

STATE OF MAINE
BOARD OF OSTEOPATHIC LICENSURE

In re:	)	CONSENT AGREEMENT
PAUL J. ALESSI, D.O.	)	
Complaint No. CR 2022-27	)	

This document is a Consent Agreement, effective when signed by all parties, regarding disciplinary action against the license to practice osteopathic medicine in the State of Maine held by Paul J. Alessi, D.O. The parties to the Consent Agreement are: Paul J. Alessi, D.O. ("Dr. Alessi"), the State of Maine Board of Osteopathic Licensure ("the Board"), and the State of Maine Office of the Attorney General. This Consent Agreement is entered into pursuant to 10 M.R.S. § 8003(5)(B) and 32 M.R.S. § 2591-A.

STATEMENT OF FACTS

1. Dr. Alessi has held a license to practice osteopathic medicine in the State of Maine since May 10, 2018 (license number DO2783) and practices Internal Medicine and Infectious Disease.

2. On January 12, 2023, the Board initiated a complaint following a report from a Nurse Practitioner that Dr. Alessi had prescribed an opioid medication to a patient of hers, who was not his regular patient, and apparently without checking the PMP. The report also alleged that the patient had confirmed to the Nurse Practitioner that Dr. Alessi and the patient had a romantic relationship, and that Dr. Alessi had not contacted the Nurse Practitioner about her patient. The Board docketed the complaint as CR2022-27 and sent it to Dr. Alessi for a response.

3. A review of the PMP confirmed Dr. Alessi's prescriptions for the patient, and also revealed that the patient was on a benzodiazepine from the Nurse Practitioner and had obtained opioids from other prescribers.

4. By letter dated March 16, 2023, Dr. Alessi responded to the complaint, admitted that he prescribed the medication to the patient, asserted he did check the PMP before doing so, and stated he did "not think of her as a significant other."

5. Pursuant to 32 M.R.S. § 2591-A(2)(H), the Board may impose discipline if the licensee violates a rule of the Board.

6. Rule 16, Prescribing and Treatment for Self and Family Members, prohibits prescribing for family members, defined to include significant others, unless certain specific exemptions apply (none of which apply here) and requires appropriate record-keeping if it does occur.

7. Rule 21, Use of Controlled Substances for Treatment of Pain, contains section (B)(6), which requires coordination of care between different prescribers of controlled substances for the same patient.

8. On May 11, 2023, the Board reviewed Complaint CR2022-27, and voted to offer Dr. Alessi this Consent Agreement to resolve this matter without further proceedings. Absent Dr. Alessi's acceptance of this Consent Agreement by signing and dating it in front of a notary and sending it to Board of Osteopathic Licensure on or before June 2, 2023, the matter will return to the Board, which will consider whether to proceed to an adjudicatory hearing.

COVENANTS

9. Dr. Alessi admits the facts stated above and agrees that such conduct constitutes grounds for discipline pursuant to 32 M.R.S. § 2591-A(2)(H) for violating Board rules Chapter 16 and Chapter 21(B)(6).

10. As discipline for the foregoing conduct, Dr. Alessi agrees to accept, and the Board imposes:

A PROBATION of at least two (2) years during which the following is required:

Dr. Alessi shall take at least ten (10) hours of continuing medical education (CME) on opioid prescribing and ethics/boundary issues.

These hours can count toward the 100 hours of CME required for each license renewal under 32 MRS § 1581 and Chapter 14 of the Board Rules. Dr. Alessi shall submit copies of the certificates from these CME courses to the Board within ten (10) days of taking each course.

11. Violation by Dr. Alessi of any of the terms or conditions of this Consent Agreement shall constitute grounds for discipline, including but not limited to modification, suspension, or revocation of licensure or the denial of re-licensure.

12. This Consent Agreement is not appealable and is effective until modified or rescinded in writing by the parties hereto.

13. The Board and the Office of the Attorney General may communicate and cooperate regarding Dr. Alessi or any other matter relating to this Consent Agreement.

14. This Consent Agreement is a public record within the meaning of 1 M.R.S. § 402 and will be available for inspection and copying by the public pursuant to 1 M.R.S. § 408-A.

15. This Consent Agreement constitutes discipline and is an adverse licensing action that is reportable to the National Practitioner Data Bank (NPDB), the Federation of State Medical Boards (FSMB), and other licensing jurisdictions.

16. Nothing in this Consent Agreement shall be construed to affect any right or interest of any person not a party hereto. If any clause of this Consent Agreement is deemed illegal or invalid, then that clause shall be deemed severed from this Consent Agreement.

17. This Consent Agreement may be signed in counterparts, with all counterparts together constituting one original instrument. Signatures below may be applied and/or saved electronically, and such electronic signatures will be given the same effect as a paper document signed in ink.

18. For the purposes of this Consent Agreement, the terms "execution" and "effective date" mean the date on which the final signature is affixed to this Consent Agreement.

19. Dr. Alessi acknowledges by his signature hereto that he has read this Consent Agreement, that he has had an opportunity to consult with an

I, PAUL J. ALESSI, D.O., HAVE READ AND UNDERSTAND THE FOREGOING
CONSENT AGREEMENT. I UNDERSTAND THAT BY SIGNING IT, THAT
I WAIVE CERTAIN RIGHTS. I SIGN THIS CONSENT AGREEMENT
VOLUNTARILY, WITHOUT ANY THREAT OR PROMISE. I UNDERSTAND
THAT THIS CONSENT AGREEMENT CONTAINS THE ENTIRE AGREEMENT
AND THERE IS NO OTHER AGREEMENT OF ANY KIND, VERBAL, WRITTEN
OR OTHERWISE.

DATED:

2/2/2026

Paul J. Alessi
PAUL J. ALESSI, D.O.

STATE OF

Maine

Hancock

, S.S. (County)

Personally appeared before me the above-named Paul J. Alessi, D.O.,
and swore to the truth of the foregoing based upon his own personal
knowledge, or upon information and belief, and so far as upon information and
belief, he believes it to be true.

DATED:

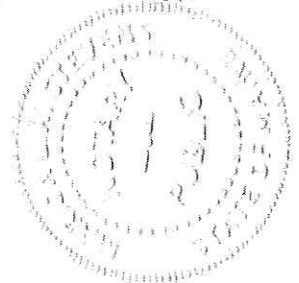
02/02/2026

Marion L. Stevens

NOTARY PUBLIC

MY COMMISSION ENDS: 11-05-2032

MARION L.W. STEVENS
Notary Public, State of Maine
My Commission Expires 11/05/2032



DATED: 3/12/2026

Christine Munroe DO
CHRISTINE MUNROE, D.O., Chair

DATED: 3/12/2026

Nicole Sawyer
NICOLE SAWYER, AAG
DEPARTMENT OF THE ATTORNEY
GENERAL