

# THE IPRN NEWS

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**Memorial Service**

**Paul Pancoast**

**Janet Ralstin**

**June 25, 2007  
5:00 p.m.  
at the  
Utah School**

## Memorial Day

Memorial Day is a United States federal holiday that is observed on the last Monday of May. It was formerly known as Decoration Day. This holiday commemorates U.S. men and women who have died in military service to their country.

Memorial Day has become to symbolize the unofficial start of summer. It is a day set aside for family and friends to get together and celebrate life together. I spent the weekend with my family at Adventureland in Des Moines, Iowa. We had a wonderful gathering and lots of fun together.

Opening MSN this morning the headline "At least 8 U.S. soldiers killed on Memorial Day." The reminder that we are at war. My heart and prayers go out to the families that lost loved ones on the day we memorialize them.

I also received an email that University of Utah Alum, Paul Pancoast, passed away this weekend. It was reported that Paul had attended the Utah School 13 times. He was a faithful friend of the PRN programs and will be greatly missed.

There is a memorial service planned at the Utah School for Paul Pancoast and Janet Ralstin, Utah Alums who passed away this year. The memorial service will be held on Monday, June 25<sup>th</sup> at 5 p.m.

At the Utah School we have become a family of sorts. We never know whose heart we touch when we are there. Just like getting together this weekend with my biological family, I look forward to Utah to get together with my Utah family! We stand together, we grieve together and we celebrate together.

I am so grateful for those who have gone before me and given me the opportunity to step up, to share in the recovery of pharmacy professionals and to be a part of this great movement.

"Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you – until then." Alcoholic Anonymous, pg. 164.

*We are committed to excellence!*

# ***IPRN Report to the Iowa Board of Pharmacy Examiners***

***MAY 2007***

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

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

***Mark your calendars:***

***The 16<sup>th</sup> Annual Heartland PRN Conference will be held September 28-20, 2007 in Holland, Michigan at Camp Geneva on the shore of Lake Michigan.***

**We are working on a report to the Board that will be easier to read, more informative and more interesting. I have included a copy. Not all of the information is included and some needs to be updated. I will be mailing questionnaires to all of the clients and will continue to expand on the report.**

**Please let me know if there is anything you wish to see included or if there are any questions.**

**In June IPRN will be assisting 5 student pharmacists from Drake University and 2 student pharmacists from the U of I to attend the Utah School on Alcoholism and Other Drug Dependencies. We will also be sending another pharmacist. It is exciting to have the Iowa schools so well represented. It will definitely make a difference for our program now and in the years to come.**

**IPRN has 14 current clients and 2 clients that have contacted the program in the past month. Most clients are current. All will be followed up with the questionnaire to update their information.**

**IPRN was invited to Drake University in April to speak to the students in their DRxUGS program. The Drake PRN program is a part of the DRxUGS organization. The program was well attended and a number of questions were asked. The program served to inform the students about addiction, to highlight a personal story and to promote IPRN.**

**The 16<sup>th</sup> Annual Heartland PRN Conference will be held September 28-20, 2007 in Holland, Michigan at Camp Geneva on the shore of Lake Michigan. It will be hosted by the Michigan Pharmacist Association and the Pharmacists Helping Pharmacist Council.**

**For information contact:**

**Dan Smith (sdaniel0801@aol.com) 616-891-1788 or Dianne Miller and/or Mary Farrington 517-484-1466.**

**Iowa will be hosting the 17<sup>th</sup> Annual Heartland PRN Conference next year. Planning will begin this summer so we will have a preliminary flyer available this fall.**

***Sharing ideas and information.***

## ***APhA History of PRN Programs***

**At the APhA Annual Meeting in Las Vegas, Nev., April 24-28, 1982, the APhA House of Delegates adopted the following policy:**

- 1. APhA believes that pharmacists should not practice while subject to physical or mental impairment due to the influence of drugs -- including alcohol -- or other causes that might adversely affect their abilities to function properly in their professional capacities.**
- 2. APhA supports establishment of counseling, treatment, prevention, and rehabilitation programs for pharmacists and pharmacy students who are subject to physical or mental impairment due to the influence of drugs -- including alcohol -- or other causes, when such impairment has potential for adversely affecting their abilities to function properly in their professional capacities.**
  - In 1983, APhA became the sponsor of the Pharmacy Section at the 32nd Annual Session of the University of Utah School on Alcoholism and Other Drug Dependencies in Salt Lake City and has remained the sponsor since that time.**
  - In 1984, APhA established an informal APhA Impaired Pharmacist Program Network, consisting of "graduates" of the University of Utah School on Alcoholism and Other Drug Dependencies Pharmacy Section, others involved in state impaired pharmacist programs, and other interested parties.**
  - In 1989, APhA changed the name of its "Impaired Pharmacist Program" to "Pharmacy Recovery Program" to focus on the positive aspects of recovery rather the negative consequences of impairment.**
  - In June, 1989, APhA published in American Pharmacy, APhA's monthly journal (now the Journal of the American Pharmacists Association), a landmark article by LeClair Bissell, M.D., et al, entitled "Pharmacists Recovering from Alcohol and Other Drug Addiction: An Interview Study."**
  - In 1993, APhA initiated a coalition with the American Medical Association, American Dental Association, American Nurses Association, and American Veterinary Medical Association to counter employment discrimination against recovering health professionals due to misinterpretation of the Drug Enforcement Administration regulation barring employment by DEA registrants of persons convicted of a felony involving controlled substances.**
  - In 1994, the APhA Academy of Students of Pharmacy became co-sponsor of Pharmacy Section of the University of Utah School on Alcoholism and Other Drug Dependencies.**
  - In 1995, APhA contacted pharmacy benefit management firms regarding the practice of asking potential pharmacy participants relating to past State Board of Pharmacy disciplinary actions against pharmacists employed by the provider, and urging them to discontinue this practice.**

**In 1996, the Association published Points of Light: A Guide for Schools and Colleges of Pharmacy in Assisting Chemically Dependent Students.**

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

***We can help!***

***Be a part of the solution!***

## ***International Pharmacists Anonymous***

**International Pharmacists Anonymous is an organization dedicated to the recovery of pharmacy professionals. IPA has been meeting yearly at the Utah School and on the outskirts of many of our profession's and recovery's meetings and conferences. IPA has been struggling to remain viable and its fate is will most likely be decided at the Utah School this year.**

***We share with newly recovering pharmacists who feel isolated, unique, unworthy and hopeless that there is hope.***

**Our original statement of purpose stated:**

**“International Pharmacists Anonymous is a Fellowship of pharmacists in recovery who share their experience, strength and hope with each other that they may solve their common problems and help others in their recovery from addictive disease. IPA is not a substitute for other basic 12 Step mutual self-help groups; each IPA member needs a solid base in one or more of them. IPA is a supplement and a way to share the special problems of recovery in our profession. We share with newly recovering pharmacists who feel isolated, unique, unworthy and hopeless that there is hope. The only requirement for membership is a desire to find and maintain recovery. There are no dues or fees for IPA membership; we are self-supporting through our own contributions. IPA is not allied with any sect, denomination, political group, organization or institution, does not wish to engage in any controversy and neither endorses nor opposes any causes. Our primary purpose is to help members maintain recovery and help other pharmacists and pharmacy students to achieve recovery.”**

**My first contact with IPA was at the 2000 International Alcoholics Anonymous Conference in Minneapolis, Minnesota. I saw a flyer that stated that Pharmacists in recovery were meeting in a room near the conference. I walked in that room and knew I belonged. It was my first realization that there were other pharmacists that were in recovery, many others! I signed up immediately. I received the newsletter and was always so grateful to know that I was not alone.**

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

**IPA has always been maintained by the unending efforts of volunteers. As with any volunteer system there is always a need for getting new people involved. Last year at the Utah School IPA formed a Steering Committee. The Steering Committee is looking at keeping IPA viable.**

**IDAA (International Doctors in Alcoholics Anonymous) has invited all pharmacists to join their group and many pharmacists have chosen to join. In my opinion, there is a need for both organizations. Some of our members have expressed concern that they are members of NA not AA so would not feel comfortable in a program that is affiliated with AA. What is your opinion?**

**As we meet again at Utah this year, I hope and pray for new ideas and information, for new volunteers and new horizons. If you are interested in becoming involved, please let us know.**

***You can make a difference!***

## ***PRNHELP***

Last year at the Utah School a plan for a discussion group developed. Dan B. was willing to step up and began the group PRNHELP at yahoo.com. I want to thank Dan for his willingness and the great job he has done with this group through the past year.

***This group is for individuals involved with the operations of PRN (Pharmacist Recovery Network) groups across the country.***

**PRNHELP from the website: This group is for individuals involved with the operations of PRN (Pharmacist Recovery Network) groups across the country. For help with individual cases, generating new ideas, exchanging things that do or do not work and helping to improve current or future state programs.**

**As with all new groups we have excelled but also suffered with growing pains! Some people come to meet others in recovery, some come to talk about issues in monitoring programs and some come just to see what's happening. Is our purpose to serve all of these groups? This year at Utah we will discuss the direction and purpose that PRNHELP will take.**

**A message from Dan:**

**“This group was started out of some peoples demand for such a group at the Utah school last summer. It's been almost a year - there have been some very good things to come out of this group and unfortunately some not so good thing. I just wanted to give everyone here the opportunity to bring forth any issues they would like discussed in Utah.**

**Some of the issues that I think will be included.**

- 1. Membership - who should or should not be in this group?**
- 2. Should there be another group for individuals in recovery - not involved with their state's PRN or equivalent program.**
- 3. How do we get the word out to people who have not yet joined or to those whose states have a minimal or no PRN program?**

**I will not be able to attend the Utah School this summer, Jim A offered to give report of the group for me and bring back the feedback from the PRN meeting.**

**I was (and probably should get busy doing it) going to print out some small cards or pieces of paper for people to distribute to those interested in joining the group.**

**Any thoughts here please let me know. Dan B.”**

**If you are not attending Utah this year and have an opinion on the direction and purpose of the group PRNHELP, please let Dan or one of us who is attending know your thoughts.**

**Again, I want to thank you, Dan, for all of the work you have done with this group. We will miss you in Utah!**

***Volunteers make it happen!***

***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 Paul Wellstone Mental Health and Addiction Equity Act of 2007, H.R. 1424***

**Representatives Patrick Kennedy (D-RI) and Jim Ramstad (R-MN) have introduced the Paul Wellstone Mental Health and Addiction Equity Act, a long-overdue bill that aims to end insurance discrimination against people with addiction.**

**H.R. 1424 would require health plans to end insurance coverage and financial limitations for substance-related disorders and mental illnesses that do not apply to other medical conditions.**

**This bill's original sponsors are Representatives Patrick Kennedy (D-RI) and Jim Ramstad (R-MN), co-founders and co-chairs of the Congressional Addiction Treatment and Recovery Caucus.**

**The bill amends the Mental Health Parity Act of 1996 to eliminate many discriminatory provisions that erect obstacles to accessing care for Americans with mental health and addictive disorders. The 1996 Act required equality only for annual and lifetime limits for those with mental illnesses. This bill requires equality across the terms of the health plan for both mental illnesses and addictive disorders.**

**H.R.1424's introduction follows two months of field hearings around the country and is a crucial step toward ending the insurance discrimination faced by too many Americans seeking help and still struggling with addiction to alcohol and other drugs.**

**The bill has 253 co-sponsors. Find out if your representative is a co-sponsor and encourage them to participate. The bill is now in committee so let your representative know that you support this bill. Give the same benefits to those struggling with addictions to alcohol and other drugs as with other diseases.**

### ***UTAH SCHOOL ON ALCOHOLISM AND OTHER DRUG DEPENDENCIES***

**The University of Utah School on Alcoholism & Other Drug Dependencies will be held June 24 - 29, 2007 at the University of Utah's campus in Salt Lake City. This year is the 56th Annual Session of the school. IPRN will be represented by students from both the University of Iowa and Drake, as well as some pharmacists from Iowa. IPRN has always been supportive of the University of Utah and commends it for the advancement of education in this area. IPRN will participate in the Pre-School Annual Workshop for State Pharmacy Recovery Program Administrators and State Boards of Pharmacy Members/Employees. The Utah School provides a great forum for networking and sharing ideas and solutions.**

***This bill requires equality across the terms of the health plan for both mental illnesses and addictive disorders.***

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***Make plans to attend!***