



Building Stronger Dentist Wellbeing Programs

2025 National Survey of State Dental Society Wellbeing Initiatives

NCDHP

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Nat'l Council for Dental Health Programs



Purpose of NCDHP

To advocate for clear, trusted pathways to wellbeing support for dental professionals.

Survey Summary & Resources on Website www.ncdhp.org



Why This Survey Matters

- 24 State Dental Societies participated
- Assessed access, support and barriers
- Goal: Improve wellbeing systems nationwide

Commitment is high, support systems vary widely by state

Finding #1: Program Structures Vary



- Informal volunteer programs
- Peer support networks
- Staff-led models
- Structured clinical programs

Variation impacts reliability

Finding #2: Access Is Often Unclear

- Resources difficult to locate
- Entry points not obvious
- Many rely only on websites

Members cannot access support they cannot find

Finding #3: Confidentiality Matters

- Fear of stigma is the top barrier
- Confidentiality concerns delay help-seeking
- Trust drives early access

Finding #4: Substance Use Concerns

- Common reason dentists seek help
- Early intervention opportunities often missed
- Trusted pathways improve outcomes

Finding #5: Core Components

- Services well known to all members
- Easy to access
- No cost to member benefit
- Confidential and safe
- Licensed clinicians provide assessment and triage
- Sustainable and well structured

Call to Action

1. Clarify entry points
2. Strengthen confidentiality communication
3. Ensure access to licensed clinical triage

Move from well-intentioned programs to reliable systems.

NCDHP can help!

SD Dental Association Be Well Program: 5 Years of Proactive Strategies



- Offer dentists AND all team members across the state three free counseling/coaching
- Awareness: Newsletters, emails, annual conference, social media, testimonials
- Present onsite wellbeing workshops
- Survey every participant in presentations
- Survey questions asks if they would like to be contacted regarding counseling/coaching
- Be Well Committee
- Program sponsored by a joint effort: SD Dental Association, SD State Board of Dentistry, SD Dental Foundation



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