

THE IPRN NEWS

IOWARECOVERY.ORG

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Iowa Pharmacy Recovery Network, Inc.
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1-877-890-4776 or emily@proheights.com

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"I was never sure what to do to help those impaired by this disease. What are the options? What are the resources available?"

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

We can help!

The Utah School

Reflections

The Utah experience was such a beneficial experience. It opened me up to a side of pharmacy that I thought rarely existed. Pharmacy is considered such a prestigious profession that the world of substance dependencies within it seems to be oblivious. I think this is an issue that pharmacy students and pharmacists need to be more aware about, and that it is very prevalent within the profession.

It's important for those of us who went to share the knowledge that we've gained and increase awareness. There is help for everyone with numerous resources and people that genuinely care. If we can make a difference in at least one person's life, it was well worth our time as Dr. Chuck Jackson would say.

I think the most important thing I took away from the experience is that we are all human. It doesn't matter if you are a pharmacist, physician, etc; your career does not define who you are. Everyone has their vices and it is acceptable to feel and express emotion. Also that forgiveness is something that you have to grant yourself before others can give it to you in return.

I am so thankful to Dr. Chesnut, Emily, the Iowa Pharmacy Association, and all the wonderful people I met in Utah for making it possible for me to have this great experience. I will always take the knowledge and insight that I've gained in Utah with me throughout my continuing years of education and career.

Han Mary Nguyen
Drake University

Thank you, Mary, for your article and willingness to share your experience and insights with us. It is wonderful to see when someone is really changed by "The Utah Experience" and wants to bring that back and share it with others. You have made a difference!

We are committed to excellence.

FY 2005-2006 Annual Report to the Iowa Board of Pharmacy

Clients Served

23 impaired individuals have been in contact with the program

- **7 had their first contact in this year**
- **5 individuals have signed contracts this year**
- **4 have chosen not to participate or are awaiting the board decisions**
- **1 individual has completed**
- **17 are on contract**
- **1 is pending**
- **5 individuals have been connected to advocates in their area**

All clients have monthly contact with their advocate and monitor. Reports are being made monthly to the Board of Pharmacy, including date of last contact and contract compliance. The IPRN Consultant has been attending the Iowa Board of Pharmacy meetings to provide updated reports.

Volunteers

IPRN has spent 2005-2006 taking inventory of volunteers, the numbers of clients they currently serve, and recruiting new volunteers. 2 new advocates have been brought on board in this fiscal year and hopes are to increase by at least 2 new advocates each year hereafter.

IPRN 24-Hour Hotline

IPRN has maintained a 24-hour, toll-free hotline. Calls made to the hotline included individuals needing help and concerned others.

- **Of the 7 individuals who had their first contact this year, 3 individuals were connected to IPRN by calling the hotline directly.**
- **3 individuals were referred to the hotline by the Board of Pharmacy.**
- **1 individual was referred through a College of Pharmacy.**
- **There were also a number of calls for information.**

Records

All files from 1997 to the present have been scanned, compressed and filed electronically. Current client information had been uploaded to the Pro Heights EMR (electronic medical resource) and is available on line to approved persons. Data is uploaded quarterly with the quarterly reports from advocates.

Newsletter Communication

Since November 2005, IPRN has distributed, through email, a monthly newsletter. The *IPRN News* has included

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The toll free number is: (877) 890-IPRN

Since November 2005, IPRN has distributed, through email, a monthly newsletter. The newsletter has had a positive effect on client participation and on making information available.

IPRN

Providing direction as a confidential resource

Providing support through caring volunteers

Providing education about impairment

The Iowa Pharmacy Recovery Network is in need of caring volunteers throughout the State of Iowa. The profession needs you to make a difference!

contributions from the Drake University and the University of Iowa College of Pharmacy's programs (Drake PRN and UIPRN), faculty from the colleges, volunteers, and other individuals. The email address list has increased monthly, including addition of PRN programs in other states. The newsletter has had a positive effect on client participation and on making information available.

Volunteer/Committee Meeting

IPRN held their yearly meeting in Iowa City in fall 2005 and has remained connected through email and phone calls. There are currently approximately 30 people on the Committee roster.

Education

IPRN provided a speaker and representative to the University of Iowa's UIPRN to share their recovery story and discuss IPRN activities with the students at their Soup and Substance series.

IPRN was also present at the Iowa Pharmacy Association's annual Educational Expo in January 2006 to talk with nearly 400 pharmacists and pharmacy students throughout the state about IPRN activities.

IPRN sent 5 students (2 Iowa and 3 Drake) and a University of Iowa faculty advisor to the School on Alcoholism and Drug Dependencies in June 2006.

Financials

<u>Income</u>	\$ 70,000.00
Iowa Board of Pharmacy Contract	70,000.00
<u>Expense</u>	\$ 70,000.00
Staff/Consultant	58,300.00
Equipment/Rent/Services	2,005.44
Meetings	843.00
Education	7,724.49
Miscellaneous Fees	752.07
Marketing	375.00

Plans for FY 2006-2007

Plans for fiscal year 2006-2007 include increasing the number of volunteers, increased efforts in the area of marketing and promotion, expanded newsletter communication to interested persons, updating IPRN website at www.iowarecovery.org, increasing the number of persons attending the Utah School on Alcoholism and Other Drug Dependencies, and developing educational programs which both educate pharmacy professionals about impairment as well as increase awareness about IPRN's services.

June 30, 2006

Call for Volunteers

The Iowa Pharmacy Recovery Network is in need of caring volunteers throughout the State of Iowa. The profession needs you to make a difference!

Volunteer Categories: IPRN Committee Member, Advocate, Monitor, Regional Coordinator

IPRN Committee Member

IPRN committee meetings are held yearly in person and throughout the year by email. The committee oversees and coordinates the functions of the IPRN program in Iowa. Administrative issues are overseen by the committee. Case reports are reviewed in order for the committee to understand the activities of IPRN and to serve as a learning tool for future case management. Discussions on case reports and other portions of the meetings will be closed at the discretion of the committee. Anyone interested in the issues that cause impairment and the solution for our profession is invited to serve on the committee.

The committee shall consist of, but not be limited to:

- **One staff member of the Iowa Pharmacy Association;**
- **One currently licensed Iowa pharmacist who has been in successful recovery for a period of no less than two years since completing a program for drug or alcohol dependency, addiction or abuse;**
- **Five regional coordinators with expertise in substance abuse/addiction treatment programs;**
- **One currently registered pharmacy technician with education in substance abuse/addiction treatment programs or who has been in successful recovery for a period of no less than two years since completing a program for drug or alcohol dependency, addiction or abuse;**
- **One currently licensed pharmacy student (intern) with education in substance abuse/addiction treatment programs or who has been in successful recovery for a period of no less than two years since completing a program for drug or alcohol dependency, addiction or abuse;**
- **The executive secretary/director of the board or the director's designee (this person's membership on the committee requires confidentiality from the entire board, except in cases designated by the board (Details can be found in Iowa Code 155A.39 and 657 Iowa Administrative Code (I.A.C.) chapter 30);**
- **One representative from Drake University College of Pharmacy and Health Sciences;**
- **One representative from the University of Iowa College of Pharmacy;**
- **One public member; and**
- **One public member with expertise in substance abuse/addiction treatment programs.**

Both the University of Iowa and Drake have active PRN programs and opportunities for volunteers.

Advocates serve to provide peer support and assistance to impaired professionals as they enter treatment and recovery.

Regional Coordinators serve to receive notice regarding an impaired professional and carry through with the stated procedure for IPRN.

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Please contact IPRN if you notice the following symptoms of impairment:

Change in work or school attendance or performance

Alteration of personal appearance

Mood swings, attitude change or unusual patterns of behavior

Withdrawal from responsibilities, family and friends

Advocate

Serve to provide peer support and assistance to impaired professionals as they enter treatment and recovery

Responsibilities may include:

- ✓ being involved in IPRN activities
- ✓ accompanying the recovering professional or technician to board hearings
- ✓ writing letters on behalf of recovering professionals
- ✓ helping recovering professionals re-enter into the profession by helping with
- ✓ job searches or serving as a reference

Monitor

A recovering pharmacy professional or other interested and properly trained pharmacy professional

Serves to monitor an impaired professional for compliance with their IPRN contract

Responsibilities include:

- ✓ carry out the IPRN procedure to have the impaired professional sign a contract with IPRN
- ✓ develop a treatment plan in conjunction with the professional's treatment center
- ✓ monitor the impaired professional's progress throughout their contract
- ✓ submit appropriate reports to the IPRN committee and Board of Pharmacy
- ✓ work with the regional coordinator to coordinate a support group in their region

(Currently the monitor position is contracted to Emily Dykstra, Pharmacist Consultant)

Regional Coordinator

A pharmacy professional located in one of Iowa's five geographic regions

Appointed by the chair of the IPRN committee and has expertise in substance abuse and addiction treatment programs

Responsibilities may include:

- ✓ Serve to receive notice regarding an impaired professional and carry through with the stated procedure for IPRN
- ✓ May serve the impaired professional's advocate, or delegate that responsibility to another advocate in their region
- ✓ Chair regional meetings

Please contact IPRN at 877-890-4776 (IPRN) or email to Emily@proheights.com if you are interested in becoming a volunteer. This effort can only be successful if we are all involved and concerned about our colleagues.

Volunteer to make a difference today!

The profession of pharmacy can't afford to lose valuable people because of diseases that are manageable.

Caring volunteers who understand the disease that cause impairment are willing to help provide a second chance to those who need it.

If you know of a volunteer that you would like to see honored please let me know.

If you know anyone who would like to receive this newsletter just email and we will add them to the mailing list. Otherwise, feel free to pass the news along.

Information

A Yahoo News Group has been started for individuals involved in running Pharmacist Recovery Networks. For help with individual cases, generating & exchanging ideas, and helping to improve current or future state programs. For more info contact Dan B. at: dberks@hotmail.com or to sign up, go to prnhelp@yahoogroups.com

September 15 - 17, 2006 - Southwest Pharmacist Recovery Network 19th Annual Conference

**The Lodge at Tamarron,
40292 Highway 550,
Durango, CO 81301**

Sponsored by SWPRN, Inc.

**P.O. Box 18731, Oklahoma City, Oklahoma 73154
405 557-5775, kspitz@opha.com (Kim Spitz) or
rtoorich4u@aol.com (Kevin Rich)**

SWPRN Site: www.SWPRN.org to access information, agenda, and a registration form as it becomes available .

October 6,7, & 8, 2006- 15th Annual Heartland PRN Conference

**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**

IPRN is planning our annual fall meeting in November. The meeting will include advocate training, general sessions and a closed client review. We are planning a banquet and social to celebrate 25 years of assisting pharmacy professionals in Iowa. We hope to honor our volunteers who have given back to our profession through the PAPI (Pharmacists Aiding Pharmacists in Iowa) and IPRN (The Iowa Pharmacy Recovery Network) for the past 25 years. If you know of a volunteer that you would like to see honored please let me know.

Contact IPRN at:

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