

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

January 2016

"Whether you think you can, or you think you can't--you're right." – Henry Ford

2016 Oregon State Holidays

The following are HPSP testing holidays where you are not required to check the IVR or test.

Holiday Event	Date Closed - 2016
New Year's Day (Jan. 1)	Fri., Jan. 1, 2016
Martin Luther King, Jr. Day	Mon., Jan. 18, 2016
Presidents' Day	Mon., Feb. 15, 2016
Memorial Day	Mon., May 30, 2016
Independence Day (July 4)	Mon., July 4, 2016
Labor Day	Mon., Sept. 5, 2016
Veterans Day (Nov. 11)	Fri., Nov. 11, 2016
Thanksgiving Day	Thurs., Nov. 24, 2016
Christmas Day (Dec. 25)	Mon., Dec. 26, 2016

Inclement Weather and Testing

1. If the collection site is closed due to inclement weather, the licensee is excused once the agreement monitor has confirmed that the site was closed.
2. If the licensee informs HPSP that s/he cannot test due to inclement weather, the licensee may use one of the 21 toxicology exemptions allotted to each licensee per year if the licensee has been in compliance with all requirements for a period of nine consecutive months. This follows the toxicology testing guideline which has been approved by the advisory committee consisting of participating boards and the Oregon Health Authority.
3. If the licensee fails to inform HPSP of the failure to test due to inclement weather, the missed test is reported as substantial noncompliance.
4. If the licensee has less than nine months in the program and has been compliant in the program but informs HPSP that the licensee cannot test due to inclement weather, the licensee in this situation will be granted a onetime use of one of the 21 toxicology exemptions allotted per year to each licensee.

OPRN Conference - Save the Date:

The Professional Recovery Network of Oregon Annual Conference will be April 16, 2016 in Salem at the Chemeketa Community College Viticulture Center. Presenters include Gregory Skipper, MD, Ann Johnston, NP, Maryann Rosenthal, PhD, and HPSP's own Robbie Bahl, MD, and Christopher Hamilton, PhD. Save the Date. More information and registration information will be found in next month's newsletter. For more information on the PRN of Oregon: www.prnoforegon.org/

SERENITY LANE - Set for Major Expansion by Mary Daniels, Director of Marketing for Serenity Lane



After 43 years in one location in Eugene, Oregon, Serenity Lane is poised to move in to their brand new residential campus in Coburg, Oregon. For those of you who may be unfamiliar with Serenity Lane, we are a private, non-profit, treatment center for alcohol and other drug dependencies.

Addiction knows no boundaries, and national statistics show a staggering increase in the number of individuals and families who struggle to overcome its grip. There has never been a greater need for treatment facilities that offer hope, effective therapies and positive outcomes. Serenity Lane has stepped forward to help.

Over the past several years, Serenity Lane acquired a 15 acre parcel of rural property just 8 miles north of Eugene, and plans were drawn up to build a state-of-the-art residential facility. With a combination of generous donations, financial investment from Serenity Lane and bank financing the funds were secured to proceed. Since ground breaking in September 2014, building has been underway. Initially it will double our current occupancy to accommodate 120 residential patients and infrastructure has been laid for future expansion.

The new campus comprises 11 buildings which include a licensed, specialty hospital for 20 patients, administration offices, onsite kitchens with large dining areas, a lecture hall, a fitness center, separate group therapy facilities with adjacent counseling offices, a vast family center and 5 residential living structures, each accommodating 20 + patients. While the new campus is indeed impressive, we have no plans to increase treatment costs making it affordable for even more individuals who need help.

The official ribbon cutting is scheduled for Friday, March 11, 2016 at 10:30am. The campus will be open to the general public for tours on that day until 2:30pm then again on Saturday, March 12 from 10:30am – 2:30pm. After that date, the campus will be inhabited by patients and closed to the public. More information is available on our website at www.serenitylane.org.



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www.RBHHealthPro.com

Looking at Happiness as a Choice



Are you a person who can act on tough questions? Questions like: What am I grateful for? What choices do I have? What actions can I take to improve my life? What are my primary strengths? How can I live a more balanced life? People who can act on these questions likely also describe themselves as happy.

"Happiness is neither a mood nor an emotion. Mood is a biochemical condition, and emotions are transitory feelings," says Dan Baker, Ph.D., director of the Life Enhancement Program at Canyon Ranch in Tucson, Ariz., and author of *What Happy People Know*. "Happiness is a way of life, an overriding outlook composed of qualities like love, optimism, courage, and a sense of freedom. It's not something that changes every time your situation changes."

People often think happiness is something you're born with, but you can learn the qualities of happiness by mastering Dr. Baker's happiness tools described here.

Appreciation. This is the most fundamental tool. It is a form of love that asks for nothing and gives everything. "Taking time each day to appreciate what you have, to think about people who have made a difference, to acknowledge the love you have or have had. Each of these things can turn your attention to the good in your life," says Dr. Baker. "This process shifts your attention away from fear, which is often the basis of unhappiness."

Choice. Feeling like you have no choices or options in life is like being in jail. It leads to depression, anxiety, and learned helplessness. "Unhappy people make the mistake of giving in to fear, which limits their perception of the choices they have," says Dr. Baker. "Happy people turn away from fear and find they have an array of choices they can make in almost every situation."

Personal power. Personal power has two components: taking responsibility and taking action. It means realizing your life belongs to you and then doing something about it. "When you're secure in your personal power, it keeps you from becoming a victim," says Dr. Baker. "When you have it, you know you can handle whatever life dishes out."

Leading with your strengths. Focusing on your weaknesses reinforces unhappiness. By focusing on your strengths, you can solve problems and improve situations. "Building and broadening your talents and positive qualities feels good and improves your rate of success in every endeavor," says Dr. Baker. "People get energy from building on their successes, not fighting their failures."

Power of language. You think in words, and those words have the power to limit you or set you free. Similarly, the stories you tell yourself about your life eventually become your life. "Self-talk is powerful, so it's important to choose your words carefully," says Dr. Baker. "If you use destructive or critical language, you'll push yourself deeper into fear. Even something as simple as calling an unexpected situation a possibility instead of a problem can change the way you look at it." A good rule to follow in self-talk is to talk to yourself the way you want others to talk to you.

Multidimensional living. There are three primary components of life: relationships, health and purpose, or work. Many people, though, put all their energy into just one area. "But doing so never works," says Dr. Baker. "Happiness comes from living a full life."

Opportunities

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New York Society of Addiction Medicine (NYSAM) 12th Annual Intersection of Science, Treatment and Policy Conference
Critical Role of Addictions Medicine in Healthcare Reform: Best Practices. February 5-6, 2016.
For more information: <http://nysam-asam.com/upcoming-events/>

Trauma & the Body: The Missing Piece of the Narrative. Cedar Hills. February 5, 2016 - 3 CEUS.
For more information: <http://cedarhillshospital.com/events/>

Hazelden Betty Ford - Portland/Beaverton Recovery Speakers

- **Living Your Unlived Life** - Phil Oliver, DMin, Spiritual Care Counselor. February 2 (Portland) and February 18 (Beaverton).
- **Anger Expression** - Jerry Higgins, CASCL, Family Professional I. March 1 (Portland) and March 17 (Beaverton).
- **To register:** <http://www.hazelden.org/web/public/event.view?eventId=4747922>

Betty Ford Center's 2016 Women's Symposium - Living the Truth

- March 24, 2016 at the University of California at Los Angeles. Five CEs.
To Register: <http://www.hazelden.org/web/public/event.view?eventId=4995688>

Upcoming Center for Personalized Education for Physicians (CPEP) Courses:

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- **Prescribing Controlled Drugs: Critical Issues and Common Pitfalls** - June 8-10 - Denver

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"Recovery is not simple abstinence. It's about healing the brain, remembering how to feel, learning how to make good decisions becoming the kind of person who can engage in healthy relationships, cultivating the willingness to accept help from others, daring to be honest, and opening up to doing." ~ Debra Jay

HPSP Guidelines

Have a question about toxicology, medications, or third party evaluations? Please remember to review HPSP Guidelines at www.rbhhealthpro.com/Guidelines. Ask your agreement monitor if you have any questions.

Portland Metro Test Sites Updates

Care Testing Services (CTS) - Electronic Site (No Saturday Testing)

Care Testing is moving to a new location. Beginning February 29, 2016, Care Testing Services' new address:

9370 SW Greenburg RD #200 (Jefferson Building)
Tigard, OR 97223

The new location is open Monday through Friday 8:00am to 5:00pm and closed from 1:00pm to 2:00pm for lunch. Beginning February 29, CTS will **not** have Saturday collections.

Portland Metro Saturday Test Sites

GS Testing – Electronic Site (Saturday Testing)

17649 SW 65th Ave
Lake Oswego, OR 97035
Phone: 503-992-6359
Hours: Open 24/7

Someone will be present from 7am to 7pm Monday – Sunday and you are asked to call 20 minutes in advance.

Legacy Central Lab – Electronic Site (Saturday Testing)

1225 NE 2nd Avenue - 1st Floor Draw Station
Portland, OR 97232
Hours: M-F 7am-7pm (Open 24 hours during the week, after 7pm, pick up phone to be buzzed in) and Sat 8am-4:30pm
Phone: 503-413-5113

Concentra – Airport – Electronic Site (Saturday Testing)

12518 NE Airport Way Suite 110
Portland, OR 97230
Hours: M-F 7am-6pm and Sat 8am-5pm
Phone: 503-256-2992

Adventist Health Conven Care - Paper Site (Saturday Testing)

18750 SE Stark
Portland, OR 97233
Hours: M-F 9am-7:30pm and Sat 9am-4pm
Phone: 503-666-6717

Professional Recovery Network of Oregon 2016 Conference

Saturday, April 16, 2016 in West Salem at Chemeketa Eola. 215 Doaks Ferry Road NW, Salem, OR

Speakers

Greg Skipper, MD - Director, Professionals Health Services, Promises Treatment Centers
Robbie Bahl, MD - Monitoring Programs Medical Director, Reliant Behavioral Health,
Christopher Hamilton, PhD - Monitoring Programs Director, Reliant Behavioral Health
Anne Kathryn Johnston - Silverberg, cFNP, MS - Nurse Practitioner, Hazelden/Betty Ford
Maryann Rosenthal, PhD - Executive Director, Recovery Ways Treatment Center
Stormy Hill, MD, OTR/L - Life Skills Program Director, Recovery Ways Treatment Center
Cheryl A. Fox, RPh - Board of Pharmacy Inspector
Edwin Schneider, RPh - ORPRN President

Register today @ <https://orpm.wufoo.com/forms/orpm-2016-registration/>



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Control Breathing, Control Stress



You're stuck in rush-hour traffic, glancing at your car's clock every few minutes as you strain to get to work on time. You may not notice, but your breathing is shallow, your pulse rate is high, and your chest feels tight. In fact, you feel this way in many stressful situations.

Sound familiar? Modern society creates more than its share of stress. It's difficult to change some situations — but you can manage how you feel about them, experts say.

Begin with something you take for granted — your breathing. If you're on that busy highway, pay attention to what's going on around you, but pay attention to your breathing, too. It's one of the few things you can control.

"Focusing on your breathing is one of the highly effective ways of reducing stress," says cardiologist James Rippe, M.D., author of 10 books on health and fitness, including "Healthy Heart for Dummies." "It brings you into the here and now," distracting you from your worries.

"We've become addicted to moving and thinking at hyper-speed," adds Stephan Rechtschaffen, M.D., wellness expert and author of the book *Timeshifting*. "When we're under stress, our breathing is short, high up in the lungs. More relaxed breathing doesn't rely on the chest wall, but rather on the abdomen."

Abdominal breathing, experts say, provides the lungs with more oxygen and is more rhythmic. It's something that opera singers and other performers have known for years: Abdominal breathing allows them to take control of their breath, to sing or speak with greater power, and to help them focus on the moment.

Breathing is just the beginning. If you can adjust your breath, you can adjust other things in your life, experts say. Slow your breathing down when you walk into your office or home and you'll notice that you won't jump at the first problem that hits you. When your breath is quiet, you are quiet.

Practice Your Breathing

Believe it or not, most of us could use a lesson on how to breathe. Practice at home a few times when you're not under stress. Then, try putting these techniques into practice when a stressful situation occurs.

In a relaxed setting, take three really deep breaths, focusing on your exhalations. "Really let it out," says Dr. Rechtschaffen. "It may feel unnatural at first, but stick with it."

Now, begin focusing on where your breath is coming from, experts say. Here's one practice method:

- Sit on the edge of a chair, feet flat on the floor.
- Place one hand on your lower back and the other hand on your abdomen, with three fingers below your navel.
- As you breathe in, your abdomen should rise, like a balloon inflating.
- As you breathe out, your abdomen should fall, with the sensation that the balloon is losing its air.

Concentrate on your abdomen, not your chest. Practice from a few minutes to 20 minutes each day. Soon, it will come naturally.

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"It is a paradoxical but profoundly true and important principle of life that the most likely way to reach a goal is to be aiming not at that goal itself but at some more ambitious goal beyond it."

- Arnold Toynbee



Reminder and Correct Address

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Satisfaction Survey

HPSP's Policy Advisory Committee (PAC) is completing their review of January's Satisfaction Survey and we will comment on licensee program feedback next month. In the interim, please remember that you can meet your agreement monitor for your annual review. Additionally, please let me know if you have any difficulty reaching your agreement monitor (chamilton@reliantbh.com; (503) 802-9813).

2016 Oregon Legislative Session

House Bill 4016 (2016), pertaining to HPSP, passed through Oregon's month long legislative session and was signed on March 1st by the Governor. The bill retains HPSP but transfers the program's oversight from the Oregon Health Authority to a newly established Impaired Health Professional Program Work Group in July 2017. The Impaired Health Professional Program Work Group will be comprised of designees from Oregon's health professional boards participating in HPSP. The Oregon Medical Board will staff the Work Group. It is not expected that HPSP licensees or collaborating partners will experience any operational changes.

Licensure After HPSP

As of March 1, 2016, 97 Oregon Medical Board licensees have successfully completed HPSP. Of these 97 professionals, 92 (95%) have had no subsequent board orders. Of the five with a subsequent board order, three continue to practice with specific restrictions and two are not currently practicing. In total, there are 95 of the 97 (98%) licensees that are still eligible to practice. (Included in these 98% are two licensees who have since retired their licenses and four licensees who have allowed their licenses to lapse; these licensees were of traditional retirement age.)

New Medication Management Form

HPSP's Registered Nurse, Megan Roe has revised the HPSP Medication Management Form. The new form is available at www.rbhealthpro.com under forms. The new form is not a radical departure, but will provide HPSP's Medical Director, Dr. Bahl, with information needed for medication review.

Speak Up For Safety – Oregon Nurses Foundation's Education

Early in 2015, with the assistance of a State Innovation Grant from the Addictions and Mental Health Department, the Oregon Nurses Foundation (ONF) developed, piloted, and evaluated a student nurse education program aimed at improving a nurse's response to workplace concerns related to a peer's behavior or performance in the workplace. The program,



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called Speak Up For Safety, showed positive results amongst nursing students at both Chemeketa Community College and Linfield Community College. In both pilots there was observed significant improvement in knowledge, self-rated knowledge, and confidence to speak up about performance. Significant reduction in substance abuse stigma was also observed, and both students and faculty generally felt the training was useful and effective.

Since the initial pilot ONF has conducted trainings at Walla Walla University, School of Nursing, and Treasure Valley Community College, School of Nursing. Additionally, ONF has been asked to return to Chemeketa and Linfield to present the training to their next cycle of nursing students. Following these positive results ONF, in partnership with the Florida Intervention Project for Nurses, embarked on expanding the educational program with the development of two additional versions: staff and workplace monitor.

The staff version of the Speak Up For Safety program is specifically designed for staff nurses currently in the workforce. The training is designed to improve a nurse's level of skill and confidence in recognizing and assessing the level of risk when they have concerns that a colleague's performance doesn't meet professional and/or practice standards that may be harmful to patient safety. In addition, it provides nurses with the necessary tools to address common barriers to taking action, clearly communicate their concerns, and determine the appropriate course of action required.

Recently completed, the staff version of Speak Up For Safety is now ready for pilot. ONF is currently in discussions with one major hospital organization in the Portland Metro area for a potential partnership and is currently seeking for other organizations that would be interested in piloting the staff version of the Speak Up for Safety program while obtaining valuable training and education for their staff nurses.

Currently in development, the workplace monitor version is designed for nurses who are presently in the role of workplace monitor or anticipate taking on the role of workplace monitor for a nurse participating in monitoring through either the Oregon State Board of Nursing's Probation program or the alternative to discipline program, Health Professionals' Services Program. ONF anticipates having this version completed in early spring and ready for pilot shortly thereafter.

If you have questions about any of the different versions of the Speak Up For Safety program, are interested in accessing the training, or wish to partner with ONF to pilot our most recent versions, please feel free to contact Perla Estrada at estrada@oregonrn.org.

Spring Sunshine Brightens Mood

After months of low temperatures and dark skies, isn't it delightful to celebrate spring again? For many people, this wonderful season of new life is a real morale booster. One reason: a brain chemical known as serotonin that soothes and balances the nervous system. For most people, serotonin production is linked closely to the amount of sunlight that strikes the retina of the eye.

When people are deprived of light, as usually happens during the winter months, the production of serotonin is slowed, and that could be a factor that produces a bad case of the winter blues. Conversely, the arrival of spring means more light, and for most of us, possibly a more cheerful mood. Here are a few suggestions on taking advantage of spring sunshine.

- Adjust your schedule, whenever possible, to spend time with the sun. When the weather is bright outside, why not grab a sandwich and a soda and carry them to your favorite outdoor bench? If you can get 30-40 minutes of exposure to bright sunlight periodically, your serotonin level will rise and the winter blahs will begin to fade.
- Get serious about exercise. Try committing to three or four half-hour workouts per week to shed that weight. (Consult your family physician before beginning any new exercise program.) About 30 minutes of brisk walking, every other day, is enough to improve cardiovascular fitness, while also elevating your mood.
- Change your diet to match the more active, outdoor lifestyle that begins with spring. You'll feel lighter and quicker.

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ORPRN Conference

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"One moment does not define you; the journey does". Pete Carroll, Seattle Seahawks head coach



HPSP team members at the 2016 Professional Recovery Network of Oregon Conference. From left to right, Agreement Monitor Nichole Collier, Program Director Christopher Hamilton, Medical Director Robbie Bahl, and Agreement Monitor Scott McBeth. Dr. Bahl and Christopher delivered a morning session on Monitoring – Recovery through Structure and Accountability. It was a pleasure to meet several HPSP licensees who visited Reliant Behavioral Health's table.

New Astoria Caduceus Meeting

Oregon's north coast has a new caduceus meeting. Meetings are Tuesdays at 7:00PM at 333 10th Street in Astoria. All health professionals are welcome (physicians, physician assistants, acupuncturists, pharmacists, nurses, naturopaths, veterinarians, etc.!) Call Dr. Mike (985) 705-0113 for more information.

Missed IVR Calls

If you have missed an IVR call-in, website check-in, or application check-in in the last couple of weeks, you will have noticed that auto generated robot call has been replaced with real time HPSP staff. We hope this personalizes the process and provides an opportunity to speak with a team member to ask questions.

Hair Tests Following Fourth Missed Test

Beginning 3/23/2016, Board of Nursing licensees who miss their fourth or subsequent scheduled tests will have hair tests administered in addition to follow-up urine toxicology.

January 2016 HPSP Satisfaction Survey

Seventy-eight licensees returned their satisfaction surveys this period. The response rate and licensee's board affiliation mirrored previous reporting periods. Importantly, 88.5% of the respondents noted that they agree or strongly agree that they understood HPSP's statutory monitoring requirements and 84.6% percent of licensees agreed or strongly agreed that HPSP treats the licensee with dignity and respect.

Thirty-one of the 78 respondents provided additional comments. Ten of the 31 comments were positive praising the program and specific team members including:

- I am doing better every day. Co-workers have told me that I am look more confident and stronger. Thank you.
- Very respectful and knowledgeable. Over the past year of enrollment all of my questions and concerns have been met with rapid and accurate information. [Associate Case Coordinator] has been absolutely amazing in his professionalism and goes above and beyond in willingness to assist with travel and test site issues. I have always been treated with respect and a willingness to address all problems and scenarios in a timely manner. Truly an amazing staff that deserves recognition for their professionalism and concern for clients.
- [Agreement Monitor], [Assistant Case Coordinator] and [Associate Case Coordinator] are very respectful and helpful.
- Monitor person is supportive and very helpful.
- Thank you for this program. I am grateful. I am a new person.
- Enrollment in HPSP has allowed me to continue working in my chosen career and the process has given me a new sense of gratitude for my profession.
- As I am new to this program, I did not know what to expect. My monitor and others with whom I have had contact have been professional, courteous, and helpful.



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Among the comments of concern, 12 were communication related, nine were for program structure, and five were about toxicology collection sites and the interactive voice recording (check-in) system availability.

In the category of communication, most of the comments concerned the licensee's ability to contact their agreement monitor and the response time to returning calls following voicemails. When you call, your agreement monitor may be on the phone, if you have an urgent situation you can press zero to be connected with another agreement monitor. If you leave a voicemail, you will receive a call back. As mentioned previously, please directly contact the Monitoring Program Director, Christopher Hamilton ((503) 802-9813; chamilton@reliantbh.com) if you cannot reach your agreement monitor.

Comments from licensees stating that HPSP is only "punitive," "just enforcers," and "harming their recovery" are troubling. With a high degree of fidelity, HPSP is modeled after the Physician Health Program structure. For most licensees, structure and accountability will contribute to their recovery.

With collection sites, especially when licensees are in a travel status, it is important for you to let us know when you experience problems. When you travel, collection sites are set up to transmit information about the collection. If the collection varies from your normal experience or if there is confusion with the collection site, please call us at (888) 802-2843 and ask for Tina, Markus, or Dylan. As in previous surveys, we had the regular comment requests to extend the hours of the IVR operation and to provide notification to the licensee of the need to test. The IVR, website, and application are available from 3:00 AM until 5:00 PM, a period longer than most other state programs. Checking in daily is part of personal responsibility. Thank you for participating in the January 2016 survey. The next survey will be in July.

Got Five Minutes? Change Your Life

How does your day begin? Do stressful thoughts and worries fill your head? Does the way you think about them add to your anxiety about what lies ahead? Would you like to find a different way to start the day?

"It's easy to fall into habits of thinking that increase stress, but by doing a five-minute exercise that promotes peace, contentment and purpose, your way of thinking and your day can be more calm and balanced," says Jeffrey Brantley, M.D., director of the mindfulness-based stress-reduction program at Duke University's Center for Integrative Medicine and author of Five Good Minutes.

The concept is simple: Every morning take five minutes to apply attention, intention and wholeheartedness to a helpful activity.

Get ready. Begin by doing the following before each exercise. Breathe mindfully for about a minute. To do so, allow your body to breathe naturally while you pay attention to your breath moving in and out. Don't try to control your breathing or thoughts.

Take five. When you're ready, pick one of the following exercises and do it wholeheartedly, with all your attention and energy:

- Have a silent retreat. Take five minutes to quiet your mind by finding a quiet place where you can notice your breathing in silence as you let go of any urgency to be somewhere else. Return to this place of stillness if a stressful situation arises later in the day.
- Record your joys. Take five minutes to make a list of the experiences and events that bring you joy, such as fishing, listening to music, spending time with your family, doing something for someone, talking with a friend or playing with your pet. "By taking note of the little joys in your life, you open yourself to more happiness," says Dr. Brantley.
- Melt that frown. Don't let a frown shadow your day. It's hard to be angry or sad with a smile on your face. Take five minutes and smile while you wash the dishes or do some other chore.
- Look for the extraordinary in the ordinary. This exercise is about finding the miraculous in daily life and searching for the unique in the mundane. Take five minutes to observe the less noticeable things in your morning, such as the sound of birds chirping outside your window, the wind rustling in the trees or the smile on a baby's face.
- Give up grumpy mornings. Make a list of all the good things that happened to you in the past week.
- Fuel your optimism. Start your morning by coming up with as many hopeful thoughts for yourself, your loved ones and the planet as you can.

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"The world's favorite season is the spring. All things seem possible in May." - Edwin Way Teale

The RBH Team hopes you have had time to explore the new Monitoring Portal. The new site www.rbhmonitoring.com combined the information previously available at www.rbhhealthpro.com and the daily check-in feature available at www.rbhmonitoring.com into a new licensee portal. All features from both websites will be available on the new HPSP Portal along with a log of your daily check-ins and the ability to submit an e-request for additional paper toxicology forms (CCFs). Additionally, you will see a log of your daily Check-Ins, current Account Balance, and list of your Testing Facilities.

** All Data Current As Of Yesterday

Is a Test Required Today?

Click here to check for required testing today.

Check Now

Daily Check-Ins

Check In Type	Check In Date	Test Scheduled?
Phone Call	05-May-2016	No
Phone Call	04-May-2016	Yes
Phone Call	03-May-2016	No
Phone Call	02-May-2016	No
Phone Call	30-Apr-2016	No
Phone Call	29-Apr-2016	No
Phone Call	28-Apr-2016	No
Phone Call	27-Apr-2016	No

1 2 3 4 5 > >>

COC Request Form

Quantity Needed and Comments

Send COC Form to address on file?

Address: [REDACTED]

Submit

Account

Balance*: \$ 0.00

Description	Amount	Date
MEDTOX 96123/B Medtoxpro 2 + ETG	\$ 70.30	04-26-2016
MEDTOX 87606/C ETG Only	\$ 52.56	04-08-2016
MEDTOX 87606/C ETG Only	\$ 52.56	03-19-2016
MEDTOX 87606/C ETG Only	\$ 52.56	02-25-2016
MEDTOX 96123/B Medtoxpro 2 + ETG	\$ 70.30	02-08-2016
MEDTOX 87606/C ETG Only	\$ 52.56	01-22-2016

1 2 3 4 5 > >>

*A negative balance indicates a credit on account

Testing Facilities

Name	Address	Phone	Sat Hours
CHEMICAL TESTING - Eugene	2025 W. 12TH AVE Eugene, OR 97402	(541) 686-2550	0900-1200
CHEMICAL TESTING - SPRINGFIELD - Springfield	1293 18TH ST Springfield, OR 97477	(541) 744-2550	CLOSED
LEGACY CENTRAL LAB - Portland	1225 NE 2nd Avenue, 1st Floor Portland, OR 97232	(503) 413-5113	0800-1630
LEGACY HEALTH SYSTEMS - NEWPORT - Newport	1010 S.W. COAST HWY STE 104 Newport, OR 97365	(541) 265-8810	CLOSED

The current www.rbhhealthpro.com site will be directed to www.rbhmonitoring.com. We hope you enjoy the ease of all the information you need in one location. If you have any questions, please contact your agreement monitor.

International Doctors In Alcoholics Anonymous (IDAA)



Doctors in Alcoholics Anonymous (IDAA) is a worldwide fellowship of more than 9,500 doctoral level healthcare professionals and their families who strive to help one another to achieve and maintain recovery from addiction. IDAA began in 1949 in an upstate New York garage owned by Dr. Clarence Pearson. It was an attempt to bring together recovering healthcare professionals interested in the disease of alcoholism. Alcoholics Anonymous had been founded only 14 years earlier, and doctors were among the AA founders. Membership has grown over the subsequent years and with 47 different countries represented, the organization is truly International.

IDAA is a CONFIDENTIAL resource and IDAA is not involved officially with agencies or treatment providers that monitor physician recovery. Volunteer contacts do not benefit financially from their work with IDAA. IDAA is not directly related to local, state or national regulatory agencies. Although members may work for treatment or regulatory agencies, IDAA members pledge to protect anonymity of other IDAA members and their families.



HPSP: 888.802.2843
www.RBHHealthPro.com

IDAA maintains the position that mainstream AA/Al-Anon is the basis for our recovery programs. We are not terminally unique! Specific issues do arise, however, for healthcare professionals that may be hard to deal with in regular AA/Al-Anon meetings. Many of these concerns can be explored in a safe environment at the IDAA annual meeting, local health professional meetings, and in email-based meetings available through this website.

There are no dues or fees for IDAA membership. The only requirement for IDAA membership is to be a doctoral level health care provider (or in training) who desires to stay sober and healthy. The spouse and/or children of a doctoral level health care provider may themselves be members even if the otherwise qualifying doctor is not yet in recovery. The purpose of IDAA is to provide experience, strength, and hope for prospective and current members, their families, and their friends. Information on the organization and links to other resources for recovery are available below.

The IDAA Help Line is a confidential network available to doctoral level health care providers or their family members seeking a peer to talk with about alcoholism, addiction, recovery and related concerns. Contacts will also help IDAA members find recovery meetings at home and when traveling.

The Annual IDAA Meeting is an opportunity for Fellowship for members, spouses/SOs. There are recovery programs for kids age 7-12 (Jerry Moe Program), and the teen program for kids age 13-19. Each meeting offers about 10 hours CME. There are robust tracks for AA, Al-Anon, and many breakout sessions for all specialties and interests. A strong Scholarship program exists to help newcomers, struggling with early recovery financial stress.

Available to our members are Cyber Groups for AA and Al-Anon. The member can also access our list of "local" health care professional meetings.

To become a member, go the website idea.org and follow the membership signup links.

Michael Metcalf MD, IDAA Executive Director (executive@idaa.org)

It's Time to Think Positive

Picture a rose bush in full bloom. What did you notice first: the roses or the thorns? A rose bush has plenty of both. But if you focused on the roses and overlooked the thorns, you were thinking positive.

There is a lesson here. Thinking positive is a choice. It's a decision to appreciate the roses in your life (loved ones, favorite activities, and relaxing moments) while letting go of the thorns (stresses, disappointments, and losses). This doesn't mean pretending to be happy when you're not. If you're upset, it's important to deal with and talk about your feelings. Thinking positive means choosing to fill your mind with positive thoughts. Your reward will be a calmer, more hopeful attitude.

The benefits of staying positive. "A positive outlook is necessary to prevent depression, to get along with others, and to feel better about yourself and your life," says psychologist Norman Abeles, Ph.D., past president of the American Psychological Association and an expert on mental health in seniors.

If you have health problems, it's important not to get stuck down in the dumps. "A negative attitude makes you feel worse physically. It increases your stress, which worsens your pain and drains your energy," says Dr. Abeles. On the other hand, "a positive attitude helps you relax and feel more competent" when dealing with everyday challenges.

How to change your mind. If you tend to count your worries instead of your blessings, it's time for a fresh approach. Here's how to start thinking more positively.

Reason with facts, not feelings. Changes in your life can make you feel uncertain and anxious. You may then fear the worst. "Step back and get the facts," says Dr. Gallagher Thompson. "Talk to an expert, such as your doctor, and find out exactly what you can expect. Then ask yourself, 'If this was happening to somebody else, what advice would I give them?'"

Stay connected. Keep in touch with friends and loved ones and be open to developing new friendships. Volunteering your time and keeping active in clubs or faith-based groups will help you focus on others more than yourself. "Spend time with positive people who are living active, fulfilled lives," says Dr. Abeles.

Plan for your happiness. Schedule time for pleasant activities as often as possible. Having something to look forward to will keep your spirits up.

Become a problem-solver. *Don't just wish problems would go away. Take steps to solve them as quickly as possible, asking for support and help from others.*

Find the silver lining. Give yourself time to adjust to change or loss. Change can bring new opportunities: Be open to them. "Your life won't be the same, but it likely can be better than what you imagine," says Dr. Gallagher Thompson.

Upcoming Opportunities

IDAA Annual Meeting 2016 - New Orleans, LA. August 3-7, 2016. Find more information at www.idaa.org.

Health Professionals' Services Program
www.rbhhealthpro.com

HPSP: 888.802.2843

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

June 2016

"Don't judge each day by the harvest you reap but by the seeds that you plant." – Robert Louis

Satisfaction Survey

HPSP will distribute the next Satisfaction Survey in early July. Your participation and feedback is greatly appreciated.

4th of July Testing



This year, the Fourth of July falls on Monday. As a recognized state holiday, please remember you are exempt from calling and testing on this day. Please be sure to contact your agreement monitor or other team members if you experience any difficulties with collection site closures on Saturday, July 2nd or Tuesday July 5th.

HPSP Guidelines

Have a question about toxicology, medications, or third party evaluations? Please remember to review HPSP Guidelines at www.rbhhealthpro.com/Guidelines. Ask your agreement monitor if you have any questions.

Outreach

HPSP's Medical Director, Robbie Bahl, MD and Program Director, Christopher Hamilton, PhD recently delivered Grand Rounds at Shriners Hospital and OHSU. The HPSP Team continues to schedule informational sessions on HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Christopher Hamilton ((503) 802-9813; chamilton@reliantbh.com) for more information or to schedule a meeting.

Planning Strategies for Work and Home

Planning ahead can be a difficult skill for some, while others find it easy to plan in many areas of their lives. But even if you aren't a natural planner, you can learn skills that will help you organize and prioritize tasks and events. This can ultimately help you reduce unnecessary stress and increase your productivity. In fact, the better prepared you are for handling life's challenges the more likely you are to achieve your goals and fulfill your dreams. Use the tips below to help improve your planning skills at home and at work.



At Home

1. Prioritize What's Most Important

Start by writing a list of ten things that are important in your household, from preparing meals to spending quality time with your spouse.

2. Clarify Expectations

Next, look at your priorities. What do you expect of the family members who are involved with each priority and what do they expect of you? Speak to your family about which priorities they are a part of and what each person can do to help fulfill the priority.

3. Taking Care of High Priority Items

The following tips can help you plan for typical high priority items:

- Set aside time to spend with family members. No matter how busy you are, take time to communicate to each family member how much you value them.
- Use a family calendar to write down appointments, practices, meetings, and special occasions. Invite your family to use the calendar and post it in a place where everyone can see it.
- Organize the household by shopping for groceries and doing laundry in advance. Keep foods that can be easily cooked when you're running late, and try to throw in a load of laundry before you sit down to watch a favorite television show or play a game.

- Keep a list of your children's and spouse's clothing sizes. Write down their favorite colors and styles. Choose clothing that is durable and simple. When children are old enough, let them shop for their clothing to free up some of your time.
- Plan for emergencies. Create a list of friends and family members who can help during stressful times. Keep copies of the list by the phone and give a copy to each family member. Consider giving a neighbor spare keys to your house, and try to find sitters or day care centers that you can use at a moment's notice.
- Plan for being away. If you have to go away suddenly or have to stay overtime at work, make sure that your family can follow routines in your absence. Cook and freeze meals ahead of time, and if children are old enough, show them how to do household tasks like running the washer.

At Work

1. Planning for Long and Short-Term Goals

When planning for success at work, start by establishing long and short-term goals. These goals will tell you what to focus on and what you ultimately want to achieve.

2. Analyze Your Goals

Look at each goal you've created and define the tasks needed to accomplish it. Set deadlines and plan to reward yourself once you've accomplished the goal.

3. Use a Planner

Take advantage of yearly, monthly, weekly, and daily charts to map out your schedule of tasks. Cross off tasks and goals as you fulfill them.

4. Prioritize Daily

- Your weekly planning chart will help you make to-do lists for each day. Before you start your day, write down a list of priorities. Then, write down an A, B, or C next to each priority, according to these rules:
- Priority A - Must-Do Items
- Priority A items are your most important tasks. Do these right away.
- Priority B - Should-Do Items
- Should-Do Items don't have to be done today, but should be accomplished very soon.
- Priority C - Nice-to-Do Items
- These items can be postponed or left as long-term goals.

5. Delegating Duties

If you can, cross-train your coworkers so they can help when you are absent. Try to balance your workload, and give others credit if they assist you in performing tasks.

6. Meet with Colleagues and Customers at Appropriate Times

Schedule meeting times with colleagues to avoid workplace disruptions. If you spend a lot of time on the phone, make a list of people you frequently call. When you think of something to discuss with the person, make a note of it under their name. Then, when you talk to them next, you can address everything you need to.



Upcoming Opportunities

IDAA Annual Meeting 2016 - New Orleans, LA. August 3-7, 2016. Find more information at www.idaa.org.

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

July/August 2016

"If we are facing in the right direction, all we have to do is keep on walking." – Zen proverb

Summer Newsletter

The HPSP Summer 2016 Newsletter covers July and August. The newsletter will be back in September.

OSBN Division 70 Rules and Worksite Monitor Education Update

The Oregon Board of Nursing's (OSBN) updated Division 70 Administrative Rules addressing alternative to discipline (HPSP) and public discipline (including the OSBN's discipline program) go into effect August 1, 2016.

One of many items addressed in the new rules is specialized worksite monitor education. The OSBN recently recorded a short training that will be available on their website <http://www.oregon.gov/OSBN/Pages/impaired-provider-monitoring.aspx> and the Oregon Nursing Association website <http://www.oregonrn.org/> in August. The training will take approximately 30 minutes to complete.

The training will be required of all new worksite monitors prior to beginning the role of worksite monitor on or after August 1, 2016. Current monitors will not be required to complete the training unless they begin monitoring someone new on or after August 1, 2016. The OSBN will maintain a roster of individuals that have completed the training. HPSP will confirm that the names of new worksite monitors are on the roster before signing a workplace monitoring agreement.

Speak Up for Safety Worksite Monitor Training – Volunteers Needed



The Oregon Nurses Foundation is seeking volunteers who can review and provide feedback on their newly developed Speak Up for Safety Worksite Monitor Training. Ideal volunteers would be nurses who have experience as a workplace monitor for either the HPSP and/or OSBN Probation Program. Volunteers may receive certificate of completion for this training. If you are interested in volunteering or have additional questions, please contact Perla Estrada at estrada@oregonrn.org.

Note: The Speak Up for Safety Worksite Monitor Training is a training in addition to the Division 70 Training above. It does not meet the Division 70 education requirement for new worksite monitors, but is encouraged as it provides monitors and supervisors with enhanced knowledge and tools.

Travel

Summer is here, please remember to make your travel requests two weeks in advance of your trip in order to guarantee appropriate site allocation and chain of custody form distribution. The Guideline for Toxicology Testing Exemptions and all other HPSP Guidelines are available at: www.rbhmonitoring.com.

Observed Collection Protocol Reminder

From time to time licensees will call HPSP to report strange test collection site experiences. As a reminder, all urine specimen collections are to be observed by a same sex observer. In some specific situations a monitored observation is permitted when a same gender observer is not available. A monitored collection involves the collector standing immediately outside of the door and does not require the collector to directly observe the donor voiding into the cup. As most collection sites collect for multiple reasons including Department of Transportation (DOT) tests, they may forget to read protocol that while HPSP requires collectors to observe urine leave the donor's body and fill the collection cup, HPSP does NOT require donors to lower their pants/undergarments and turn around.



HPSP: 888.802.2843
www.RBHHealthPro.com

If the collector asks you to lower your garments, please:

- Show them that your MedTox Donor ID Card states "All specimens must be observed split specimen collections (non-D.O.T.)."
- If during normal business hours please call HPSP at (888) 802-2843.

As a reminder, always remember to carry paper chain of custody forms with you. Additionally, be sure to review the Toxicology Testing – General Guideline and the other HPSP Guidelines at www.rbhmonitoring.com.

Outreach

HPSP's Medical Director, Robbie Bahl, MD and Program Director, Christopher Hamilton, PhD recently delivered Grand Rounds at Shriners Hospital and OHSU. The HPSP Team continues to schedule informational sessions on HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Christopher Hamilton (503) 802-9813; chamilton@reliantbh.com) for more information or to schedule a meeting.

How to Have a Healthy Summer Vacation

This summer, whether traveling across country or around the world, you'll have a more enjoyable vacation if you plan ahead to stay healthy. "While you can't prevent every health problem, there's much you can do to keep you and your family healthy when you're away from home," says Elizabeth M. Whelan, M.P.H. Sc.D., president of the American Council on Science and Health in New York City. Dr. Whelan suggests keeping the following health and safety tips in mind.

The healthy traveler. In addition to packing a small first-aid kit, be sure to pack your health-insurance card, a copy of your eyeglass prescription, copies of prescriptions for any medicines and the addresses and phone numbers of all your physicians.

"If you have a chronic health problem, such as diabetes or heart disease, you may also want to carry a medical summary prepared by your doctor that includes an EKG," Dr. Whelan says.

You should also bring a supply of any medicine you take routinely. "It's particularly important to bring an adequate supply of your prescription medicines if you're traveling abroad," Dr. Whelan says.

Packing a supply of over-the-counter remedies for common problems also can help. These include a pain reliever, an antacid, a laxative, an anti-diarrheal, an antihistamine and a cough/cold remedy.

Motion sickness. Nine of ten people suffer from motion sickness at some time in their lives. If you're prone to it, the following precautions can reduce your symptoms:

- Travel where there's the least motion: on a ship's deck or amidships, in a car's front seat and over a plane's wing.
- Don't watch the waves when you're on a boat; look at the scenery when traveling on land. Keep your eyes fixed on the horizon.
- Eat and drink in moderation the night before you travel.
- Avoid tobacco smoke and intense chemical and food odors.
- Take OTC motion sickness medications such as Dramamine or Bonine as directed on the label.

If these tips don't provide relief, ask your doctor to suggest a medication.

Travelers' diarrhea. Many international travelers suffer from diarrhea. Carefully selecting food and beverages can help prevent the condition. In general, cooked foods are safer than raw vegetables, fruit and seafood. The safest drinks are hot coffee, hot tea and bottled soft drinks. Avoid beverages with ice, fruit drinks and milk.

Four evenly divided daily doses of bismuth subsalicylate (Pepto-Bismol) may help prevent some gastrointestinal infections. "If you get diarrhea, take an appropriate over-the-counter medicine and consume lots of bottled water and non-caffeinated soft drinks to prevent dehydration," Dr. Whelan says.

Upcoming Opportunities

IDAA Annual Meeting 2016 - New Orleans, LA. August 3-7, 2016. Find more information at www.idaa.org.

The Other Bar 2016 Fall Retreat - September 16-18. Join other recovering legal, health care, and treatment professionals in Newport at the Hallmark Resort. Spouses, families, and significant others are welcome. Contact Dan (503) 221-1425; dqo@jfolaw.com or Jim O. (503) 221-1425; jfo@jfolaw.com to register or for more information.

Sante Center for Healing is offering Maintaining Proper Boundaries course in Argyle, TX. The course will be offered August 10-12, 2016 and again November 9-11, 2016. Visit <http://www.santecenter.com/professionals-program/> for more information.

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

September 2016

"Suffering has been stronger than all other teaching, and has taught me to understand what your heart used to be. I have been bent and broken, but—I hope—into a better shape." - Charles Dickens

Holiday Travel

The holidays are quickly approaching. Please remember that we require two weeks notice of travel plans so we can identify testing sites. Remember that we need zip codes and dates of travel. Also, please remember to carry your paper chain of custody forms with you on your travels. Get your requests in early if you have already made your holiday plans.

Florence's Lamp: Support for Chemically Dependent Nurses

Florence's Lamp has changed from weekly meetings to once a month. Meetings are the first Tuesday of the month at 5 p.m. Phone: Kay (503-644-3012) or Eunice (503-538-9850). St Barnabas House, 2025 SW Vermont, Terwilliger Exit from I-5 near Bertha in house next to the church. Open to RNs and LPNs.

Monitoring Portal

The new RBH Monitoring Portal was introduced in May. Several of you are using the new Monitoring Portal www.rbhmonitoring.com. As a reminder, the Portal provides the daily check-in feature, a log of your daily check-ins, the ability to submit an e-request for additional paper toxicology forms (CCFs), current Account Balance, and list of your Testing Facilities. If you have any questions, please contact your agreement monitor.

** All Data Current As Of Yesterday

Is a Test Required Today?

Click here to check for required testing today.

Check Now

Daily Check-Ins

Check In Type	Check In Date	Test Scheduled?
Phone Call	05-May-2016	No
Phone Call	04-May-2016	Yes
Phone Call	03-May-2016	No
Phone Call	02-May-2016	No
Phone Call	30-Apr-2016	No
Phone Call	29-Apr-2016	No
Phone Call	28-Apr-2016	No
Phone Call	27-Apr-2016	No

COC Request Form

Quantity Needed and Comments

Send COC Form to address on file ?

Address:

Submit

Account

Balance*: \$ 0.00

Description	Amount	Date
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LEGACY CENTRAL LAB - Portland	1225 NE 2nd Avenue, 1st Floor Portland, OR 97232	(503) 413-5113	0800-1630
LEGACY HEALTH SYSTEMS - NEWPORT - Newport	1010 S.W. COAST HWY STE 104 Newport, OR 97365	(541) 265-8810	CLOSED
MEDTOX WORKSHEET LAB - U.S. Coast Guard	3043 NE 28th Street U.S. Coast Guard, OR 97167	(541) 265-7476	0600-1800

Falling Into a New Workout

As the Weather Cools, Make Changes to Stay Active

Those long, active summer days have drawn to a close, but that's no reason to let your workout routines go into hibernation.

"Think of autumn as the start of a fresh new fitness season. Take advantage of the brisk temperatures to re-energize your commitment to a healthful lifestyle," says Kathie Davis, executive director of IDEA: The Health and Fitness Source, based in San Diego.



Start by writing down what you've accomplished in your fitness program so far and what you want to achieve in the future. Include long-range, broad objectives, such as maintaining a healthy weight, along with some short-term goals that will help you reach them.

As autumn days get shorter, "scheduling workouts can become more difficult, especially if you prefer to exercise outdoors," says Wayne L. Westcott, Ph.D., author of "Strength Training Past 50."

Instead of struggling to beat the clock, Dr. Westcott suggests "get more bang for the buck by choosing activities that give you the same fitness benefits in a shorter amount of time." If you usually take a one-hour brisk walk, for instance, run for a half-hour, instead.

If you decide to work out indoors, don't expect to duplicate your outdoor routine. "Sustained activity in a gym lacks the variety you get outside," says Dr. Westcott. "If you spend an hour riding a bike on a beautiful country road, it goes by in a flash. If you spent an hour on a stationary bike in the gym, you'd go nuts."

To keep yourself entertained indoors, plan a workout that includes short periods of several different activities. Try 20 minutes on the stationary bicycle, 20 on the rowing machine and 20 on the stair climber.

Here are other ideas to help you make an active transition from summer to autumn exercise.

Get organized

Autumn brings lots of new demands on time, especially if you're involved in community activities or have children in school. Protect your workout by setting a definite time and place, then scheduling other activities around that.

Seal the commitment by arranging to work out with a friend or personal trainer. Or join a group of people who walk, run or cycle at a regular time and place.

Catch the back-to-school spirit

Sign up for a class in a physical activity you've always wanted to learn.

Winterize your equipment

If you change your workout conditions, you may need to change your shoes, outerwear or other equipment, as well.

Maintain your skills

Tennis and swimming transfer easily indoors, but if golf or baseball is your sport, it may be harder to find winter opportunities to play. Keep in shape by choosing workouts that mimic motions used in your sport and keep those muscles strong and flexible.

Sign up for a bad-weather backup

Don't let rain or snow give you an excuse to skip a workout. Arrange for an indoor location before you need it. Join a health club, buy a video or investigate local mall-walking opportunities.

Find new opportunities to be active

Take the stairs instead of the elevator; park in the lot farthest away; and take a quick walk around the block at lunchtime. "Get more exercise in winter, not less," says Dr. Westcott. "You'll feel better all over. And there's no more effective way to fight the winter doldrums than by staying active and fit."

Upcoming Opportunities

IDAA Annual Meeting 2017 – Salt Lake City, UT. August 2-6, 2017 at the Snowbird Resort. Find more information at www.idaa.org.

Sante Center for Healing is offering Maintaining Proper Boundaries course in Argyle, TX. The course will be offered November 9-11, 2016. Visit <http://www.santecenter.com/professionals-program/> for more information.

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

October 2016



Speak Up for Safety Worksite Monitor Training – Volunteers Needed

The Oregon Nurses Foundation is seeking volunteers who can review and provide feedback on their newly developed Speak Up for Safety Worksite Monitor Training. Ideal volunteers would be nurses who have experience as a workplace monitor for either the HPSP and/or OSBN Probation Program.

Volunteers may receive a certificate of completion for this training. If you are interested in volunteering or have additional questions, please contact Perla Estrada at estrada@oregonrn.org.

Note: *The Speak Up for Safety Worksite Monitor Training is a training in addition to the Division 70 Training above. It does not meet the Division 70 education requirement for new worksite monitors, but is encouraged as it provides monitors and supervisors with enhanced knowledge and tools.*

Holiday Travel

The holidays are quickly approaching. Please remember that we require two weeks notice of travel plans so we can identify testing sites. Remember that we need zip codes and dates of travel. Also, please remember to carry your paper chain of custody forms with you on your travels. Get your requests in early if you have already made your holiday plans.

Inclement Weather

It is the time of year when inclement weather is possible. Please review the Inclement Weather and Toxicology Guideline in advance of the season's first event. Guideline on Inclement Weather and Toxicology Testing:

1. If the collection site is closed due to inclement weather, the licensee is excused once the agreement monitor has confirmed that the site was closed.
2. If the licensee informs HPSP that s/he cannot test due to inclement weather; the licensee may use one of the 21 toxicology exemptions allotted to each licensee per year if the licensee has been in compliance with all requirements for a period of nine consecutive months.

This follows the toxicology testing guideline which has been approved by the advisory committee consisting of participating boards and the Oregon Health Authority.

3. If the licensee fails to inform HPSP of the failure to test due to inclement weather, the missed test is reported as substantial noncompliance.
4. If the licensee informs HPSP of the failure to test due to inclement weather and does not meet the criteria for an exemption, the missed test is reported as substantial non-compliance.
5. If the licensee has less than nine months in the program and has been compliant in the program but informs HPSP that the licensee cannot test due to inclement weather, the licensee in this situation will be granted a onetime use of one of the 21 toxicology exemptions allotted per year to each licensee.



HPSP: 888.802.2843
www.RBHHealthPro.com

July 2016 Satisfaction Survey

Thanks to everyone who participated in the July 2016 HPSP Satisfaction Survey. For this period, 83 licensees participated in the survey.

Overall, 92% of the licensee respondents indicated that they understand the program's statutory monitoring requirements. Further, they indicated that the program treats them with dignity and respect (84% agreement) and that program requirements are clearly explained (79.5% agreement). The structure and accountability provided by the program were also recognized by respondents. HPSP responses to licensees were rated positively in terms of time frame (78% of respondents), quality (78% of respondents), and professionalism (82% of respondents). Agreement Monitors were viewed as knowledgeable about the licensees' case (85% of respondents). Those who had been reported non-compliant primarily indicated they understood the process (all but four respondents the entire year). Those who had been recently enrolled and provided feedback, typically were positive about the process and supportive of the benefits of the in-person intake option.

Eighteen licensees provided specific comments for the July survey including, three very positive comments about the staff and process.

- All of the staff at RBH in Portland do a great, professional job.
- I have been enrolled for a short time. The process has gone smoothly. The Assistant Case Coordinator was very helpful while I was out of state, and my Agreement Monitor has been great.
- The people working for the program have been helpful and courteous.

One comment about the smoothness of the enrollment process was balanced with one negative comment about the enrollment process, specifically confusion around the length of the licensee's individual program requirement.

Seven comments were neutral and noted that the program does the best it can under the licensee's individual circumstance. Three comments were concerns about the licensee's requirement to be in monitoring and the licensee's opinion that they do not need to be monitored.

There were two concerns from licensees whom did not feel connected with their agreement monitor. *HPSP participants who do not feel that they have a positive working relationship with their assigned agreement monitor are encouraged to first resolve their concerns with their agreement monitor. If that is not successful, licensees should call the Monitoring Programs Director, Christopher Hamilton, PhD (503-802-9813), to discuss further.*

Other July 2016 Satisfaction Survey comments included:

- There was a suggestion for a consumer panel. *The suggestion was forwarded to the program administrator, the Oregon Health Authority, for input.*
- Having multiple chances for missing tests before a noncompliant event. *This is not possible under the statute.*
- One concern with the time it takes for toxicology collections. *HPSP participants are always encouraged to call ahead to determine wait times.*
- Two licensee's expressed concerns about faxes reaching RBH. *Anyone with trouble sending in faxes are encouraged to send the fax confirmation to Monitoring Programs Director, Christopher Hamilton, PhD at chamilton@reliantbh.com to research and trouble shoot. RBH takes faxes and their confidentiality seriously and wants to know when anyone has trouble transmitting information to HPSP.*
- "The program should strictly rely on employer feedback." *Employer feedback through a workplace monitor is an important program component, but cannot be the only program aspect.*

Thank you again for your participation in the Satisfaction Survey. The next Satisfaction Survey will be released in January 2017. Your comments are always encouraged.

How to Survive the Sniffles

Going out in cold weather without a coat will not cause a cold. Wearing wet clothing will not cause a cold. A cold virus causes a cold. And one of the best ways to prevent a cold is to reduce the chances that someone will pass the virus on to you.

"Colds are caused by viruses passed by person-to-person contact, not by getting a chill or wearing wet socks," says Jack Gwaltney Jr., M.D., head of the Department of Epidemiology and Virology at the University of Virginia School of Medicine in Charlottesville. "Someone with a cold rubs his or her nose then touches your hand. As soon as you touch your nose or wipe your eyes, you're infected."



Protect yourself

Because cold viruses enter the body through the nose, mouth, and eyes, you can protect yourself most effectively by keeping your hands away from those areas. These preventive measures also help:

Wash your hands often, especially after playing with children, shaking hands with someone who has a cold, or touching things used by a person with a cold.

Teach children to use disposable tissues and throw them away.

Move away from someone who is coughing or sneezing. The spray that may carry the virus travels about three feet before falling to the ground.

Keep your face clean. Keep long hair out of your eyes.

Wash your eyeglasses often with water or cleaning solution. Avoid sharing eyeglasses, sunglasses, or goggles. Always wash your hands before touching contact lenses.

Soothe the symptoms

"Not everyone infected with a cold virus gets sick," Dr. Gwaltney says. "You may help your immune system fight a virus by getting enough rest and exercise and by keeping stress at a manageable level."

If you do develop a cold, Dr. Gwaltney recommends the following self-care treatments for your symptoms:

For nasal congestion, nose drops are more effective than oral decongestants and have fewer side effects. But use the drops for only two to three days. The drops have a rebound effect after that, making congestion worse.

For coughs, use:

- Halls Mentholiptus
- Ricola Cough Drops
- Robitussin-Guiafensin Syrup
- Tessalon Pearles

Avoid: Any medication containing Pseudoephedrine or Dextromethorphan ("DM") No: Codeine, hydrocodone, Benadryl

To soothe a sore throat, mix a teaspoon of salt in a glass of warm water and gargle, or use throat lozenges with topical anesthetics.

To relieve muscle aches and fever, take aspirin, acetaminophen, or ibuprofen.

Most colds get better in five to seven days without medical attention. Call a doctor if:

- Symptoms seem especially severe or different from those you usually experience with a cold.
- The cold lasts longer than usual.
- A fever of 101 degrees or higher lasts more than three days.
- You have trouble breathing or swallowing.
- You're suffering severe ear pain.
- Mucus or sputum is thick, green or rusty or odorous.

Upcoming Opportunities

IDAA Annual Meeting 2017 – Salt Lake City, UT. August 2-6, 2017 at the Snowbird Resort. Find more information at www.idaa.org.

Sante Center for Healing is offering Maintaining Proper Boundaries course in Argyle, TX. The course will be offered November 9-11, 2016. Visit <http://www.santecenter.com/professionals-program/> for more information.

ORPRN Conference - SAVE THE DATE. The Professional Recovery Network of Oregon 2017 will be Saturday, April 15, 2017 in Salem. More information will be available in the next few months.

Health Professionals' Services Program
www.rbhhealthpro.com
HPSP: 888.802.2843

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

November 2016

"I still don't believe it's over but I suppose the new normal will sink in soon. Thank you for your support, I absolutely appreciate what the monitoring has done for my life." - HPSP Participant completing November, 2016

Holiday Travel

The holidays are quickly approaching. Please remember that we require two weeks notice of travel plans so we can identify testing sites. Remember that we need zip codes and dates of travel. Also, please remember to carry your paper chain of custody forms with you on your travels. Get your requests in early if you have already made your holiday plans.



Happy Holidays/Test Exemptions Days

With the start to the 2016 holiday season, the HPSP Team would like to wish you a fun and safe holiday season. This year, Thanksgiving 11/24/2016 and the day after Thanksgiving Friday, 11/25/2016 are observed State of Oregon holidays as such, these are test exemptions and you do not need to check in to test.

Next month, Christmas, an observed State of Oregon holiday, is observed on Monday, December 26, 2016 and is also a test exemption day.

Inclement Weather

It is the time of year when inclement weather is possible. Please review the Inclement Weather and Toxicology Guideline in advance of the season's first event. **Guideline on Inclement Weather and Toxicology Testing:**

1. If the collection site is closed due to inclement weather, the licensee is excused once the agreement monitor has confirmed that the site was closed.
2. If the licensee informs HPSP that s/he cannot test due to inclement weather, the licensee may use one of the 21 toxicology exemptions allotted to each licensee per year if the licensee has been in compliance with all requirements for a period of nine consecutive months.

This follows the toxicology testing guideline which has been approved by the advisory committee consisting of participating boards and the Oregon Health Authority.

3. If the licensee fails to inform HPSP of the failure to test due to inclement weather, the missed test is reported as substantial noncompliance.
4. If the licensee informs HPSP of the failure to test due to inclement weather and does not meet the criteria for an exemption, the missed test is reported as substantial non-compliance.
5. If the licensee has less than nine months in the program and has been compliant in the program but informs HPSP that the licensee cannot test due to inclement weather, the licensee in this situation will be granted a onetime use of one of the 21 toxicology exemptions allotted per year to each licensee after their first year of participation or 10 days for those licensees who have participated for nine or more months but less than a year. Please read the Toxicology Testing Exemption Guideline at www.RBHMonitoring.com for more information on test exemptions.



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2017 & 2018 Holiday Test Exemptions Days

Holiday Event	Testing Holiday - 2017	Testing Holiday - 2018
New Year's Day (Jan. 1)	Mon., Jan. 2, 2017	Mon., Jan. 1, 2018
Martin Luther King, Jr. Day	Mon., Jan. 16, 2017	Mon., Jan. 15, 2018
Presidents' Day	Mon., Feb. 20, 2017	Mon., Feb. 19, 2018
Memorial Day	Mon., May 29, 2017	Mon., May 28, 2018
Independence Day (July 4)	Tues., July 4, 2017	Wed., July 4, 2018
Labor Day	Mon., Sept. 4, 2017	Mon., Sept. 3, 2018
Veterans Day (Nov. 11)	Fri., Nov. 10, 2017 and Sat., Nov. 11, 2017	Mon., Nov. 12, 2018
Thanksgiving Day	Thurs., Nov. 23, 2017 and Fri., Nov. 24, 2017	Thurs., Nov. 22, 2018 and Fri., Nov. 23, 2018
Christmas Day (Dec. 25)	Mon., Dec. 25, 2017	Tues., Dec. 25, 2018

Healthful Holiday Traditions

The holiday season can produce extra stress, a breakdown in healthy eating habits, even depression. But you and your family can adopt some new traditions that may help relieve the season's stress and make your holidays healthy and happy.

"Each December, millions of Americans find themselves spending more money than they can afford, taking on more responsibilities than they can handle and having less relaxed time with their families than they have at any other time of the year," explains Jo Robinson, co-author of "Unplug the Christmas Machine." "Too many people attempt to celebrate someone else's holidays. They're taking their cues on what the holidays should be from television shows, ads, store displays or their own parents, rather than doing what would be most meaningful to them."



Your physical health. When the holidays become more than you bargained for, your physical health can be compromised because you may put aside healthy habits. And stress can put additional demands on your body. Here are some tips on maintaining your health during the holiday season:

- Don't do too much. Give yourself some time to relax.
- Share the workload. Let everyone play an active role; make the holidays a family affair so you're not burdened with all the work.
- Establish priorities. You can't do everything; say no to some demands on your time.
- Simplify your life. Be less elaborate this year. Relax your housekeeping and holiday preparations.
- Continue to exercise. Don't let your regular regimen lapse.
- Eat healthy foods and limit your consumption of high-fat holiday treats. Serve healthy fare at your family's holiday party.

Your emotional health. It's easy to become overwrought this time of year, especially if you believe something is lacking in your holiday celebration. Here are some ways to create new holiday traditions that will help level your emotions:

- Ask yourself if you really enjoy all the rituals or whether they have merely become habits. Try adopting less elaborate traditions of holidays past.
- Don't be afraid to scale down gift giving. You'll probably receive a lot of support.
- If your annual party is too much to handle, postpone it until after the holidays when you have more time to prepare. This also will help alleviate post-holiday letdown by giving you something to look forward to.
- If you are unable to be with your family, get out around people. Plan to be with friends or volunteer to help others who also may be separated from their families.

Upcoming Opportunities

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More information will be available in the next few months.

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HealthProCHOICES

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December 2016

"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom." Marcel Proust

December Test Exemptions Days

Happy holidays! This month, Christmas is observed on Monday, December 26, 2016 as an Oregon state holiday. As such, Monday, December 26, 2016 is an exemption day and you do not need to check in to test.

Over the Counter Prescriptions

Now that it is officially the cold and flu season, everyone is reminded to review the Over-the-Counter Medication List at www.RBHMonitoring.com under other resources and Medication Management Form under forms. Remember to avoid taking medications that contain alcohol, diphenhydramine, and pseudoephedrine.

Over-the-Counter medications containing alcohol are to be avoided and cannot be approved by a provider by a Medication Management Form. If your physician or other practitioner prescribes a centrally acting antihistamines or decongestants such as diphenhydramine (Benadryl) or hydroxyzine (vistaril or atarax), these medications and some others, even though they are over the counter, require the completion of medication management forms. Please have these forms in place in advance of non-negative toxicology.

Criminal Behavior Reporting

A reminder to HPSP licensee that they are required to report the arrest or conviction of misdemeanors and felonies to both their board and HPSP within three business days. This includes subsequent convictions of previously reported arrests.

Report of Changes in Employment

A reminder to licensees of all boards that their monitoring agreements require the report of any change in employment within three days of the change. Additionally, any new employment settings require the set-up of workplace monitors.

Licensees of the Oregon Board of Nursing are further reminded of workplace settings that they are restricted from working in a:

- a. Self-employment
- b. Setting owned or managed by a family member
- c. Community-based care (e.g. home health/hospice, assisted living, residential care or foster care facilities, schools);
- d. Staffing agency
- e. Float areas outside the participant's workplace monitor's supervised area
- f. Night shifts outside an acute care setting

Holiday Travel

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Inclement Weather

Since Oregon has been already experienced a couple of inclement weather situations this season, please review the Inclement Weather and Toxicology Guideline in advance of the season's first event. Guideline on Inclement Weather and Toxicology Testing:

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Outsmarting Stress

You're familiar with the symptoms of stress — a pounding heart, increased perspiration, tight neck and shoulder muscles, anxiety, and fear. But you may not know how to prevent or relieve these symptoms. Stress can be triggered by events, ideas, memories, emotions, or failed expectations. The following actions can help you counteract the negative effects of stress, according to wellness experts at the Canyon Ranch Health Resort in Tucson, Ariz.

Exercise. A regular workout can release pent-up frustrations. Experts recommend getting 30 minutes of moderate exercise most days of the week. Choose any aerobic activity: walking, jogging, bicycling, swimming, stair climbing, or step aerobics.

Keep communicating. One of the best ways to fight stress is to discuss your problems with a friend or relative. Our immune systems get a boost when our feelings are released, experts say. Talking to other people shows us we're not alone and helps us put our stress in perspective. Besides relieving the pressure, talking things out may lead to a solution to your problem.

Pay attention to your diet and habits. A diet of wholesome, healthful foods can help stabilize your moods. Consuming caffeine, sugar, alcohol, nicotine, and prescription or illegal drugs can increase your stress, making coping more difficult.

Make time for laughter and fun. Surround yourself with happy people who like to laugh. Let the child in you come out, and you'll find laughter is one of the best stress remedies.

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