

THE IPRN NEWS

IOWARECOVERY.ORG

VOLUME 2 ISSUE 5
MAY 2006

Iowa Pharmacy Recovery Network, Inc.
31702 Granite Avenue, Hinton, Iowa 51024
1-877-890-4776 or emily@proheights.com

Inside this issue:

1. IPRN Update
2. Employer Support
3. Big Book of Alcoholics Anonymous
4. Update from UIPRN
5. Heartland Pharmacy Recovery Conference
6. University of Utah School
7. Update from Drake PRN
8. Fall Meeting

Thank you to all of our volunteers!

It is with great joy that we watch them get connected to others, to watch them recover and to see them re-enter their professions.

IPRN Update

It has been an exciting time for IPRN. We have been continuing our campaign to increase awareness of our services within the state of Iowa. We had a great boost in the May-June 2006 issue of "The Journal of the Iowa Pharmacy Association" where IPRN was featured. Thank you to the Iowa Pharmacy Association for recognizing IPRN!

IPRN is celebrating 25 years of assisting and connecting pharmacy professionals in Iowa. In 1981, a peer support group called PAPI (Pharmacists Assisting Pharmacists in Iowa) was formed. In 1997, our name was changed to IPRN to better reflect our membership of pharmacists, pharmacist students and technicians but the purpose has remained the same. We are planning a recognition event this fall in conjunction with our annual meeting. Please let us know if you have someone you would like to recognize for their contribution to IPRN!

IPRN continues to serve the pharmacy profession in Iowa. In the past few months we have had quite a few calls to our hotline 1-877-890-4776 (IPRN). We have had a couple of new contracts and were able to assist with information, resources and advocacy. Often, when someone calls they feel lost and left out of their profession. They feel that they are all alone. It is with great joy that we watch them get connected to others, to watch them recover and to see them re-enter their professions.

We continue to have opportunities for volunteers to work with others. Please call if you are interested. We will have a formal training for advocates at our fall meeting.

An added bonus is when we hear back from one of our members! We received this message by email this month:

"Again I can't express how thrilled I am to be able to provide for my family once again, I'm sure there will be days that I complain about work but I truly believe that I will never take my job for granted ever again."

We do recover!

"It's not necessarily punitive or disciplinary, but tough love. A firm structure of support."

Please feel free to call IPRN if you need assistance, need information or need help with an intervention.

IPRN

- *Providing direction as a confidential resource*
- *Providing support through caring volunteers*
- *Providing education about impairment*

Employer Support

One group that has recently shown more support employers said Jeffrey N. Baldwin, associate professor of pharmacy practice at the University of Nebraska College of Pharmacy and co-chair of the Nebraska Pharmacists Recovery Network.

If an employer knows a pharmacist who is in recovery is being monitored and must regularly submit to urine testing, the employing company can be assured that the employee will more than likely not misuse prescription drugs, he argued.

Eckerd Corp., a community pharmacy chain headquartered in Clearwater, Florida, with stores in 21 states, instituted a policy in late 1999 that gives pharmacists with substance abuse problems a second chance.

If any Eckerd pharmacist with a chemical dependency problem comes forward or the problem is discovered by a manager, the company will not fire or prosecute the pharmacist if he or she agrees to seek help from a state-sponsored recovery assistance program and signs a contract with the program within seven days, said Lori Toenjes, senior director of regulatory compliance for the company.

The pharmacist may return to work at Eckerd as long as he or she is in good standing with the state board of pharmacy and meets certain criteria outlined by the company, she said.

However, Toenjes noted, the pharmacist is not guaranteed that he or she may return to the same store location where the employee worked before seeking treatment.

Eckerd must also report any loss of controlled substances to the Drug Enforcement Administration, and the pharmacist is required to pay any restitution for any stolen drug products, she said.

Pharmacists who divert products and sell or give the drugs to others are not eligible for the program, Toenjes added.

The goal of recovery, said KPhA's Hoover, is to "not only protect the public, but also to restore the pharmacist's career, get them back on track. It's not necessarily punitive or disciplinary, but tough love. A firm structure of support."

From: "Recovery Assistance Programs Help Pharmacists with Substance Abuse Problems" Donna Young, American Society of Health-System Pharmacists, December 15, 2003.

Does your employer have a similar program? IPRN can help!

Alcoholics Anonymous is available online at www.AA.org.

Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves.

To return to the subject matter of this book: It contains full suggestions by which the employee may solve his problem.

The Big Book Of Alcoholics Anonymous

The authors of the Big Book of Alcoholics Anonymous outlined the purpose of the book within its pages. If you have not recommended this book to anyone, look these over and give it away. If you see something you need in your recovery, pick it up and read it. The purpose:

- 1. To show other alcoholics precisely how we have recovered is the main purpose of this book. (page 8)**
- 2. We have concluded to publish an anonymous volume setting forth the problem as we see it. We shall bring to the task our combined experience and knowledge. This should suggest a useful program for anyone concerned with a drinking problem. (page 19)**
- 3. You may already have asked yourself why it is that all of us become so very ill from drinking. Doubtless you are curious to discover how and why, in the face of expert opinion to the contrary, we have recovered from a hopeless condition of mind and body. If you are an alcoholic who wants to get over it, you may already be asking—"What do I have to do?" It is the purpose of this book to answer such questions specifically. We shall tell you what we have done. (page 20)**
- 4. We of Alcoholics Anonymous believe that the reader will be interested in the medical estimate of the plan of recovery described in this book. (page 23)**
- 5. In the following chapter, there appears an explanation of alcoholism, as we understand it, then a chapter addressed to the agnostic. Many who once were in this class are now among our members. Surprisingly enough, we find such convictions no great obstacle to a spiritual experience. Further on, clear-cut directions are given showing how we recovered. These are followed by forty-three personal experiences. (page 29)**
- 6. Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral. (page 49)**
- 7. To return to the subject matter of this book: It contains full suggestions by which the employee may solve his problem. (page 143)**
- 8. We have shown how we got out from under. (page 152)**

Both the U of I and Drake have active PRN committees. We are planning to have a number of students attend the Utah School.

Mark your calendar for the 15th Annual Heartland PRN Conference October 6, 7 & 8.

The IPRN News is available online! If you know someone who would like to receive the News please let us know!

Update from UIPRN by Sarah Weise

April was Alcohol Awareness Month, so as the last speaker in our spring semester 'Soup and Substance' lecture series, UIPRN welcomed Dr. Peter Nathan. Dr. Nathan is very well recognized for his research regarding binge drinking on college campuses—especially University of Iowa. He gave a very interesting and eye-opening presentation about the realities of alcohol use on our campus. This event was our most-attended of the year and was co-sponsored by Stepping Up and University of Iowa Student Government. In June, two of our members and our advisor are going to attend the University of Utah School on Alcoholism and Other Drug Dependencies. We look forward to learning from their experiences and beginning another year of providing education about substance abuse.

Heartland Pharmacy Recovery Network

Heartland holds an annual conference in a different state every year. Iowa has hosted the conference a few times and it has been a great experience. This year's meeting will be held in Downers Grove, Illinois. Heartland brings together people who are interested in their state programs, volunteers and pharmacy professionals. It provides a forum to discuss ideas and information. It provides an opportunity for networking with other state programs and other pharmacy professionals. It provides continuing education credits. On the outskirts, there will be an International Pharmacist Anonymous meeting which everyone is invited to attend.

The three-day weekend meeting is coordinated by the hosting state's recovery network and is open to all pharmacists, pharmacy professionals and interested persons. Since its first annual meeting in Overland, Kansas in 1992, the Heartland Pharmacy Recovery Network has become focused on fellowship, support and education for pharmacy professionals. This year is the 15th annual meeting.

15th Annual Heartland PRN Conference

October 6, 7, & 8, 2006

Doubletree Guest Suites Hotel

Doubletree Conference Center

2111 Butterfield Road

Downers Grove, Illinois

Sponsored By the Illinois Pharmacy Foundation and Rush Behavioral Health Center Contact person: Wally Cross 312-563-3602 Email: Wallace_J_Cross@Rush.edu

Plan on attending the Heartland Conference this fall!

Utah School on Alcoholism and Drug Dependencies Experience

***Plan on attending
The "Utah School"
June 18-23 in Salt
Lake City, Utah!***

***You may never
know if you are
the one person
who can make a
difference in
someone else's life.***

***If you want to
find someplace
where it is safe to
get "gut-level"
honest, this is the
place.***

I am grateful to have had the opportunity to attend the "Utah School" in 2002 and 2005. I am looking forward to going again this year.

People may wonder why someone would go again and again to Utah each summer. Some of the pharmacists I met had been there for 15 or more years. Each year making that same trip.

I think it is because there is nothing like it in the world. It is the only place where the purpose and focus is recovery within our profession, our communities, our families, our world... It is difficult to define the "Utah Experience" to someone unless they experience it. That is one of the reasons I have poked, prodded, pleaded and encouraged others to come to Utah.

The "Utah School" brings together the wounded, the curious, the intellectual, the disbeliever and all of those in between. My first year I roomed with a Pharmacy Board member from Nevada. Imagine that! She helped me walk through some of my shame and I like to think I helped her put a human face on this disease.

The experience includes a recovering pharmacist sharing their experience, strength and hope. There have been some awesome stories of recovery. There is a mock intervention which invites members of the audience to participate and a local treatment center having a group therapy session with all of us looking on. It is not uncommon for members of the audience to get so overwhelmed that they are brought to tears. There is always a debriefing session where they can work through all of those feelings. Each night there is a 12 step meeting which everyone is invited to attend. If you want to find someplace where it is safe to get "gut-level" honest, this is the place.

The school is held on the beautiful campus of the University of Utah. It is on the foothills of the Wasatch mountains. I like to find a spot late at night to look over all of the lights that fill the valley and all of the stars that fill the sky. It is the feeling of being one with the universe.

If you are one of my fellow travelers on this journey to Utah, please make it a point to talk to someone from other areas of the country and other areas of our profession. You may never know if you are the one person who can make a difference in someone else's life.

Share in your recovery!

Where do you turn when you or someone you care about needs help with an addiction or psychiatric disorder?

IPRN serves as a confidential resource. Our mission is to help identify impairment and assist individuals in getting the help they need.

IPRN provides educational programs and information to pharmacy professionals about addictions and psychiatric disorders.

IPRN volunteers understand addiction and psychiatric disorders and can help provide a second chance to those who need it.

Update from Drake PRN

"I am excited to attend the University of Utah School on alcoholism and other drug dependencies for the educational and professional experience. I hope to gain knowledge about the impact alcohol and drugs have on the health profession and to meet and learn about others' experiences." Molly Henry

"I learned about the University of Utah school on Alcoholism and Chemical Dependency when I was in pre-pharmacy at Drake University three years ago and since that time I have been interested in attending. After talking with past attendees, I saw that the experience was life changing and greatly impacted their perspective on addiction. I am looking forward the unique learning opportunity that I will have through this experience. My exposure to this topic has so far been limited to text books and lectures. I know that I will be affected by this school and the people I meet. I hope to learn just as much from the people I interact with as I do from the programming.

I believe that following my attendance I will have a more meaningful understanding of addiction and it full impact on a person. I also hope that I will develop a true sense of empathy and a commitment to helping individuals find the treatment the need. I look forward to this opportunity and my chance to help when I return." Kayla Hatt

IPRN Fall Meeting

IPRN is planning a meeting this fall in Des Moines. It is in the planning stages. We know we will have advocate training and an update on clients. We have been tossing around the idea of having a recognition banquet for the volunteers that have contributed for the past 25 years. If you would like to help with planning, volunteer, have a skit or something to contribute, know someone you would like to recognize, etc. please let us know. Plan to attend and watch for further information in future issues of the IPRN News.

Contact IPRN at:

Iowa Pharmacy Recovery Network

31702 Granite Avenue

Hinton, IA 51024

1-877-890-4776

emily@proheights.com