS's mentorship initiative, Mentorship in Medicine, strengthens and inspires our Medical community. Launched in 2025, the program reflects the power of collaboration—creating meaningful opportunities for experienced physicians to share their insight while guiding the next generation as they navigate their careers. Through this work, SSVMS is helping shape a stronger future for health care across our region.

**Mentorship in Medicine is delivered through two primary pathways:**

- ▶ Individualized 1-on-1 mentoring
- ▶ Dynamic Speed Mentoring sessions



The Students and Mentors of the first-ever Speed Mentoring session in April 2025.



Mentor Leo Chen, MD and Mentee Hannah Ma, MS

"Anesthesia is a difficult field to get a good experience for early as it is not part of a core clerkships in medical school. Thanks to my experience with Dr. Clayton, I got the chance to directly observe them during the workday. This really gave me the opportunity to further refine my understanding of the field and what I would like to do for my residency in the future."

-Miguel Ortiz, MS

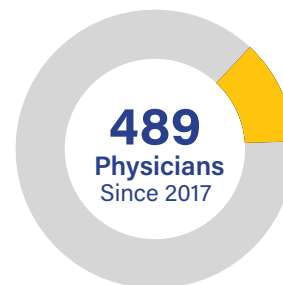
## Joy of Medicine

SSVMS's Joy of Medicine is a community approach to physician wellbeing. Our mission is to help physicians reclaim the joy of practicing medicine through education, advocacy, programs, events, and services that are designed to nurture individual well-being and collegiality. This "no cost" program provides free counseling services to all physicians in the region. Learn more at [joyofmedicine.org](http://joyofmedicine.org).

**100** Joy of Medicine Summit  
Attendees in 2025

**81** In-Person

**19** Online



**+54**

54 Physicians accessed Joy of Medicine Counseling Services in 2025.



**+212**

212 Counseling Sessions were provided by Joy of Medicine in 2025.

# SSVMS Members Out-and-About



Thomas Valdez, MD; Richard Campbell, MD; John Coburn, MD; Roderick Vitangcol, MD; Adam P. Dougherty, MD, MPH; Christina Bilyeu, MD; Shideh Chinichian, MD, IFMCP; MD; Lisa Guirguis, MD; Angela Crans Yoon, MD; Sarah Barnhard, MD; Eli Groppo, MD; Vanessa Walker, DO; Raminder Gill, MD; Barbara J. Arnold, MD; Aileen E. Wetzel, CEO at the 2025 Board Retreat.



Eric Williams, MD; Andrew Hudnut, MD; Chiamaka Nwadike, MS; Caroline Giroux, MD; Marcia Ehinger, MD; Joy of Medicine Med Poets Society



Lisha Romdule Khieu, MS and Chiamaka Nwadike, MS at the 2025 Resident Dinner.



2025 House of Delegates



2025 House of Delegates



Barbara Arnold, MD and Karen Poirier-Brode, MD at the Winter Social



Adam P. Dougherty, MD, MPH, Natalie Bullock, DO, MPH, and Family at the Family Summer Social.



Christina Bilyeu, MD and Vanessa Walker, DO at Legislative Advocacy Day.



Adam P. Dougherty, MD, MPH; Janine Bera, MD; Congressman Ami Bera, MD



John Coburn, MD and Family at the Board Retreat.



Jason T. Spears, DO; Adam P. Dougherty, MD, MPH; Alan Schatzal, DO; Aileen E. Wetzel, CEO

# Charitable Programs of SSVMS

## Community Outreach

The Community Service, Education and Research Fund (CSERF) of SSVMS houses our community programs, including SPIRIT, Future of Medicine, the Museum of Medical History, the Medical Student Scholarship Fund, the Sacramento County Opioid Coalition, and more. CSERF is focused on increasing access to healthcare, improving health outcomes, and building the future of healthcare.

### Future of Medicine

The Future of Medicine program builds a stronger, more diverse healthcare workforce by introducing high school and college students to various careers in medicine from all levels of clinicians to health administrators, technicians, pharmacists, public health managers, mental health providers, and more. In 2025, the Future of Medicine had 129 students engage in hands-on workshops including casting, suturing, dissections, and CPR, 14 hours of career presentations, multiple field trips, and 2900+ hours job shadowing.

"I am very happy that I was selected and I got to experience this. I am now looking into pre-med and medical school because of this program."

-Addison Wilhite

"It was really cool and a good opportunity for someone who is unsure about what they want to do for a career."

-Karly Greathouse



129

2025 Graduates

153

Rides Provided

2900+

Shadowing Hours



## Sacramento County Opioid Coalition

CSERF serves as the executor for the Sacramento County Opioid Coalition (SCOC). SCOC brings together the public, the healthcare community, nonprofits, government agencies, law enforcement, and other stake holders to address the growing opioid epidemic in our community. SCOC provides Naloxone kits and training to those requesting them. In 2025, SCOC distributed 7,239 Naloxone kits to the community, all at no cost. SCOC also hosted the 2025 Fentanyl Action and Awareness Summit, which brought together more than 400 community members to learn how to identify overdoses and how opioids can affect families.



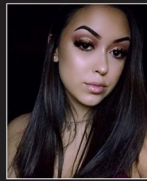
**+84%**  
Increase  
compared  
to 2024

**7,239**

**Naloxone Kits  
Distributed**



**Issaiah**  
Vibrant, Outgoing  
2005 - 2021  
Sacramento



**Jade**  
Outgoing, Smart  
2001-2021  
Sacramento



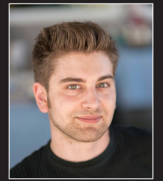
**Kade**  
Passionate, Endearing  
2001 - 2022  
Rocklin



**Talaia**  
Vibrant, Sincere  
2002 - 2022  
Sacramento



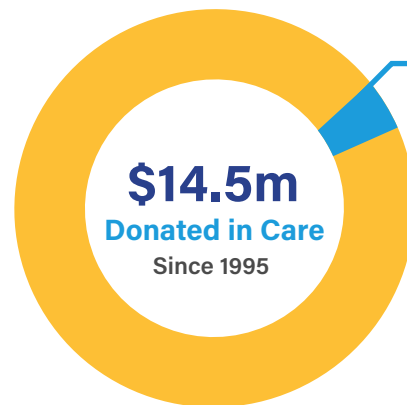
**Mikael**  
Genuine, Humble  
1997-2020  
Sacramento



**Aidan**  
Adventurous, Original  
1992-2022  
Elk Grove

## SPIRIT Program

The Sacramento Physicians Initiative to Reach Out, Innovate and Teach (SPIRIT) program was launched in 1995 and has spent the last thirty years connecting uninsured and low-income patients to specialty care. SPIRIT provides case management and care coordination for patients through donated care from physician volunteers, hospitals, and surgical centers. In 2025, 239 patients received \$1,076,000 in donated care.



**\$1.08m**  
Donated in Care

**+400%**  
Increase  
compared  
to 2024



Dr. Timothy Fife and SPIRIT Patient, Angelica after receiving donated thyroglossal duct cyst surgery.



**239**  
Patients Served

**+33%**  
Increase  
compared  
to 2024

## Museum of Medical History

The Museum of Medical History houses artifacts from as much as 175 years ago to highlight the progression of medicine in the Sacramento region. By offering special hours on second Saturdays, participating in Free Museum Weekend, hosting tours from elementary through higher education schools, and charging no entrance fee, more than 2,100 visitors came through the Museum in 2025, a 45% increase over 2024. In 2025, the Museum hosted three Paranormal Tours with the Sacramento History Museum and was featured on Abridged by PBS KVIE.



### Media Coverage Highlight

#### Is the Museum of Medical History Haunted?



Take a tour with  
Abridged by PBS KVIE



## Medical Student Scholarship Fund

Established in 1969, the Medical Student Scholarship Fund was CSERF's first program. This program supports deserving medical students who graduated from a high school in El Dorado, Sacramento, or Yolo Counties. In 2025, \$31,000 were distributed to students, a 47% increase over 2024.



Scholarship Recipients: Shanti McQuirk, Nicole Nubla, Demond Rodgers, Jr.

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