

# HealthProCHOICES

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

January 2018



**"This is the year I will be Stronger, Braver, Kinder, and Unstoppable. This Year I will be Fierce." - Unknown**

## Satisfaction Survey

Thank you for participating in the January 2018 HPSP Satisfaction Survey. Your feedback is very important to us. All input is reviewed by the HPSP Policy Advisory Committee (PAC) and, where possible, the program is adjusted. Changes made from Satisfaction Survey input in the past include in-person meetings with agreement monitors, Saturday phone support, and lower-cost toxicology panels for unemployed HPSP participants. Input will also be reviewed by the HPSP Advisory Committee. Your next opportunity to participate is July 2018.

## Weekly Check-in Reminder

A reminder that, in addition to providing licensees recovery support by reviewing weekly recovery activities and addressing concerns, the weekly check-in is also an opportunity for licensees to update their Agreement Monitor on changes. These changes include:

- Home address
- Work address
- Employment
- Prescribed medications
- Credit card
- Health-related issues

The Weekly Contact with Agreement Monitor Guideline and all HPSP Guidelines can be found at [www.RBHMonitoring.com](http://www.RBHMonitoring.com).

## Toxicology Collection Reminders

HPSP toxicology costs are inclusive of the collection fee, shipping, screening and analysis, and Medical Review Officer (MRO) review. If a collection site requests you to pay for the collection upfront, please contact HPSP immediately. Mark (503) 802-9816 or Tina (503) 802-9866 can assist you.

HPSP urine collections are observed. Only in the most infrequent and limited circumstances should a collection be monitored and not observed. Please contact Mark, Tina, or your agreement monitor if your urine collections are monitored.

It is cold and flu season. Please remember that if you are selected to test, you are required to test that day. Only in situations where a licensee is hospitalized can a test be excused due to the flu.

## Over the Counter Prescriptions

As the cold and flu season progresses, please review the Over-the-Counter Medication List at [www.RBHMonitoring.com](http://www.RBHMonitoring.com). Over-the-Counter medications containing alcohol cannot be approved and must not be taken. Additionally, avoid medications that contain diphenhydramine or pseudoephedrine. If your provider suggests a centrally acting antihistamines or decongestants such as diphenhydramine (Benadryl) or hydroxyzine (Vistaril or Atarax), a Medication Management Form will be required. All mind-altering, intoxicating substance, or potentially addictive drugs prescribed by a provider need to be documented using the Medication Management Form. Please have these forms in place and approved in advance of any non-negative toxicology.



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## Inclement Weather

As we continue through the colder months of the season, please remember that if a collection site is closed due to inclement weather, you must inform HPSP of the closure. This will be verified by your agreement monitor. If the site is confirmed to be closed and the licensee has been in compliance with all requirements for nine consecutive months (or has been compliant thus far if enrolled less than nine months), then one of the 21 toxicology exemptions allotted to each licensee per year may be used.

## Introduction

Ashlea Tenner is HPSP's newest Agreement Monitor. She joined the team earlier this month. Ashlea has a master's degree in mental health and addictions counseling from Lewis and Clark College and has a background working with dual diagnosis adults and teens in residential settings. She is credentialed as a nationally certified counselor, a certified alcohol and drug counselor, and is an Oregon LPC-i. In her free time, she enjoys spending quality time with her husband, playing with her nine-month-old Havanese puppy, quilting, and practicing archery.

## Living a Life in Balance

Do you feel like your life is too complicated? Are you often torn between your work and home responsibilities?

"If so, you're not alone, and you don't have to despair," says Odette Pollar, president of Smart Ways to Work, a personal productivity firm in Oakland, Calif., and author of *Take Back Your Life*. "You can gain peace and relief by making a conscious effort to reduce the complexities in your life and achieve balance."

Given all you have to do, it's easy to lose sight of what's probably your ultimate goal: to enjoy your life as you follow through on your personal and professional responsibilities in satisfying ways.

Here are Ms. Pollar's suggestions for successfully balancing your time and life.

**Learn to streamline.** Speeding up and trying to force more and more into the same blocks of time isn't the best way to have more time in your life. According to Ms. Pollar, the best way to "get it all done" is to have fewer things to do by consciously streamlining your ongoing responsibilities.

Being selective about your choices and how you spend your time is important. And it's vital to keep your perspective and establish realistic expectations for yourself.

"Regaining balance starts with the awareness that something is out of kilter, that you have too much going on," she says. "From there you can identify what you want less of in your life."

**Ask yourself questions.** You can achieve balance by setting your priorities and creating a life around them. This is a long-term process and requires thought and insight.

**As a way to get started, take some time to list three to five answers to these questions:**

- What physical needs are important to you and why?
- What emotional needs are important to you and why?
- What mental needs must be filled to make you content?
- What causes the sense of frustration or depression you may feel?
- What does success -- both personal and professional -- mean to you?

Your answers will provide information you can use to make changes in your life.

**Determine what you want.** Before making any big changes, consider the results you want to achieve. This will give you a starting point from which to choose a direction and set goals.

For example, you might want to:

- Enjoy work and have enough energy left at the end of the day to enjoy your home life.
- Cultivate a better relationship with your children, partner, friends and family.



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- Do more things you'd like to do and feel more content.

By reacquainting yourself with your needs, desires and feelings, you can make a plan with a systematic approach for achieving your goals.

**Respect the process.** Achieving balance is an ongoing process that requires your regular attention. As you move forward, talk with others about how they have achieved balance in their lives and share your successes.

**As you continue on your road to a more satisfying life, remember the following.**

- Keep your job and your life in perspective. Success at the expense of relaxation and enjoyment is not success.
- Take yourself less seriously. Learn to see and appreciate the lighter side of life.
- Learn to say "no." Be firm without apology or guilt.

"It's easier to balance a simpler life," says Ms. Pollar. "For a life worth living, eliminate the unimportant, whether it be relationships, tasks, responsibilities, possessions or beliefs."

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### Upcoming Events

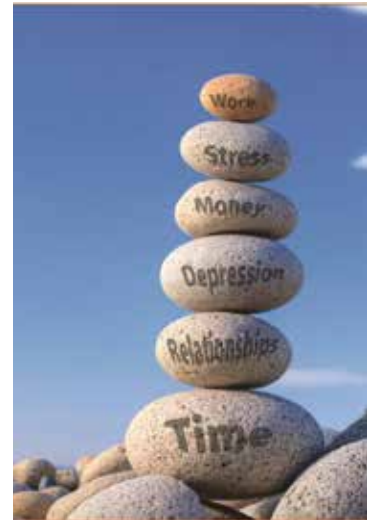
#### 2018 Professional Recovery Network (PRN) Annual Conference

The next PRN Conference will be Saturday, May 5, 2018 at the Chemeketa Community College Viticulture Center in West Salem. More information will follow in the coming months.

#### 2018 Vanderbilt Center for Professional Health Courses

- Proper Prescribing of Controlled Prescription Drugs
- Maintaining Proper Boundaries
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**"The best love is the one that makes you a better person, without changing you into someone other than yourself." - Unknown**

## Upcoming State Holiday

Monday, February 19 is an Oregon observed holiday and test exemption day. You do not need to check to see if you need to test on that day.

## Surveys

Thank you for participating in the January 2018 Satisfaction Survey. The Policy Advisory Committee is reviewing your responses. Please note if you recently enrolled in HPSP you will receive a short (it will take five minutes or less) Enrollment Survey at approximately four months after enrollment. This survey is specific to the enrollment process and your input is greatly appreciated. Also, licensees nearing the program completion are reminded that they will receive a survey at completion. The survey is intended to help us better understand which program components support successful completion.

## Collection Site Updates

GS TESTING: 503-992-6359. Someone will be present from 8am to 5pm Monday-Friday. You are asked please call 20 minutes in advance. If you require testing after 5PM, it is recommended to call ahead to ensure the test site will have the proper staff for an observed collection.

## Medication Management Forms

Please remember to keep your agreement monitor updated if you are undergoing a medical treatment or having a planned procedure. Many medical procedures require medication that will show up in toxicology. Please discuss with your agreement monitor if a medication management form is needed. Medication Management Forms are available at [www.RBHMonitoring.com](http://www.RBHMonitoring.com).

## RBH Volunteers

A team of RBH volunteers, including Agreement Monitor Rebecca, volunteer every other week at Portland's Urban Gleaners. The Urban Gleaners was founded in 2006 by Tracy Oseran who identified a need to distribute fresh, unsold food to persons and families in need. The group of volunteers distribute 60,000 lbs of food a month and feed 6,000 people a week.

When they volunteer, the RBH team goes to the warehouse where they repackage very large containers of delicious left-over food donated by colleges, restaurants, bakeries, farmers markets, and large companies into family sized containers. The containers are then staged in large refrigerators for next day distribution to pantries across the city. If not for the work of the volunteers, the food would go to waste.



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## Spring Survival Guide

Spring is in the air. Unfortunately, so are the many tree and grass pollens that cause seasonal allergies. This can be bad news if these tiny particles cause your asthma to flare up. But the change in seasons doesn't mean that you have to hibernate until winter. While you may not be able to avoid your triggers completely, there are many ways to help limit your exposure.

### Pollen and mold

For many allergy sufferers, pollen and mold are the main problem. If you are allergic to pollen or mold, you may notice that your asthma is worse on days that are hot, dry and windy. Your symptoms may lessen when it is rainy and windless, because the air is not as heavy with pollen and mold on these days.



You can check the pollen count in your area by going to the American Academy of Allergy, Asthma and Immunology's Web site. The Web site is updated daily during pollen season and lists the active pollens in your area. You can use this information to help plan your outside activities.

Here are some other suggestions for avoiding pollen and mold when pollen counts are high:

- Keep your windows closed to prevent pollen and mold from coming in. Remove any pollen and mold that make their way into your house with an air filter, air conditioning or an electrostatic filter.
- If possible, use an air conditioner, rather than fans, to cool your house.
- Keep your car windows rolled up and turn your air conditioner to re-circulate.
- Try to stay inside between 5 and 10 a.m. This is when pollen counts are generally the highest.
- Don't hang clothes or sheets outside to dry.
- Ask someone else to mow the lawn and rake leaves. These activities stir up allergens. If you have to do these things yourself, wear a mask.
- Take your vacation somewhere with less pollen, such as the beach.
- Shower and change your clothes after spending time outside. This will help remove any pollen or mold that is on your clothing, hair and skin.
- Exercise indoors.

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**"Like wildflowers; you must allow yourself to grow in all the places people thought you never would."  
- Edward Verrall Lucas**

## Collection Site Changes and Policy Change

GS Testing: 503-992-6359. Someone will be present from 8am to 4pm Monday-Friday. You are asked to please call 20 minutes in advance. If you require testing after 4PM, it is recommended to call ahead to ensure the test site will have the proper staff for an observed collection. **In addition, if you test after normal business hours, you will be responsible for paying up front for the after hour fee. This fee is paid directly to the collector and is in addition to the bundled toxicology cost.**

## Outreach

The HPSP Team is scheduling 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, Ph.D. ((503) 802-9813; [chamilton@reliantbh.com](mailto:chamilton@reliantbh.com)) for more information or to schedule a meeting.

## Over-the-Counter Allergy Relief

Allergies will soon be in full force. As a reminder, several over-the-counter medications may have sedating or stimulating effects. These include centrally acting antihistamines, such as diphenhydramine (Benadryl), and hydroxyzine (Vistaril or Atarax). Like prescriptions with addictive potential and/or psychotropic medication be sure to have your primary care physician populate a Medication Management Form before a non-negative test. The Medication Management Form (MMF) and other useful forms are available at [www.RBHMonitoring.com](http://www.RBHMonitoring.com)

## Travel

Spring is here and summer on its way, please remember that travel requests need to be made two weeks in advance 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](http://www.RBHMonitoring.com)

## Monitoring Team Spotlight- Scott McBeth, PhD

Agreement Monitor Scott has been on the HPSP Team for a little over two years working with participants of the Oregon State Board of Nursing. Before joining the HPSP Team, Scott worked in higher education at Portland Community College. Besides spending time with his wife and canine kids, Scott spends the rest of his spare time training as a triathlete.

Scott has competed in cross country, track, and road racing bicycles throughout his life. Over the last 20 years he has competed in triathlons once as an elite triathlete and now as a longtime age group triathlete. He has competed in all distances of triathlon from the ironman (2.4 miles swim, 112 miles bike, and 26.2 miles run), half ironman (1.5 miles swim, 56 miles bike, and 13.1 run), Olympic distance (1500 meters swim, 25 miles bike, 6.2 miles run), sprint distance (half mile swim, 12.5 miles bike, 3.1 miles run), and then the super sprint which is (400 meters swim, 10 miles bike, 2 miles run). Scott continues to compete and win.



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**In 2016, Scott was:**

- 9th in the Pacific Northwest Region
- 2nd in Washington
- 158th nationally (receiving All American standing)
- 1st overall Why Racing Triathlon Series

**In 2017, he was:**

- 12th in Pacific Northwest
- 3rd in Washington
- 148th nationally (receiving All American standing)
- 1st overall Why Racing Triathlon Series

In September 2017, while training Scott was hit by a car and broke an arm and his knee was punctured by the bicycle's aerobar. He is healing and hopes to continue competing at the same or higher level.



For 2018, Scott hopes to continue the local race series with three additional half ironman races that will challenge him mentally and physically.

Good luck Scott!

**Spring Break Health and Safety Tips**

Make this year's spring break memorable by having fun and helping yourself, your friends, and others stay safe and healthy.

**Be active**

You've probably been sitting most of the year working at the computer, studying, or in class. During the break, take the opportunity to start a fitness program. Do a variety of fun activities like walking, dancing, playing volleyball, swimming, and more. It doesn't need to be hard to be beneficial. Avoid injury by starting any new activity slowly. Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.

**Plan a successful trip**

If you are going on a trip, be prepared. Are vaccinations required? Are there special food, destination, or other things you need to consider ahead of time? If you are taking medications, do you have enough for the trip? Know what's happening en route or at your travel destination.

**Watch your step**

There may be temptations on your break that involve different or high-risk activity. Think twice before putting yourself at risk for injury. Be sure to use appropriate safety gear before venturing out, such as seat belts, life vests, or knee pads. Remember that unintentional injuries kill more Americans in their first three decades of life than any other cause of death. In fact, injuries (both unintentional and those caused by acts of violence) are among the top ten killers for Americans of all ages.



**Protect your eyes**

If you wear contact lenses, practice healthy wear and care tips, even when you're on vacation. Carry a spare pair of glasses and contact lens supplies with you so you can take out your contacts safely when you need to. Remove contacts before swimming, as exposing contact lenses to water can lead to painful, sometimes blinding eye infections. Always take your contacts out before bed, even if you're up late or traveling. Sleeping in contact lenses has been linked to serious eye infections.



## Know the ropes

When swimming and boating, know what's expected and what you can do to prevent injury or death for yourself and others. Know how to swim. Wear your life jacket while boating. Complete a boating education course. Participate in the vessel safety check program.

## Protect yourself from the sun

After a cold winter, it's tempting to stay in the hot sun all day. Although getting a little sun can have some benefits, excessive and unprotected sun exposure can result in premature aging, changes in skin texture, and skin cancer. Always wear sunscreen with at least SPF 15. For eye protection, wear wraparound sunglasses that provide 100 percent UV ray protection.

## Eat healthy

Having fun takes energy and fuel. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and legumes. Drink lots of water and go easy on the salt, sugar, and saturated fat. Good nutrition should be part of an overall healthy lifestyle, including regular physical activity, not smoking, and stress management.

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## Upcoming Events

### 2018 Professional Recovery Network (PRN) Annual Conference

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**"No matter how long the winter, Spring is sure to follow." - Proverb**

## There is Still Time to Register for the OPRN Annual Conference

The next Oregon PRN Conference is Saturday, May 5, 2018 at the Chemeketa Community College Viticulture Center in West Salem. For more information, please visit: <http://www.prnoforegon.org/conference/index.htm>. Click here to register: <https://orprn.wufoo.com/forms/orprn-2018-registration/>

## Collection Sites Close and Change Addresses

Licenses participating in toxicology are reminded to call ahead and check addresses when traveling to collection sites with which they are unfamiliar. Collection sites and addresses provided at enrollment can change at any time. It is always a good idea to call ahead or check the RBH Portal at [www.RBHMonitoring.com](http://www.RBHMonitoring.com).

## Spring and Summer Travel Plans?

Please remember that travel requests need to be made two weeks in advance 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](http://www.RBHMonitoring.com).

## Additional Over-the-Counter Allergy Relief Reminder

Allergies will soon be in full force. As a reminder, several over-the-counter medications may have sedating or stimulating effects. These include centrally acting antihistamines, such as diphenhydramine (Benadryl), and hydroxyzine (Vistaril or Atarax). Like prescriptions with addictive potential and/or psychotropic medication be sure to have your primary care physician populate a Medication Management Form before a non-negative test. The Medication Management Form (MMF) and other useful forms are available at [www.RBHMonitoring.com](http://www.RBHMonitoring.com).

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## January 2018 HPSP Satisfaction Survey

Thank you to all who participated in the January 2018 HPSP Satisfaction Survey. Your responses have been compiled in a report that has been reviewed by the internal HPSP Policy Advisory Committee (PAC) and will be reviewed by the HPSP Advisory Committee at their April meeting. Feedback from licensees participating in the program, treatment providers, workplace monitors, and professional associations is highly valued by the HPSP team.



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For this survey period, 22.2% (48) of licensee participants responded. Among the licensee responses:

- 98% indicated that they understood the program's statutory monitoring requirements
- 87.5% felt the program treats them with dignity and respect
- 90% stated that program provides more than some accountability
- 90% believe their Agreement Monitor is knowledgeable about their case
- 90% reported that information was communicated clearly and professionally
- 85% of licensees who use the portal, indicated that it is extremely useful or useful
- Above average was the most frequent rating of overall services by licensee respondents

In addition to the multiple Likert Scale question responses, eight of the 48 licensee respondents provided additional open text comments. Of the eight additional comments, two licensee additional comments stated appreciations for their agreement monitor and felt that they were "treated positively" and that their agreement monitor was a "pleasure to work with." Three comments were negative in nature stating that the program was punitive in nature and not individualized. Two licensees commented on the desire for the availability of additional collection options when traveling. One licensee likes the program but would like to see more recovery resources available. One licensee commented appreciation for the mobile application.

Your feedback is always appreciated. Your next opportunity to provide feedback is July 2018. Watch your email inbox.

### New Enrollment Survey

Licensee who participated in the January 2018 HPSP Satisfaction Survey may have noticed that the survey was shorter. This is because the enrollment question was removed and are sent in a stand-alone survey at the three-month mark of enrollment. The HPSP PAC hopes to receive valuable feedback in close proximity to a licensee's enrollment.

### Be Healthy and Safe in the Garden

Enjoy the benefits of gardening, and stay safe.

Whether you are a beginner or expert gardener heading out to your garden, vegetable plot, or grassy lawn, health and safety are important.

Gardening can be a great way to get physical activity, beautify the community, and go green. However, it also can expose you to potentially harmful elements, such as the sun, insects, lawn and garden equipment, and chemicals.

Below are some health and safety tips for gardeners to follow while enjoying the beauty and bounty gardening can bring:

- **Dress to protect.** Prevent exposure to chemicals, insects, and the sun.
- **Put safety first.** Limit distractions, use chemicals and equipment properly, and be aware of possible hazards to lower your risk for injury.
- **Watch out for heat-related illness.** Even being out in short periods of time in high temperatures can cause serious health problems. Monitor your activities and time in the sun to lower your risk for heat-related illness.
- **Know your limits.** Talk to your health care provider if you have concerns that may impair your ability to work in the garden safely.



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- **Enjoy the benefits of physical activity.** Gardening is an excellent way to get physical activity. Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, osteoporosis, coronary artery disease, stroke, depression, colon cancer, and premature death.
- **Get vaccinated.** Vaccinations can prevent many diseases and save lives. All adults should get a tetanus vaccination every 10 years.
- **Go green.** Conserve water, reuse containers, recycle, and share your bounty.

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*"The flower doesn't dream of the bee. It blossoms and the bee comes." – Mark Nepo*

## Memorial Day Testing Holiday

Monday, May 28 is Memorial Day and is a testing holiday for HPSP licensees participating in toxicology. On Monday, licensees do not need to check to see if they need to test. Have a safe, extended holiday weekend. For a full list of State of Oregon observed holidays, please visit: [www.rbhmonitoring.com](http://www.rbhmonitoring.com).

## Peth, Hair, Nail, and Oral Fluid Testing

If you periodically test using an alternative testing methodology\*, we have exciting news: Those alternative specimen types will soon be identified by their own unique panel letter on the Interactive Voice Recorder (IVR), iPhone App, Android App, and Portal. You will soon hear or see:

- Hair = Panel H
- Nail = Panel N
- Blood/Peth = Panel P
- Oral Fluid = Panel O

This means that Panels A, B, C, and D will be reserved for urine tests and not also used for the alternative tests. We know that this will increase clarity when you check to see if a test is required. In the next few weeks, the IVR, iPhone App, Android App, and Portal check-in methods will all start using these new panel identifiers. Stay tuned and check with your agreement monitor if you have questions.

\*If you do NOT currently use Peth (blood), hair, nail, or oral fluid testing than this change will not impact you at all.



Kate Manelis, Christopher Hamilton, and Nichole Collier

## 2018 Oregon Professional Recovery Network

The 2018 PRN Conference was a success. HPSP Agreement Monitors Kate and Nichole and Program Director Christopher were in attendance. It was nice to meet several current and past HPSP licensees. We hope to see you at the 2019 conference. We will share the dates as soon as they become available.

For more information on the PRN, please visit: <http://prnoforegon.org>.

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## Happiness Keys – MJ Ryan, Executive Coach

Try these suggestions:

- Have something to look forward to. We all need something pulling us into the future -- a dream we want to make come true that gives us the incentive to get up in the morning. So, make a "want-to-do" list that includes things you wish to accomplish.
- Realize life doesn't have to be hard. Many people can't enjoy themselves and can't let their guard down because they think that being extra vigilant will protect them. "But, you can't prevent disaster by not being happy," says Ms. Ryan. "Your life doesn't have to be hard. It's OK if it's easy."
- Let go of desired outcomes. So much of what happens to you is out of your control. All you can do is set your intentions and be willing to deal with whatever happens. Letting go of desired outcomes doesn't mean you don't work toward something; instead, it means if something doesn't happen, you adjust to the opportunities life presents you. "Unfortunately, most people haven't been taught how to do this," says Ms. Ryan. "They get attached to a certain outcome and then are disappointed when events don't turn out the way they hoped."
- Get a life. A recent study found people who excel at work don't put in longer hours than others. The overachievers often have a life outside of work, which makes them happier, more rested and, therefore, more efficient workers.
- Ask for help. No one can make it in life, at least not happily, on his or her own. Humans are social creatures, designed to give and receive support. "Ask for what you need today, and you're more likely to receive it," says Ms. Ryan.
- Take a satisfaction break. It's easy to get so caught up in the rat race of your life that you don't take time to appreciate your accomplishments. So, take a satisfaction break right now. Make a list of the accomplishments of which you're the proudest -- then ponder the list and appreciate yourself for all your hard work.
- Envision what you want. Each morning, before you start your day, use the power of visualization to create a day full of joy. See yourself handling the difficulties of your work life with equanimity. See yourself smiling at everyone you meet, treating each person with care and kindness. See yourself as the calm in the center of the storm of life. At the end of the day, notice how your day went. Were you happier as a consequence?
- Do something you love today -- if only for five minutes. What gives you great pleasure that you haven't experienced in a while: going to the movies and eating a bucket of popcorn, reading a trashy book, or calling a long-distance friend. Whatever it is, give yourself permission to indulge today.
- Notice what's right. Many people make themselves miserable by choosing to focus on what's wrong in their lives instead of focusing on what's right. "Acknowledging what's working in your life or in a given situation is the key to gratitude and happiness," says Ms. Ryan.



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## Wellness Resources

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For more information visit: <http://www.ismanet.org/doctoryourspirit/>

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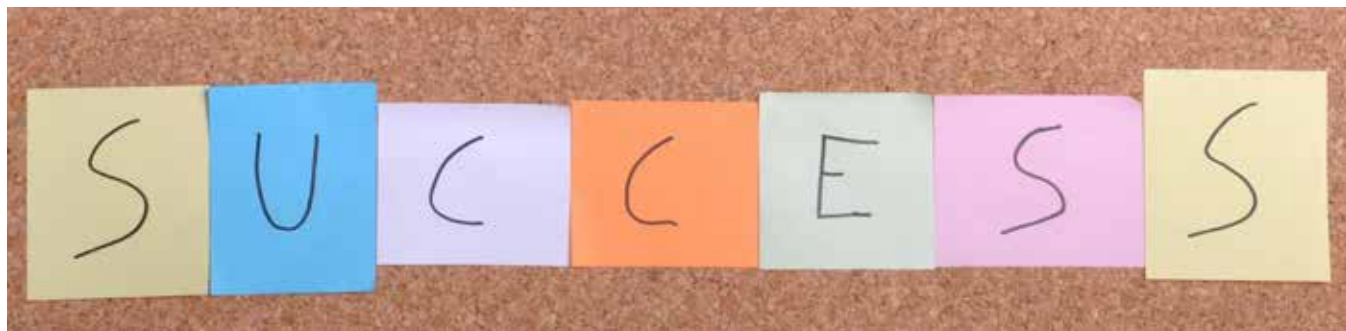
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# HealthProCHOICES

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

June 2018



*"Don't worry about those who talk behind your back, they're behind you for a reason." - Unknown*

## Fourth of July Test Holiday

Wednesday, July 4th is a testing holiday for HPSP licensees participating in toxicology. On Wednesday, licensees do not need to check to see if they need to test. For a full list of State of Oregon observed holidays, please visit: [www.rbhmonitoring.com](http://www.rbhmonitoring.com).

## Gastric Bypass and Alcohol Don't Mix: One Nurse's Story

I thought I was too smart to become an alcoholic. Growing up, my parents drank and I wanted more for my life. I had goals that included nursing school, marriage, and children. But life can be cruel sometimes. I now believe I was born an alcoholic. The disease was waiting for the perfect time to make a grand entrance. It started developing in January 2007 following gastric bypass surgery. Bypass surgery changes how your body metabolizes alcohol. I remember my first shot at a party after that surgery and the warm feeling that spread over my body. It was something I had never experienced before and I very much wanted to feel that way again.

The next few years were a blur but I can say that drinking stopped being fun rather quickly. I tried to control it. My husband also tried to control it and I resented him for that. That's when the lying and hiding bottles started. My relationships suffered and I was blacking out regularly. The one thing I had left was my career and I could feel the disease chipping away at it slowly. I was exhausted and depressed and couldn't hide it. A supervisor confronted me because I had been dozing off at work. When I refused to submit to a toxicology test, I was suspended.

I was afraid of losing my job so I went to detox at an inpatient facility. Thankfully a nurse there discovered that I was also a nurse and contacted SPAN (Statewide Peer Assistance for Nurses) on my behalf. I was scared and defeated when the SPAN Regional Coordinator (RC) came to the inpatient facility to meet with me. SPAN was my first glimmer of hope. The RC explained the free services offered by SPAN and the benefits of the Professional Assistance Program (PAP). She also explained how many nurses are suffering with substance use disorders on a daily basis. The RC left me with a packet of information and a clear path to follow. If only I had listened and been willing to be guided at that time.

I left inpatient, voluntarily surrendered my nursing license to PAP, but lived in denial. Soon after I was charged with Driving While Intoxicated (DWI) while in the PAP. I am grateful the program didn't drop me and stuck by me. I managed to keep things together long enough to complete the program, but I was still drinking. It seemed like alcohol was my only friend. I climbed deeper into the hole I had dug for myself. In December 2015 I got a 2nd DWI. I was too afraid to tell anyone so I hired a lawyer and waited. I made many tearful phone calls to my SPAN Regional Coordinator. She always took my calls no matter what state I was in. At this point in my disease all she could do was listen because I was past the point of taking any advice. I was in a tailspin and was sleeping in my car just so I didn't have to go home. In January 2016, I was once again charged with DWI, less than 30 days after the second one. It was then that I knew I had to do something to stop the madness.

I was transported to the police station where I couldn't be processed due to computer issues, so was told to return the following day. I worked a 12 hour shift on 3 hours of sleep and while at work I made arrangements to fly to Florida to an inpatient rehabilitation center the next day. I got my car out of the impound lot and drove to the police station. As I was driving I noticed the bottle of vodka still there from the night before so drank it on my



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way to the station. I was charged with a 4th DWI while sitting at the desk talking to the officer who had arrested me less than 24 hours before. My alcoholism had reached a new level of insanity. I made it to inpatient in Florida and was ready to change my life. PAP agreed to take me back if for no other reason than to protect me from myself. I waited 10 months before getting my nursing license reinstated. I worked hard on my recovery and took suggestions. The pieces of my life are slowly coming back together. I didn't get it the first time around or the second, but not once did the PAP or SPAN make me feel like a failure. They never gave up on me even when I had given up on myself. I am forever grateful to these programs that helped me get my life back. Without SPAN and my RC, I would be lost. Sitting in groups with other nurses in different phases of recovery and being able to share my experience, strength, and hope, helps me tremendously. I know I would've lost everything if it wasn't for SPAN and am forever grateful to the nurse who contacted SPAN on my behalf.

*Written by a Statewide Peer Assistance for Nurses (SPAN) participant, copyright 2018, and reprinted with permission of the author and SPAN, Albany, New York.*



### Staffing Update

Ashlea Tenner and her husband Brandon are expecting their first child in a matter of days. Ashlea will be off work for a few weeks. During this time Scott McBeth will be covering Ashlea's participants, but any RBH Monitoring team member will be able to assist. Congratulations Ashlea and Brandon. We will provide an update in the next newsletter.

### Practice Sun Safety, Whatever Your Age

You're never too old for the sun's rays to harm your skin. In fact, sun exposure is especially dangerous for aging skin, says Jerome Z. Litt, M.D., author of *Your Skin From A to Z*. "The skin is like a sponge and a bank. It soaks up all the rays and stores them forever," he says. "Because seniors' skin is so much thinner than younger people's skin, more rays are able to penetrate." So be sure to protect your skin from the sun's damaging rays:

- Avoid direct sunlight when it's strongest, between 10 a.m. and 4 p.m.
- Wear protective clothing, such as broad-brimmed hats, long-sleeved shirts, long pants and sunglasses that filter out ultraviolet (UV) light.
- Use sunscreens with an SPF of 15 or higher. Apply it liberally to exposed areas, including bald areas of your scalp.
- Avoid sunlamps and tanning booths.



#### Sunscreen smarts

No matter what time of year, you should remember to put on sunscreen when you spend time outdoors. Here are tips from the Skin Cancer Foundation on getting the most from your sunscreen:

- Choose a sunscreen that will protect you against both UVA and UVB rays.
- Spread the sunscreen evenly on all skin that is exposed to the sun. Don't scrimp on how much sunscreen you use.
- Don't forget to apply sunscreen to your lips, ears, neck, hands, feet and scalp if your hair is thinning.
- Reapply sunscreen every two hours, or more frequently if you have been swimming, sweating or using a towel to dry off.
- Your risk for melanoma, a deadly form of skin cancer, rises if you have fair skin or hair, a family history of melanoma, a history of severe, blistering sunburns in youth, more than 50 moles and a particular form of mole called dysplastic nevi.

Along with a yearly skin exam by your doctor, you should examine your skin every three months. Ask a friend or relative to check areas you can't see or reach.

"Look for any changes in the skin, such as spots that bleed, crust, itch or change in texture," Dr. Litt says. Other common warning signs: new growths, sores that don't heal, and changes in the size, shape or color of moles and birthmarks.

Skin cancer can occur anywhere, but it's most common in the places that have been exposed to the sun the most (such as the head, face, neck, arms, and hands). If you notice anything suspicious, visit your doctor.

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## HPSP Outreach

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The next IDAA meeting is August 1-5, 2018 in Reno, Nevada. The annual meeting will be held at the Peppermill Resort and Spa. Please visit [www.idaa.org/2018/](http://www.idaa.org/2018/) for more information.

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# HealthProCHOICES

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July 2018



## Travel Plans?

Traveling this summer? 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 summer plans.

## Welcome



Ashlea Tenner and her husband welcomed their son Oliver into the world on June 18th, 2018. He weighed 9lbs 9oz and was 21¼" long. There were some challenging complications, but everyone is healthy and doing well now. Ashlea is back to work.

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## Bay Area First Step Medical Director Position

Bay Area First Step (BAFS) located in Coos Bay, OR is looking for a medical director for its newly established active treatment center that will augment a long established and respected recovery program. BAFS has three residences, Four active CADAC certified counselors and support staff. Contact Dr. Bolin 541-663-6019 for more information.

## Heat Illness and Injury

While summer is a season for outdoor fun, the months of June, July, and August are also the months with the highest numbers of accidental deaths in the United States. Drowning and fall-related deaths account for many summer-time tragedies, but heat-related illnesses are often overlooked. Each summer, an average of 240 Americans die from heat-related illness, and in the prolonged 1980 heat wave, 1,700 people died.

**Heat-related illnesses are easily preventable for Americans of all ages and for their pets.**

Your body has mechanisms in place to keep your temperature within a fairly small range. Two of the most important mechanisms are (1) the ability to move hot blood from the body core to the skin (known as shunting) and (2) the ability to sweat. It is the shunting of



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blood to the skin that makes your face look red after exercise, but it can also lower your blood pressure and make you feel dizzy. Sweating is the key to body cooling through evaporation, but it also increases the need for fluid replacement to prevent dehydration.

Keep in mind that you may not be thirsty until after you are already seriously dehydrated, so you must drink water before, during and after hot-weather exposure and exercise.

### **What is heat illness?**

As dehydration increases, the common symptoms of heat-related illness begin to occur. These include headache, dizziness, muscle weakness or cramps, nausea, and vomiting.

Heat illness refers to a spectrum of symptoms which all result from the body's inability to cool itself as environmental conditions like temperature, humidity, and sun exposure worsen.

These illnesses include heat-related edema, cramps, syncope (dizziness), exhaustion, stroke, and heat- or exercise-related rhabdomyolysis (disintegration of muscle tissue).

These syndromes do not have to occur in a certain order, so you may be seriously ill with very little warning.

### **Prevention of heat illness**

To prevent heat illness, keep the following points in mind:

- Never leave children in the car while you run errands. The temperature may become deadly in just a few minutes.
- Wear lightweight, light-colored, loose-fitting clothes.
- Protect yourself from the sun with hats, umbrellas and sunscreen. Sunburn lessens your body's ability to cool itself by sweating.
- Drink lots of water before, during and after outdoor activity. You'll know you've had enough to drink if you urinate every two hours or less, and your urine is clear-colored (like weak lemonade). Drink every 15–20 minutes. Don't wait until you're thirsty.
- Coffee, tea, and soda pop don't count as fluid-replacement drinks. They are diuretics and cause you to urinate away more water than they put into your body.
- Be outside in the cooler parts of the day—before 10 a.m. and after 6 p.m.

If you have any chronic medical condition or take medicine frequently (for blood pressure, thyroid, depression, seizure or others), please consult with your healthcare provider about your possible increased risk for heat illness.

### **First aid for heat illness**

If you experience any of the symptoms of heat illness, go to a shady, cooler area immediately. Remove any excess clothing and begin sponging your body with lukewarm water. Slowly sip water or other fluid-replacement drinks.

Get medical help immediately if any of these symptoms occur:

- Hot, dry skin without sweating.
- Confusion or loss of consciousness.
- Frequent vomiting.
- Shortness of breath or trouble breathing.

### **Protecting the pets**

Since they cannot sweat, dogs are at high risk for heat stroke, even at temperatures you find comfortable. Consider the following tips to care for your family pets:

- As with children, you should never leave your pets in the car. It only takes a few minutes for your car's temperature to turn deadly.
- Make sure that any animal tied to a post can reach the shade at any time of day.
- Cats are usually self-sufficient if they can reach food, water, and shade. Never place them outside in cases during hot weather.

Source: Adapted from the Fort Bragg, N.C., Paraglide  
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## Upcoming Events

### **The Other Bar Fall Spiritual Retreat**

This year, the Other Bar's 2018 Fall Spiritual Retreat is September 14-15 at the Hallmark Resort in Newport, OR. All health professionals are welcome. Call Ross at 503-221-1425 or visit [www.theotherbaroregon.com](http://www.theotherbaroregon.com) to register. If you have questions or need scholarship information please contact Jim O. (503-936-8961; [jfo@jfolaw.com](mailto:jfo@jfolaw.com)).

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# HealthProCHOICES

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August 2018



"I want to thank RBH and HPSP for the stability they have provided me with over the past 4 years. I often share this when I chair AA meetings; I was so broken and afraid when I started this monitoring program. Although monitoring is not enough to keep me sober, it is what I credit with keeping me in AA long enough to integrate it into my life, and that IS what keeps me sober. I am grateful for where I am today, and where life will take me next. I truly consider myself one of the lucky ones." - HPSP Graduate

## Labor Day

Monday, September 3rd is a holiday and licensees participating in toxicology are exempt from calling in for testing that day. For a full list of test exemption holidays please visit "other resources" at [www.rbhmonitoring.com](http://www.rbhmonitoring.com).

## Travel Plans

Several of you have been traveling this summer. Mark would like to remind you to get your requests in early and not wait until the day before you leave. Please remember that we require a two week notice of travel plans so we can identify testing sites in your travel area. Send in travel zip codes and dates as soon as possible. Also, please remember to carry your paper chain of custody forms with you on your travels.

## HPSP Outreach

The HPSP Team is scheduling 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, Ph.D. (503-802-9813; [chamilton@reliantbh.com](mailto:chamilton@reliantbh.com)) for more information, or to schedule a meeting.

## 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.



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"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 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 breath 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 breathing lesson. 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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# HealthProCHOICES

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September 2018



"Autumn is a second spring when every leaf is a flower." - Albert Camus

## July 2018 Satisfaction Survey

A warm thank you to all who participated in the July Satisfaction Survey. One major change this period was the removal of the enrollment questions which were moved to a unique enrollment survey sent three months after a participant enrolls. Licensees do not receive the general satisfaction survey unless they have been enrolled for four months.

In July, survey responses were received from 51 Health Professionals' Services Program (HPSP) licensees. The 27.3% response rate and the distribution of those responses among members of the Oregon Medical Board, Oregon State Board of Nursing, Oregon Board of Pharmacy, and Oregon Board of Dentistry indicate that a representative sample of HPSP participants was obtained.

Overall, licensees participating in HPSP feel they are treated with dignity and respect. July surveys indicate that 98% of respondents understand the program and approximately 88% feel the program treats them with dignity and respect.

| Measure  | Strongly Agree or Agree |
|--|-------------------------|
| I understand the program's statutory monitoring requirements (regardless if I agree with it or not). | 98.0%                   |
| The program treats me with dignity.  | 87.9%                   |
| The program treats me with respect.  | 87.9%                   |
| The program requirements are clearly explained.  | 86.9%                   |

Similarly, most licensees feel HPSP provides them with structure and accountability.

| Measure  | Significant or More than Some |
|--|-------------------------------|
| The amount of structure the program provides.      | 84.3%                         |
| The amount of accountability the program provides. | 94.1%                         |

Most licensees participating in HPSP agreed or strongly agreed to the following customer service aspects:

| Measure   | Strongly Agree or Agree |
|---|-------------------------|
| My questions and/or concerns are responded to within one business day.                | 90.2%                   |
| My questions and/or concerns are addressed fully within the structure of the program. | 88.3%                   |
| Information is communicated clearly and professionally.                               | 94.2%                   |
| My Agreement Monitor is knowledgeable about my case.                                  | 94.1%                   |

## July 2018 Satisfaction Survey - Continued

Eight open text responses were provided by the 51 licensees participating in the survey this period. All eight of them, regardless of content, are responded to below:

1. It is still not clear to me how the customized program length is determined...why the length of the program is shorter for some healthcare professionals with similar or greater roles and background.

*HPSP program length is determined by participating board. The Oregon State Legislature set 24 months as the minimum number of months of participation. The program is two years for licensees who have a mental health diagnosis and no substance use disorder diagnosis. The program is also two years for licensees with a substance use disorder, mild diagnosis under the DSM-5 or an abuse only diagnosis under the DSM-IV; unless a different length is otherwise specified by the licensee's licensing board. OSBN licensees with a substance use disorder, moderate or severe or who were diagnosed with substance dependence under DSM-IV are assigned a four-year program and OMB, BOD, or BOP licensees with the same diagnosis are assigned a five-year program.*

2. **Pro:** [agreement monitor name] is very positive, respectful and helpful. I feel she is genuinely committed to my successful completion of the program and continued sobriety.

**Con:** You need more test sites. It also would be more efficient if I could look up sites on my own. This would give greater flexibility to travel. As it is now the current system requires me to request sites multiple times to plan a trip (ie. can I go here?...can I go there? How about here?) Each time emailing back and forth to check and recheck where I might be able to travel. I am required to confirm the sites participation anyway so having the ability to plan a trip with sites in mind would be helpful.

*We are pleased to hear that your agreement monitor is positive, respectful, helpful, and committed to your successful completion. Unfortunately, collection sites will change their collection services and other practices from time to time. We need to know your travel plans so we can identify collection sites in your travel area, that perform observed collections. We are always looking for additional sites. If you know of collection sites in the areas you regularly travel to, let us know so we can contact and confirm their ability to perform collections for HPSP.*

3. I received a call from whoever handles the actual testing of urine, out of state, and they were accusatory and disrespectful.

*This is regretful and we apologize that you felt accused and disrespected. The call was likely from the office of the Medical Review Office (MRO). The MRO is independent from RBH/HPSP and from the laboratory that performs the analysis of toxicology samples. The MRO is responsible for verifying all non-negative tests. We want to hear from you immediately if the MRO or their staff treats you disrespectfully. We will follow-up to prevent a situation like that from reoccurring.*

4. The program can be inflexible when life problems come up.

*The program is designed to provide structure and accountability so health professionals can be successful and continue in their careers. To remain consistent, we follow the HPSP Guidelines that were collaboratively developed by HPSP participating boards (all Guidelines can be found at [www.RBHMonitoring.com](http://www.RBHMonitoring.com)). We are also bound to follow the state statute, the board's administrative rules, and all licensee specific board orders for board referred licensees.*

5. Multiple issues with the RBH app not working .

*RBH strives to have the Interactive Voice Response System (IVR) 100% operational during operating hours. We acknowledge that any moments of outage are frustrating if you are planning your day or preparing for work at 4:00 AM. The IVR system, whether iPhone or Android App, website, or telephone has multiple connections and authentications. Over the last six months, the system was not operating for some period of time on 5/2, 5/11, 6/25, 7/18, and 7/21. In three of these events the system was fully restored in a little more than an hour. Each event was different and was not a situation that we could have planned or mitigated for. One event was localized to the app platform. That said, we still apologize for the inconvenience and frustration.*

Remember that the IVR is available by phone ((888) 802-2851), website ([www.RBHmonitoring.com](http://www.RBHmonitoring.com)), or by iPhone and Android App (RBH Daily).

The IVR is available from 3:00 AM until 5:00 PM. On the rare chance that the IVR is not working, please refer to the table below:



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|                          |   |
|--------------------------|---|
| Before 7:00 AM           | Leave a message for your agreement monitor and try the IVR again later in the morning.                              |
| After 7:00 AM            | Call the HPSP Main Line (888) 802-2843 to check if you need to test and report your experience.                     |
| Getting close to 5:00 PM | Call your Agreement Monitor, the HPSP Main Line (888) 802-2843 and use the "zero out" feature to talk with someone. |
| Saturday before 5:00 PM  | Call RBH's Monitoring Programs Director at (503) 802-9813. Leave a message if there is no answer.                   |

After 5:00 PM staff are unable to verify if a licensee is required to test. Please review the HPSP Daily Test Notification Guideline at [www.RBHmonitoring.com](http://www.RBHmonitoring.com).

6. Very cookie cutter program...unique circumstances, especially regarding employment responsibilities, are not respected. Communication is poor, especially with my Monitor. Don't believe that testing is random at all and insisting that it is insulting. Rules are enforced capriciously and seem to change without notice. Staff is obviously overworked. Program is clearly punitive rather than supportive. I have been monitored in other states and this program is clearly a big step down in terms of support, communication and respect for participants.

*As described above, the program provides structure and accountability. Workplace monitoring is a program requirement. If you have difficulties connecting with or if you feel communication is poor, please contact the Monitoring Programs Director ([chamilton@reliantbh.com](mailto:chamilton@reliantbh.com); (503) 802-9813). Guidelines are consistently applied to all licensees. All Guidelines can be found on [www.RBHMonitoring.com](http://www.RBHMonitoring.com). Each Guideline has a date that it was last updated and approved.*

7. [Agreement monitor name] is an excellent agreement monitor. I'm presently going through multiple treatments for [procedure]. She has been extremely kind and compassionate.

*We hope you are doing well after your procedure. All HPSP Agreement Monitors are here to help licensees in their success. Over time, licensees will see the kindness, compassion, and support they provide.*

8. The structure of the program is punitive and humiliating. The requirement for "observed" urines is particularly so and lacks justification for health professionals.

*We wish we could agree with you that "observed" urine toxicology is not justified for health professionals, but in reality we recently had a HPSP licensee who brought urine with them in an attempt to substitute their urine collection. Over the years, this has been true for licensees of all boards. Observed urine collection is not meant to be punitive or humiliating but rather it is designed to reinforce accountability and allow the program to report, with a high degree of confidence, licensee abstinence.*

Thank you again for participating in the July survey. We look forward to your participation in January 2019.

### This Is the Reason... Fall's a Great Season

When there's just a bit of a bite in the air, it's time to get energized and have some fun. Here are some ideas for activities this fall that will get your family out and about.

#### Leaf collecting

Fall is the perfect time to enjoy the great outdoors. And you don't have to venture far from home to find interesting things to do with your kids. A walk through the park—or even your own back yard—can yield a wealth of seasonal fun.

"Fall walks are a terrific way to collect, identify and press leaves," says Wendy Hogan, Kids' Exchange guide at [about.com](http://about.com). "It's a great way to save your fall memories and learn about the different types of trees and leaves in your neighborhood."

To press leaves, [about.com](http://about.com) offers these instructions:

Step 1: Collect different varieties and colors of leaves while walking around in your neighborhood, avoiding any that are rotting or moldy. Do not take leaves from private property without permission.

Step 2: Make sure the leaves are flat and dry before pressing them. Place them between two sheets of newspaper and then under several heavy books. Leave them for 24 hours.



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Step 3: Under adult supervision, place the flattened and dried leaves between two sheets of waxed paper. Gently press the entire surface, slowly, with a medium-hot iron. Repeat with additional leaves. Allow to cool before touching.

Step 4: Show off your collection. Trim around the edges and affix to cards, place them in albums with tags identifying them or attach a string and hang them in the window as a suncatcher.

Here are some more suggestions for fall activities, these from FamilyFun (family.go.com):

- Give your kids a blank notebook so they can keep an "autumn journal" to track temperature and weather changes. When did the leaves first begin changing color? Provide crayons so they can make sketches and drawings of the changing leaves, or leaf rubbings by placing a leaf under a sheet of paper and rubbing over it with a crayon.
- While taking a stroll to enjoy autumn's splendor, give your children a paper bag to collect treasures they find along the way —nuts, leaves, seed pods.
- You can also preserve the season by making autumn place mats. Take the leaves your children have collected and arrange them on a piece of a paper with a photo. Include the date and other information before laminating it with clear contact paper.

### Hiking

For the more ambitious, a hiking trip to a local state park is a great way to enjoy the change in the weather. Remember to take the proper safety precautions and follow trails appropriate for the skill levels of both you and your children.

Here are a few additional hints and safety tips from the Appalachian Search and Rescue Conference and the National Park Service:

- Dress for the weather.
- Let someone know where you're hiking and when you plan to return.
- Wait for one another at forks or junctions in the trail.
- Bring plenty of water.

Whether hiking or just walking through your own back yard, Ms. Hogan says to collect some of nature's treasures. "While on your walks, be sure to pick up pinecones, acorns, raffia and different types of leaves to make crafts with," she says.

"The fall migration of birds can be viewed during walks, too," Ms. Hogan says.

### Camping

Camping is a great way for the family to spend time together—without the distractions of the television, telephone and video games. Family campgrounds are located throughout the United States. They can often make even a 30-minute drive from home seem like another world.

Remember to take along the basics when going camping. The National Park Service, through Shenandoah National Park, offers this list of items: food, tent(s), insect repellent, maps, sleeping bags and clothing (including rain gear, just in case).

And don't forget the first aid kit. If you don't want to venture far from home, you can still "rough it" in your own back yard. The grill is a great place to roast marshmallows.

Even camping in your living room can be a treat. Mike and Amy Nappa of nappaland.com suggest placing sleeping bags around the room, then telling stories around a "campfire"—several flashlights tied together. Eating beans and hot dogs for dinner will also add to the mood.

### Fairs and festivals

Autumn is the time when most counties and states have their fairs. Both an educational and recreational experience, fairs offer something for most everyone, including craft exhibits, animal exhibits and games.

In addition, cities and towns across America hold a variety of festivals to celebrate everything from regional heritage to barbecue.

Contact your local chamber of commerce or state tourism board to find out what events are scheduled for your area.



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### Other fun activities

Short, simple trips to farms and orchards can also be fun for families. "Of course, what would fall be without a trip to the pumpkin farm?" asks Ms. Hogan. "Kids can pick out their own pumpkins for Halloween and carve them themselves—with some help."

Ms. Hogan adds that there are plenty of family-oriented Halloween events in almost every community, such as haunted house tours. "Or you can make your own haunted house," she suggests.

"If there are apple farms in the area, a trip to one in the fall is a great time to pick your own apples," Hogan continues. "Then come home and bake special apple treats and mull some cider."

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### HPSP Outreach

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### Upcoming Events

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# HealthProCHOICES

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

October 2018



"October is about trees revealing colors they've hidden all year. People have an October as well." – Jm Storm

## Upcoming Testing Holidays

The following Oregon observed holidays are test exemptions days on which you do not need to check to see if you need to test:

- Veterans Day - Observed Monday, November 12
- Thanksgiving Day - Thursday, November 22 and Friday, November 23
- Christmas Day - Tuesday, December 25
- New Year's Day - Tuesday, January 1

## Random Toxicology Testing

As outlined in the HPSP Monitoring Agreement, "I will submit to any and all drug and alcohol testing required by the Program. I understand that testing may or may not be random . . ." To that end, toxicology will always be random to the participant and may include tests that are back to back.

## HPSP Participant Portal

If you are not already using the HPSP Participant Portal, please consider it. From the Portal, you can:

- Check to see if a test is required today.
- Have a log of your daily check-ins (please note the table is updated daily so today's check-in will show up the next day).

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? |
|---------------|---------------|-----------------|
| Internet      | 18-Oct-2018   | No              |
| Android       | 18-Oct-2018   | No              |
| Internet      | 16-Oct-2018   | No              |
| Internet      | 15-Oct-2018   | No              |
| Android       | 01-Oct-2018   | No              |
| Internet      | 30-Sep-2018   | No              |
| Phone Call    | 27-Sep-2018   | No              |
| Internet      | 27-Sep-2018   | No              |

1 2 3 > >>

- Request additional Chain of Custody Forms (CCF).
- Review your account balance and list of transactions to date.
- See the collections sites connected to your account, including the: locations, hours of operation, and telephone number.

| <b>CCF Request Form</b><br>Quantity Needed and Comments<br><br><input type="checkbox"/> Send CCF Form to address on file?<br>Address: Eugene, OR 97404<br><input type="button" value="Submit"/> | <b>Account</b><br>Balance*: \$ 0.00<br><table border="1"> <thead> <tr> <th>Description</th> <th>Amount</th> <th>Date</th> </tr> </thead> <tbody> <tr> <td>MEDTOX 96123/B Medtoxpro 2 + ETG</td> <td>\$ 64.81</td> <td>10- -2018</td> </tr> <tr> <td>MEDTOX 96130/D Medtoxpro 3 + EIG</td> <td>\$ 97.91</td> <td>10-04-2018</td> </tr> <tr> <td>MEDTOX 96123/B Medtoxpro 2 + ETG</td> <td>\$ 64.81</td> <td>10- -2018</td> </tr> <tr> <td>MEDTOX 96123/B Medtoxpro 2 + ETG</td> <td>\$ 64.81</td> <td>09-25-2018</td> </tr> <tr> <td>MEDTOX 96123/B Medtoxpro 2 + ETG</td> <td>\$ 64.81</td> <td>09- -2018</td> </tr> <tr> <td>MEDTOX 96123/B Medtoxpro 2 + ETG</td> <td>\$ 64.81</td> <td>08-29-2018</td> </tr> </tbody> </table><br>*A negative balance indicates a credit on account | Description | Amount | Date | MEDTOX 96123/B Medtoxpro 2 + ETG | \$ 64.81 | 10- -2018 | MEDTOX 96130/D Medtoxpro 3 + EIG | \$ 97.91 | 10-04-2018 | MEDTOX 96123/B Medtoxpro 2 + ETG | \$ 64.81 | 10- -2018 | MEDTOX 96123/B Medtoxpro 2 + ETG | \$ 64.81 | 09-25-2018 | MEDTOX 96123/B Medtoxpro 2 + ETG | \$ 64.81 | 09- -2018 | MEDTOX 96123/B Medtoxpro 2 + ETG | \$ 64.81 | 08-29-2018 |
|---|--|-------------|--------|------|----------------------------------|----------|-----------|----------------------------------|----------|------------|----------------------------------|----------|-----------|----------------------------------|----------|------------|----------------------------------|----------|-----------|----------------------------------|----------|------------|
| Description   | Amount   | Date        |        |      |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |
| MEDTOX 96123/B Medtoxpro 2 + ETG  | \$ 64.81   | 10- -2018   |        |      |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |
| MEDTOX 96130/D Medtoxpro 3 + EIG  | \$ 97.91   | 10-04-2018  |        |      |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |
| MEDTOX 96123/B Medtoxpro 2 + ETG  | \$ 64.81   | 10- -2018   |        |      |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |
| MEDTOX 96123/B Medtoxpro 2 + ETG  | \$ 64.81   | 09-25-2018  |        |      |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |
| MEDTOX 96123/B Medtoxpro 2 + ETG  | \$ 64.81   | 09- -2018   |        |      |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |
| MEDTOX 96123/B Medtoxpro 2 + ETG  | \$ 64.81   | 08-29-2018  |        |      |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |                                  |          |           |                                  |          |            |

| Name                              | Address  | Phone          | Sat Hours |
|-----------------------------------|--|----------------|-----------|
| CASCADE HEALTH SOLUTIONS - Eugene | 2650 SUZANNE WAY, STE. 200 Eugene, OR 97408      | (541) 228-3100 | CLOSED    |
| CHEMICAL TESTING - Eugene         | 2025 W. 12TH AVE Eugene, OR 97402                | (541) 686-2550 | 0900-1200 |
| GS TESTING - Lake Oswego          | 17649 Sw. 65th Ave Lake Oswego, OR 97035         | (503) 992-6359 | CLOSED    |
| LEGACY CENTRAL LAB - Portland     | 1225 NE 2nd Avenue, 1st Floor Portland, OR 97232 | (503) 413-5113 | 0800-1600 |

### HPSP Outreach

The HPSP Team is scheduling 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, Ph.D. ((503) 802-9813; [chamilton@reliantbh.com](mailto:chamilton@reliantbh.com)) for more information or to schedule a meeting.

### Have a Hazard-Free Halloween

When we think of Halloween, we picture children laughing in colorful costumes, jack-o'-lanterns glowing in house windows, and buckets brimming with candy and treats. Experts warn, however, that this fun-filled night can pose safety hazards. With a few precautions, the evening can be made safe and enjoyable for everyone.

#### Costumes

Safety begins at home, with the child's costume. Every part of the costume—masks, beards, wigs and clothing—should be made of flame-resistant material, according to the Consumer Product Safety Commission (CPSC). In the event that a child bumps up against a burning candle, such materials will quickly extinguish themselves. When purchasing a store-bought costume, look for a label that says "Flame Resistant." Choose costumes without big, loose sleeves, skirts or pants legs to lessen the chance of coming into contact with an open flame.

If the costume is not brightly colored, and therefore not easily visible at night, add a strip of reflective tape, which is sold at hardware stores.

#### Around the Home

To make your home safe and inviting for trick-or-treaters, leave your front lights on so they may have a well-lit path to your door. (A well-lit home also reduces your chances of being "tricked" by holiday vandals!) Remove items such as planters, hoses and lawn decorations, so your visitors don't trip on them. Keep pets inside, out of harm's way.

If you have a candle-lit jack-o'-lantern outside, place it far away from the door, so tiny goblins won't accidentally brush against them. Keep your indoor jack-o'-lanterns away from curtains and any decorations that could catch fire. The CPSC recommends against using candle-lit Halloween luminaries along your walkway; instead, place flashlights inside the bags.

#### On the Streets

Young children should not trick-or-treat without an adult or a responsible, older child. Instruct them to stay on the sidewalk and out of the roadway. Remind them to walk, not run, and to go to houses only where they know the people inside. They should avoid unfamiliar houses and lawns, where ornaments, furniture and even tree stumps can cause them to trip. At no time should they enter a house, unless they are with a grown-up.



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While driving on Halloween, remember that the night will be filled with excited children who may forget their parents' warnings about street safety. Drive extra carefully, keeping an eye out for youngsters walking between driveways and cars, or crossing in the middle of the block rather than at the corners. Adult Halloween parties should have a designated driver, of course.

If you are not walking with your children, make sure you know who is with them—and set a time for them to be home. Give them change for a pay phone, or let them carry a mobile phone in case of emergency.

- Instruct your kids not to eat any of their goodies until a grown-up has had a chance to carefully examine them.
- Make sure the kids eat a healthy meal before trick-or-treating, so they'll be less likely to over-indulge on candy.
- By following these tips, you'll make Halloween safer, happier, and a little less scary for all the neighborhood boys and ghouls.



### Tips for Costume Safety

- Purchase or make costumes that are light and bright enough to be clearly visible to motorists.
- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle and sporting goods stores.
- To easily see and be seen, children should carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- Hats and scarves should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives and similar costume accessories should be of soft and flexible material.

Source: Consumer Product Safety Commission

### Safety Tips for Pumpkins

- Carve pumpkins on stable, flat surfaces with good lighting.
- Have children draw a face on the outside of the pumpkin; parents should do the cutting.
- Place lighted pumpkins away from curtains and other flammable objects.
- Don't leave lighted pumpkins unattended.

Source: Centers for Disease Control and Prevention

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### Upcoming Events

#### Save the Date 2019 Oregon Professionals Recovery Network Conference

The 2019 Oregon Professionals Recovery Network (PRN) Conference will be Saturday, April 27, 2019 in Salem. Details and additional information will be shared as soon as they are available. Visit <http://www.prnoforegon.org/> for more information on the PRN.

#### 2018 Vanderbilt Center for Professional Health Courses

- Proper Prescribing of Controlled Prescription Drugs
- Maintaining Proper Boundaries
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For more information on these courses, please visit: [www.mc.vanderbilt.edu/cph](http://www.mc.vanderbilt.edu/cph)



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# HealthProCHOICES

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November 2018



"Sometimes it's not the people who change, it's the mask that falls off."

– Haruki Murakami

## Upcoming Testing Holidays

The following Oregon observed holidays are test exemptions days on which you do not need to check to see if you need to test:

- Thanksgiving Day - Thursday, November 22 and Friday, November 23
- Christmas Day - Tuesday, December 25
- New Year's Day - Tuesday, January 1

## RBH Welcomes Jenn Leddin



Jenn Leddin is HPSP's newest agreement monitor. Jenn has a master's degree in social work from Portland State University and a background in working with individuals with mental health and substance abuse needs in residential and outpatient settings. Additionally, Jenn has experience working with healthcare professionals in behavioral health and primary care clinics. She is certified as an alcohol and drug counselor and is credentialed as a clinical social work associate (CSWA). In her spare time, Jenn enjoys spending quality time with her family, playing on a co-ed softball team, hiking, and going deep sea fishing.

## Peth, Hair, Nail, and Oral Fluid Testing

If you periodically test using an alternative testing methodology,\* you will have heard these alternative specimen types identified by their own unique panel letter on the Interactive Voice Recorder (IVR), iPhone App, Android App, and Portal. These unique panel letters are:

- Hair = Panel H
- Nail = Panel N
- Blood/Peth = Panel P
- Oral Fluid = Panel O

This means that Panels A, B, C, and D are reserved for urine tests and not also used for the alternative tests. This has been increasing clarity when you check to see if a test is required. Check with your agreement monitor if you have questions. \*If you do NOT currently use Peth (blood), hair, nail, or oral fluid testing than this does not impact you.

## HPSP Outreach

The HPSP Team is scheduling informational sessions on HPSP. Earlier this month, HPSP met with the Central Oregon Medical Society and provided Grand Rounds at St. Charles Medical Group in Bend. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Christopher Hamilton, Ph.D. ((503) 802-9813; [chamilton@reliantbh.com](mailto:chamilton@reliantbh.com)) for more information or to schedule a meeting.

## A Guide to Holiday Survival

For many, the holidays are a time to share in the joy of family traditions and create new special memories. But for some, these expectations can make holidays stressful, especially for those that feel disconnected from family or friends, those that feel alone, or those that may be suffering from seasonal affective disorder. Regardless of your situation, some degree of stress and tension around the holidays should be expected. Consider some of these suggestions to help prepare you for this busy time of year and make the holidays a special time in your own way.



**Create Your Own Traditions.** The holidays are directly connected to the traditions of the past. When those traditions are additionally connected to painful or troubling memories, it's time to create healthy traditions of your own. Think of new events you can participate in on your own or invite new people to join you in an old tradition. Make a point to keep your new traditions alive each year, and they will start to add happy memories to your holiday spirit.

**Be a Participant.** Sometimes what you need are good friends around you. Look for opportunities to get involved in holiday activities that get you out having fun with friends and family. Attend parties, invite friends to local activities, or even take a trip to some regional events. A little holiday spirit can go a long way.

**Ask for Others to Chip In.** Just because you are hosting the holiday event does not mean everyone else gets to sit back and do nothing. Remember, the true meaning of holidays often comes down to sharing the holiday experience with the ones you love and feeling thankful and blessed. Welcome everyone to share his or her favorite recipe or bring a game that helps unite everyone. Getting together on a holiday because of tradition is one thing, but joining families and creating new memories and traditions will bring you closer and make the time you spend together more meaningful.

**Keep Your Life in Focus.** It can be easy to focus on what you don't have, and not what you do have, during the holidays. Make a point to celebrate the good things in your life. Contact your friends and remind them of how much you value their friendship and support. Another great way to remind yourself of how fortunate you are is to volunteer at a local charity or food kitchen to help others and give back to your community.

**Be Willing to Get Help.** The holiday blues can be difficult to manage for anyone, but for some, they can be especially limiting and inhibit your ability to function regularly. If you need help, talk to someone—a friend, a loved one, or a trained counselor. Talking about how you're feeling and what triggers those feelings can teach you new ways to cope and can help keep your holiday blues at bay.

Written by Life Advantages - Author Delvina Miremadi ©2018

## Upcoming Events

### The Fifth Annual Meeting of Western Doctors in Recovery

February 21-24, 2019 at San Diego Mission Bay at the Paradise Point Resort and Spa. This year's theme is Rocketing into the Fourth Dimension. There will also be Women's and Men's Preconference Retreats. Visit <https://westerndoctorsinrecovery.com> for more information.

### New Save the Date 2019 Oregon Professionals Recovery Network Conference

The 2019 Oregon Professionals Recovery Network (PRN) Conference will be **Saturday, April 13, 2019** in Salem. Details and additional information will be shared as soon as they are available. Visit <http://www.prnoforegon.org/> for more information on the PRN.

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# HealthProCHOICES

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December 2018



"Magic is believing in yourself.  
If you can do that, you can  
make anything happen." –  
Johann Wolfgang von Goethe

## Upcoming Testing Holidays

The following Oregon observed holidays are test exemptions days on which you do not need to check to see if you need to test:

- Christmas Day - Tuesday, December 25
- New Year's Day - Tuesday, January 1

## Medical Review Officer (MRO)

While participating in the Health Professionals Services Program (HPSP), you may get a call from Nationwide Medical Review (NMR) who is the independent medical review officer (MRO) for all non-negative HPSP toxicology. The MRO is independent from the laboratory that performs the analysis of toxicology specimens and independent from HPSP. Because the MRO is independent, it provides another set of eyes on toxicology and allows the specimen donor to provide evidence of prescriptions or another explanation for their non-negative toxicology. **In the event of non-negative toxicology, the MRO will:**

- Contact the donor and interview the donor when the donor's specimen is reported by the laboratory as positive, adulterated, substituted, and/or invalid.
- Attempt contact as soon as possible after receiving the report (usually within 24 hours). The MRO copy of the CCF will contain daytime and evening telephone numbers for the donor.

Once the donor is contacted, the MRO will perform an interview. They will ask you for your unique HPSP number beginning with 15XXXXX. **The MRO will follow these steps:**

- Positively identify the donor by requesting the donor to provide identifying information including the HPSP participant number documented on the Chain of Custody Form (CCF). (This step may be completed by staff under the MRO's supervision; however, the MRO must personally perform all other steps of the interview process as listed below).
- Inform the donor, prior to obtaining any information, that confidential medical information provided during the review process may be disclosed to HPSP.
- Inform the donor of the laboratory reported test result(s).
- **Take action based on the donor's response:**
  - If the donor admits use of an illegal drug consistent with the test results or admits that he or she tampered with the specimen, the MRO will advise the donor that the test result will be reported to HPSP.
  - **If the donor does not admit use of an illegal drug or specimen tampering, the MRO will ask the donor if there is any possible medical explanation for the test result:**
    - If the donor provides a possible medical explanation (e.g., claims that a positive result was due to a legally prescribed medication, that the drug use was associated with a valid medical procedure, or that s/he is taking a medication that may have interfered with the drug test), the MRO will require the donor to provide appropriate supporting documentation within a specified time.
    - If the donor has no valid medical explanation for the result, the MRO will advise the donor that the test result will be reported to HPSP.



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## Everyday Ways to Activate Your Life

Moderately intense activities (activities during which you feel some exertion but can carry on a conversation comfortably during the activity), such as walking briskly from your parked car to the mall entrance and taking your dog for a quick jog after dinner, won't help you train for a sport. But they can help you achieve and maintain a healthful weight and improve your overall fitness level.

They can also help reduce your risk of cardiovascular disease and osteoporosis, put you in a better mood and improve your balance, coordination and agility.



You have dozens of opportunities each day to increase your activity. Here are 13 ways to help get you started.

### Ways to get moving:

- Pace when you're talking on the phone instead of staying put. Though this won't burn a lot of calories, getting out of your chair throughout the day can help improve your circulation.
- Deliver memos in person instead of having your assistant do it, sending them via interoffice mail or faxing them. Consider these excursions exercise breaks.
- Go window shopping or browsing in your spare time. Shopping is the ultimate easy walking workout. Wear athletic socks and walking shoes.
- Paint your house. You'll burn an average of 300 calories an hour and get a good upper-body workout.
- Clean your house vigorously. You can burn about 420 calories an hour cleaning floors, vacuuming carpets, washing windows and scrubbing tile.
- Do your own yard work and gardening. Hoeing burns about 360 calories an hour, the same as playing badminton. Cutting your lawn with a push mower burns about 420 calories an hour, on par with playing tennis. Trimming trees burns about 500 calories an hour, equivalent to swimming the crawl.
- Turn lunchtime into an exercise adventure. Don't eat at the company cafeteria or the same old place. Instead, discover new restaurants within walking distance from your workplace.
- Carry a basket instead of pushing a cart if you're getting just a few things at the supermarket. Consider it a free weight that keeps getting heavier. But switch the basket from hand to hand periodically to balance the effect on your upper-arm and shoulder muscles.
- Park your car in the garage and leave it there if you're going anywhere less than a mile away. Taking the hilliest route possible when you're walking will burn extra calories.
- Sign up for a corporate fitness challenge. Whether you walk or run, you'll have fun and feel a sense of accomplishment that can spur you to stay in shape long after the race is over.
- Limit sedentary activities during your leisure time. For example, turn off the television several nights a week. Without TV programs to distract you, you'll move around more than you would otherwise.
- Make exercise a hobby. There's nothing like getting involved in an activity to take the chore out of exercise. Whether it's salsa lessons or learning to play golf, you'll be working out without even knowing it. Dancing can burn as many calories as walking, swimming or riding a bike. Square dancers covered nearly five miles in one evening, one study found.
- Use the stairs. Each flight of stairs you climb burns 10 calories. That doesn't sound like much, but taking 10 flights a day for a year can result in a 10-pound weight loss.

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## Back to Back Testing

You may have tested on back to back days within the last couple of months. To increase the deterrent effect of randomized toxicology, new functionality allows back to back tests. Testing is random to the HPSP participant and participants should not be able to predict when their next toxicology will be required. Back to back testing capability is a function that the HPSP participating health boards have requested. HPSP participants should expect random back to back tests.

## HPSP Outreach

The HPSP Team is scheduling 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, Ph.D. ((503) 802-9813; [chamilton@reliantbh.com](mailto:chamilton@reliantbh.com)) for more information or to schedule a meeting.



Health Professionals' Services Program  
[www.rbhmonitoring.com](http://www.rbhmonitoring.com)

HPSP: 888.802.2843



## Upcoming Events

### **The Fifth Annual Meeting of Western Doctors in Recovery**

February 21-24, 2019 at San Diego Mission Bay at the Paradise Point Resort and Spa. This year's theme is Rocketing into the Fourth Dimension. There will also be Women's and Men's Preconference Retreats. Visit <https://westerndoctorsinrecovery.com> for more information.

### **New Save the Date 2019 Oregon Professionals Recovery Network Conference**

The 2019 Oregon Professionals Recovery Network (PRN) Conference will be **Saturday, April 13, 2019** in Salem. Details and additional information will be shared as soon as they are available. Visit <http://www.prnoforegon.org/> for more information on the PRN.

### **2018 Vanderbilt Center for Professional Health Courses**

- Proper Prescribing of Controlled Prescription Drugs
- Maintaining Proper Boundaries
- The Program for Distressed Physicians

For more information on these courses, please visit: [www.mc.vanderbilt.edu/cph](http://www.mc.vanderbilt.edu/cph)



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