

### Staying Sober in the Summer

Summer weather has arrived in Oregon, and with it comes a host of chances to gather with friends and family. Whether it's a backyard BBQ, beach day, or camping trip, there are a lot of opportunities to enjoy the break from the clouds and rain.

However, this is also the time of year that we notice an increase in positive toxicology and alcohol use. Here are a few suggestions and reminders to make sure you're able to enjoy and safe and sober summer:

- **DO** make a plan. If you're not comfortable disclosing your sobriety at an event, practice what you'll say ahead of time when people offer you an alcoholic beverage or ask why you're not drinking. "I'm the DD today," "I have an early morning tomorrow," "I don't drink" - or just a simple, "No thanks" and a change of subject can do the trick.
- **DO** bring your own beverage. If you aren't sure that there will be non-alcoholic options at an event, bring your own.
- **DO** know what you're drinking. If you're offered something and you're not sure what's in it, ask! That pitcher of lemonade or the homemade popsicles might be spiked. It's also getting harder to tell the difference between cans of regular sparkling water and hard seltzer, so be sure you're reading all labels carefully.
- **DON'T** drink kombucha or non-alcoholic beer or wine - *even if labeled as "alcohol-free."* These beverages can (and do) cause positive toxicology results, and all positive results are handled according to HPSP guidelines.

Want some inspiration? Check out these mocktail recipes that range from sweet to sour to spicy, and everything in between: [Mocktail Recipes](#)

### Vacation Requests

Summertime also brings with it a chance to travel. As a reminder, you must request travel test sites or testing exemptions at least two weeks in advance. Testing exemptions are only authorized when



### Honoring LGBTQIA+ Pride Month

This month, we acknowledge and celebrate members of the LGBTQIA+ community who have broken barriers in medicine. Here are stories of just a few:

#### Alan Hart, MD (1890 - 1962)

Believed to be the first AFAB physician to undergo gender confirmation surgery, **Dr. Hart** was an Oregon physician and author. After obtaining his medical degree from what is now OHSU School of Medicine, he worked as a radiologist with a specialty in tuberculosis. He also wrote four novels that pulled progressive themes from his personal and professional life.

#### John E. Fryer, MD (1937-2003)

**Dr. Fryer** made headlines as "Dr. Anonymous" when he spoke in disguise at the APA annual conference in 1972, offering his first hand experiences as a gay psychiatrist. This was an instrumental step towards de-classifying homosexuality as a mental disorder in the DSM.

#### Sara Josephine Baker, MD (1873-1945)

**Dr. Baker** was a champion of public health in the early 1900s, especially related to New York City's immigrant communities. She was a key player in

certain compliance criteria is met, and when there is no test site within 20 miles of the travel location.

To request a travel site, please contact HPSP's Success Manager with RecoveryTrek, Samantha Levin (it's also helpful to cc your Agreement Monitor). Samantha can be reached at [samantha@recoverytrek.com](mailto:samantha@recoverytrek.com).

To request testing exemptions due to travel, please log on to the participant portal here: **Participant Portal** From there, click on the tab for Vacation Requests and complete the form. Your Agreement Monitor will review the request and approve or deny based on whether it meets criteria for an exemption.



identifying and locating "Typhoid Mary" early in her career. Most of her practice was focused on initiatives to decrease infant mortality.

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## Testing Holidays

There will be no toxicology tests scheduled on the following days:

- Monday, June 19
- Tuesday, July 4

We strongly recommend that you continue to check in for testing seven days a week, 365 days a year, in order to maintain your routine. Missed testing check ins, and missed tests, are common after holiday or vacation exemptions.

A full list of testing holidays for 2023 can be found here: **Oregon State Holidays**

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## Continuing Education Opportunities

### Rainier Springs

Issues in Intercultural Mental Health

June 9, 2023

Virtual Live Webinar

**Registration Information**

### Hazelden Betty Ford Foundation

Co-Occurring Disorders in the Criminal Justice System

July 19, 2023

Virtual Live Webinar

**Registration Information**

### 13th Int'l Conference on Addictive Disorders and Alcoholism

October 12-13, 2023

Osaka, Japan

**Conference Information**



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