

The IPRN News

Iowa Pharmacy Recovery Network, Inc.
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Volume 3 Issue 10 October 2007

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IPRN has maintained a 24-hour toll-free hotline.

Calls made to the hotline have included individuals needing help and concerned others.

The toll free number is:

(877) 890-IPRN

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

We Can Help!

IPRN Annual Fall Meeting

IPRN held the Annual Fall Meeting October 18th at the University of Iowa College of Pharmacy. There were 20 people in attendance. In the morning we held Advocate Training and reviewed our Volunteer Procedures Manual. I am proud to announce that we have a number of new advocates on board to better serve the recovering pharmacy professional in Iowa.

Meeting arrangements were made by Joan Stover who has been with the Iowa Pharmacy Association for over 20 years. She will now be working with IPRN on planning for our meetings and for the Heartland Conference next fall. It is great to have Joan on board!

Renaë Chesnut, RPh, EdD, Drake University CPHS gave the educational lecture that they use at Drake. Both colleges of Pharmacy in Iowa have education on alcoholism and drug dependencies in the curriculum. Renaë also brought along the Fatal Vision Goggles which are used to show the vision impairment that different blood alcohol levels bring. This is just one part of the impairment drinking causes.

The committee meeting was chaired by Bruce Alexander. We had reports from the UI-PRN program and the Drake PRN program. I continue to be impressed by the students that are willing to participate in and promote the PRN programs in their schools.

We discussed the Impaired Pharmacy Professional Policy Task Force. Plans were made for asking individuals to serve and to start meeting in February.

Iowa will be hosting the Heartland Conference September 19-21, 2008. Mark your calendars and watch for more information.

We discussed continuing our support of the Utah School on Alcoholism and Drug Dependencies sending student pharmacists and pharmacy professionals each year.

We discussed the transfer of contracts between states and whether this could be addressed at the NABP. We will try and address it with other PRN programs.

The client reports were made and one client was the first to be released early from our 5 year contract.

It was a successful meeting and I am so grateful to have so many involved in the Iowa program! We continue to flourish and grow!

We are committed to excellence!

According to the National Institute on Alcohol Abuse and Alcoholism,

"Problem Drinking/Alcohol Abuse" is a pattern of drinking in which one or more of the following situations occur within a 12-month period:

-- Failure to fulfill major work, school or home responsibilities;

-- Drinking in situations that are physically dangerous, such as while driving a car or operating machinery;

-- Having recurring alcohol-related legal problems, such as being arrested for driving under the influence of alcohol or for physically hurting someone while drunk;

and

-- Continued drinking despite having ongoing relationship problems that are caused or worsened by the drinking.

"You may be only one person in the world, but you may also be the world to one person." Unknown

Attendance at the Annual Fall IPRN Meeting

A big thank you to all the members who attended and made the meeting a huge success.

Bruce Alexander – IPRN Committee Chairman

Lloyd Jessen (IBPE) – IPRN Committee Member

Jennifer Moulton (IPA) – IPRN Staff Member

Joan Stover (IPA) – IPRN Meeting Planner

Emily Dykstra – IPRN Monitor

Rena Chestnut – Drake PRN Committee Advisor

Carol Barlow – Drake PRN Committee Co-Chair

Austin Ewing – Drake PRN Committee Co-Chair

Lucinda Harms – UI-PRN Committee Advisor

Jeff Reist – UI-PRN Advocate

Angela Yee – UI-PRN Committee President

Claire Sauter – UI-PRN Committee Vice President

Chris Neve – UI-PRN Committee Treasurer

Dick Schmidt – IPRN Advocate

Ed Sarrazin – IPRN Advocate

Jim Nielcen – IPRN Advocate

Verle Johnson – IPRN Advocate

Zach McMahon – IPRN Advocate

Kate Peutz (IPA) – IPRN Advocate

Amphai Pearl (IPA) – IPRN Advocate

Nicole Schultz (IPA) – IPRN Advocate

IPRN APPRECIATES ALL THE DEDICATED VOLUNTEERS.

**I.P.A.
Mission Statement**

International Pharmacists Anonymous (IPA) is a fellowship of pharmacists and student pharmacists whose primary purpose is mutual support for recovery from alcoholism and other drug dependencies.

IPA provides support and encouragement through:

-The application of the principles of 12 step mutual support groups that focus on alcoholism and other drug dependencies

-IPA support group meetings at pharmacy national and regional events.

-Member networking.

IPA does not engage in advocacy nor does it provide counseling or treatment.

For information on joining I.P.A. please go to Charlie's Website at:

www.usaprn.org

MEETINGS AND EVENTS

Caduceus Meeting

Caduceus AA Group

**Iowa Lutheran Hospital, 4th Floor Conference Room
700 E. University,
Des Moines, IA**

**Monday 6:30 PM Weekly
AA Format, CLOSED. Discussion. Professionals with Doctorate. All visiting doctors, physician assistants and pharmacists welcome.**

**Contact: Stan Haugland, MD. Email stanhdsm@aol.com
Home 515-255-8580 Office 515-263-2424**

Licensee Support Meetings

All Health Care Professionals Licensee Support Group

**Methodist Hospital, Heritage Room
Level 2 near Staff Dining Room,
8303 Dodge Street
Omaha, NE**

**Sunday 9:00 AM Weekly
Tuesday 7:00 PM Weekly**

12 Step, CLOSED

**Contact: Jeff B.
Home: (402) 493-2384 Work: (402) 559-6498
E-mail: jbaldwin@unmc.edu**

Southeast Pharmacy Recovery Network Conference

**November 9 - 11, 2007
Simpsonwood Conference Center, Atlanta, Georgia**

**Contact: Regena Banks at the Georgia Pharmacy Foundation - 404-419-8121 (Direct #)
E-Mail Address: rbanks@gpha.org Fax: 404-237-8435
Website: www.gpha.org where you will be able to access the conference paperwork.**

17th Annual Heartland Pharmacists Recovery Network Conference

The Heartland Conference will be held in Iowa next year, September 19-21, 2008. Please mark your calendars.

Sharing ideas and information.

Signs and Symptoms of Recovery

- *Willingness to talk about significant recovery issues***
- *Apply the steps in your every day life***
- *Actively working with a sponsor***
- *Attending and participating in 12-step meetings on a regular basis***
- *Fulfilling all aspects of your monitoring agreements***
- *Willingness to be an advocate for your own health***

The good news piece is that in the disability community we are recognizing the need to get people into recovery. A.A. is finding a way to be there for those with disabilities.

Interacting with other pharmacists who have battled addiction gives someone like me who is still relatively new to recovery, the most important thing they could give me... hope for long term sobriety.

Making Alcoholics Anonymous Accessible to Those with Special Needs

Alcoholics Anonymous is dedicated to making its message of recovery from alcoholism available to as many as possible, including those with special needs. The designation special needs usually applies to the blind or visually impaired, the deaf or hard of hearing, and those who are chronically ill or homebound. It can also include those in wheelchairs and others who may have problems accessing A.A. meetings. "A person with a disability is already stigmatized and may be afraid of meeting strangers; they have been told they are different," says Michael N., an A.A. member who is blind. A director of a state agency in the Midwest that serves people who are blind, he says, "there is evidence that those with disabilities are more likely than able-bodied people to suffer from alcoholism, and we need to do what we can in A.A. to help these people find us." Shane K., an A.A. member and director of an addiction studies program at a university in Illinois, says, "We have a long way to go, but people are getting energized by this issue. The good news piece is that in the disability community we are recognizing the need to get people into recovery. A.A. is finding a way to be there for those with disabilities."

Committees Tackle the Problem

A.A. members in regions around the country have formed committees addressing how best to pave the way for A.A. members with special needs to reach and participate in A.A. meetings or to arrange to have A.A. meetings brought to them. These committees work with local A.A. groups to find ways to make their meetings available to all who want to attend. Typical of what such a committee might do, a special needs committee in New York State drew up a blueprint for A.A. groups interested in starting an interpreted meeting for the deaf or hard of hearing. The committee suggests that the A.A. group first determine a need by visiting other interpreted meetings to find out from the deaf A.A. members there whether they would welcome another such meeting. The committee also offers advice on hiring an interpreter versed in American Sign Language (ASL). "As a borderline profound deaf person and a member of A.A., I prefer going to small groups that meet around a table so that I can take advantage of my ability to read lips," says Bob O., of Sacramento, Calif. "I do use interpreters in a group situation whenever practical, though, because reading lips can be very tiring and often words on the lips can look alike. I know that a lot of times when I am in a new group I have a lot of anxiety about being called on to say something because I am clueless as to what the topic is. "A.A. is a great program, but it depends so much on personal interaction of people that it can be especially difficult for the deaf. A sponsor, who is so very important to our recovery, is even more so for people who are deaf." Though the use of e-mail has become almost universal, some local A.A. offices—called central offices or intergroups—still employ TTY (Teletypewriter or Text Telephone) to enable the deaf or hearing impaired to communicate with them. Offices lacking such equipment use the Telecommunications Relay Service, which is offered in most communities. In Tucson, Arizona, an A.A. special needs committee sent a letter to the groups in the area, inviting them to contact the committee to tell it about the ways their A.A. meetings were having trouble accommodating those with special needs and promising to try to help. According to a member of the committee:

**Remember those who
have gone before...
Remember who we
are...
Remember where we
are going...**

***The Iowa Pharmacy
Recovery Network is
always in need of
caring volunteers.***

***Please contact IPRN if
you are interested in
serving as a volunteer
or in finding out more
information.***

***The profession needs
you to make a
difference!***

***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.***

***Also, if you wish to be
removed from the
email list, please let me
know. Thanks!***

“The function of the special needs committee is to create an awareness of the problems so that together we can find solutions. I know we need to change, and I know we have to work a little harder.” Gary P. of Long Beach, Calif., who is 17 years sober in A.A. and a quadriplegic as a result of an accident in 1975, got sober in a Veterans Administration alcohol treatment facility for the disabled. “The good thing is they treated us like any other alcoholic; they were in your face about your disease,” says Gary. After getting sober, he and others with disabilities would travel together to A.A. meetings. “We went to meetings for years, a bunch of guys in wheelchairs. People loved having us there,” says Gary. “If one meeting wasn’t accessible, 10 were. People are sometimes timid about how to approach those with a disability, but when I reach out my hand to someone, it really breaks that barrier down.”

Literature Made Accessible

A.A.’s commitment to making its message of recovery widely accessible goes back decades. In a letter sent 20 years ago to A.A.’s U.S./Canada General Service Office in New York, a blind A.A. member, sober for two years, writes: “Being blind is not a severe handicap, but it does prevent me from convenient access to A.A. literature, such as the Big Book and the 12 and 12.” That A.A. member was reassured that A.A.—even then—had material in Braille and on tape. Currently, the message of A.A. is available in various formats, including on compact discs and on cassette tapes. The main texts of A.A. literature—the book *Alcoholics Anonymous* and the *Twelve Steps and Twelve Traditions*—are on CD, as well as in Braille and ASL. There also are large-print editions of these and other A.A. publications. The Alcoholics Anonymous monthly magazine, the AA Grapevine, is available in an audio format called AudioGrapevine. Subscribers can download and listen to most of the popular features of the Grapevine, including the personal stories of A.A. members sharing their experience, strength and hope. A selection of A.A. literature has been revised so that it can be read easily by people who have been deaf since birth. This material can also be used for signing purposes and was developed by hearing-impaired A.A. members and American Sign Language interpreters. For those with limited reading ability, A.A. publishes illustrated, easy-to-read material. The General Service Office in New York prints a catalog of special needs material.

Getting to the Meeting

In urban areas, members of an A.A. group will sometimes take it on themselves to accompany someone too frail to walk to a meeting on their own. “One of the members of our group had a major operation. After he had recovered enough to think about attending A.A. meetings, I volunteered to meet him outside his apartment building and walk with him to the meeting,” says one A.A. member in New York. “We took that walk together once a week for a few months, and that service did at least as much for me as it did for him.” A.A. members will commonly take a meeting to an A.A. member who is home-bound. There is also a newsletter published by the General Service Office in New York called the *Loners/Internationalist Meeting (LIM)*, which prints correspondence from A.A. members in isolated areas, at sea, or home- or hospital-bound. For those who are disabled, A.A. members will often provide rides to meetings. Some A.A. groups, meanwhile, are taking steps—such as installing ramps—to make their meeting spaces wheelchair accessible. “I have seen A.A. members make great efforts to make meetings accessible,” says Michael. He stresses that it’s important that meeting lists

We have all learned to survive life, but in CoDA we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships both present and past - we can experience a new freedom from our self defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God's will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which God intended - Precious and Free.

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use a consistent definition of "accessible," so that the disabled A.A. member who shows up at a meeting designated as accessible isn't disappointed. "Conformity of definition is important," he says. To assist in this, the local A.A. structure in the southern part of Wisconsin has posted on its Web site a self-assessment check-off list for meetings wishing to define themselves as accessible. When a counselor at a treatment facility refers a patient with a disability to a meeting, the overall concern should be how that person will reach the meeting and whether they can, with grace and dignity, take a seat there, says Michael. "A counselor needs to ask the person with a disability a few more additional questions," he says, such as whether they have a ride to the meeting and if they can negotiate any stairs. "Going to an A.A. meeting the first time is scary for anyone. For the disabled person, it's ten times so."
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You can make a difference!

What Is Co-Dependents Anonymous?

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

We gather together to support and share with each other in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

<http://www.codependents.org>