

THE IPRN NEWS

IOWARECOVERY.ORG

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

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Thank you to Angela, Austin and Carol for contributing their Reflections of Utah for this newsletter.

New Fiscal Year Plans

IPRN is making plans for the new fiscal year. We are committed to continue to be a state leader for PRN programs, to continue our advocacy for impaired pharmacy professionals and to continue our commitment to the education on impairment within the pharmacy profession.

IPRN will be involved and actively support the PRN programs at both of our colleges of pharmacy. We would like to introduce you to our new leaders. Angela Yee will serve as President of UI-PRN. Carol Anne Barlow and Austin Ewing who will co-chair the PRN program at Drake. Their reflections of Utah are included in this newsletter.

IPRN will be hosting the Heartland Pharmacy Recovery Network Conference in 2008. We will be looking at educational opportunities for this conference as well as education at our bi-annual meetings. Austin brought up a great idea in his reflections ... "hearing more from Board of Pharmacy members that have had to intervene and revoke licenses." Perhaps this is a presentation we may be able to look at.

I also hope to put together a presentation on the Fatal Nature of the Diseases of Alcoholism and Drug Dependencies focusing on the issue of suicide. The purpose of the presentation will be to look at the suicide and addiction, talk about prevalence, warning signs, suicide among pharmacists, breaking the silence and a course of action. I want to give us language to break the silence about suicide within the pharmacy profession.

IPRN will continue to look at impairment policies within the workplace either in the form of a task force or seminar of concerned persons. We want to look at where there are policies in place, what these policies are and what policies work. Are there other policies that would work? Our goal possibly will be to develop a human resource policy that can be used when dealing with impaired pharmacy professionals.

IPRN will be represented at the Heartland Conference, the Council on Mutual Self-help Groups at Hazelden, IPA's Expo and Annual Meeting, the Utah School, board meetings and at the colleges presentations. We will continue to promote PRN programs in all states.

We are committed to excellence!

FY 2006-2007 Annual Report to the Iowa Board of Pharmacy

Clients Served

24 impaired individuals have been in contact with IPRN this year

- **5 had their first contact in this year**
- **1 individual signed a contract this year**
- **2 have been recommended for contracts**
- **1 has chosen not to participate**
- **1 is not currently in Iowa**
- **1 intervention was completed**
- **15 individuals are on contract**
- **2 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. IPRN is working on a new report that will include demographic data that will be tracked to better serve our clients.

Volunteers

IPRN has spent continued to increase the number of volunteers and the numbers of clients they currently serve. There are currently 40 volunteers listed including the committee chair, the monitor, our staff member, 7 advocates and 27 other members.

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 5 individuals who had their first contact this year:

- **4 individuals were connected to IPRN by calling the hotline directly.**
 - **1 individual was referred to the hotline by the Board 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 is uploaded to the Pro Heights EMR (electronic medical resource) and is available on line to approved persons.

Newsletter Communication

Since November 2005, IPRN has distributed, through email, a monthly newsletter. The *IPRN News* has included 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 continues to increase, including addition of PRN programs in other states and state boards of pharmacy. The newsletter has had a positive effect on client participation and on making information available.

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

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

We can help!

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!

Volunteer/Committee Meeting

IPRN held its 25th Anniversary Meeting and banquet on October 19, 2006 in Des Moines. The meeting was held at the Iowa Pharmacy Association headquarters in Des Moines. Emily Dykstra chaired the advocate training. Lucinda Harms and Jeff Reist from the University chaired an education section. Bruce Alexander chaired our committee meeting.

Our banquet followed at the Hilton Garden Inn in Urbandale. Ed Sarrazin chaired the meeting and Susan Lutz, a member from the 1980's gave the history of PAP'I (Pharmacists Aiding Pharmacists in Iowa). Bridget Jermeland spoke on the program at the University of Iowa and Kayla Hatt spoke on Drake's PRN program. Lucinda Harms, advisor at the U of I presented a certificate of appreciation to Dick Schmidt, technician and member of IPRN. Renae Chestnut, Associate Dean at Drake, presented a certificate of appreciation to Jennifer Moulton, our staff member at the Iowa Pharmacy Association.

Education

IPRN provided a speaker and representative to the Drake University to highlight a personal story and present information on IPRN.

IPRN was also present at the Iowa Pharmacy Association's annual Educational Expo in January 2007 to talk with nearly 400 pharmacists and pharmacy students throughout the state about IPRN activities.

IPRN assisted 7 students (2 Iowa and 5 Drake) and another pharmacist to the School on Alcoholism and Drug Dependencies in June 2007.

IPRN was represented at the Heartland PRN Conference in Downer's Grove, Illinois and will be represented this year in Holland, Michigan. IPRN will be hosting the Heartland Conference in 2008.

Plans for FY 2007-2008

Plans for fiscal year 2007-2008 include continuing to look at policies on impairment within our profession and focusing on developing educational programs. We will continue to increase IPRN awareness and have representation at a state and national level. IPRN will be participating in a national forum for ideas on PRN programs. We are planning 2 committee meetings this year. We will also be focusing on programs at the colleges of pharmacy continuing to promote active programs. We will provide advocate training and continue to send professionals to the Utah School on Alcoholism and Other Drug Dependencies.

Thank You to the Iowa Board of Pharmacy

IPRN wants to thank the Iowa Board of Pharmacy for their continued support and encouragement for IPRN and the education about impairment within our profession.

Sharing ideas and information.

Reflections of Utah

**Angela Yee
University of Iowa
President of UIPRN 2007-08**

This experience has empowered me to share with others what I have learned and promote awareness of addiction as a disease.

Angela

I had such a wonderful time at the Utah School of Alcoholism and Other Drug Dependencies and seeing the sites in Salt Lake City. Words can't describe the emotional depth this experience has touched me. I learned so much about addiction, chemical dependency, and most of all about myself. It amazes me how close I feel to the people I connected with at Utah. I hope I'm able to attend and come back to Utah to learn more. I'm appreciative for the opportunity IPRN was able to provide me and I wanted to give a personal thank you to Emily-thanks for being our mentor for the week. One of the best experiences I had here in Utah was climbing to the top of Wasatch Peak. It was a magnificent challenge for I have never thought or ever attempted to hike up a mountain. It tested me physically and mentally. At times I could barely breathe; I tried counting backwards in my head from one hundred to keep me focus and motivated. Finally, after two and half hours we reached the top. The work and wait was well worth the gorgeous and serene view overlooking the entire city of Salt Lake City, Utah. This experience has empowered me to share with others what I have learned and promote awareness of addiction as a disease. Thanks again, I had a great time!

Be a part of the solution!

Heartland Pharmacy Recovery Network Conference

I encourage anyone who wishes to be involved with hosting the conference next year to attend this year.

The Heartland Pharmacy Recovery Network is composed of the pharmacy recovery networks in the mid-western central United States. Heartland was set up in the late 1980s by pharmacists involved in their state programs who wanted to have an annual meeting with other states. The first annual meeting was held in Overland, Kansas in 1992. The Heartland Pharmacy Recovery Network Conference is held in a different state every year. This year's meeting will be held at Camp Geneva in Holland, Michigan on the shores of Lake Michigan. This year promises to be an excellent conference in an absolutely wonderful location. Iowa will be hosting the conference in 2008. I encourage anyone who wishes to be involved with hosting the conference next year to attend this year.

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 often provides continuing education credits. There will be an International Pharmacist Anonymous meeting on Friday night which everyone is invited to attend. The three-day weekend meeting is coordinated by the hosting state's recovery network and all pharmacists, pharmacy professionals and interested persons are invited to attend. This year is the 16th annual meeting.

Make plans to attend the Heartland Conference.

"SHORE UP YOUR RECOVERY"

16th Annual Heartland Pharmacists Recovery Network Conference

September 28-30, 2007 At Camp Geneva (on the shore of Lake Michigan) 3995 N Lakeshore Drive, Holland, Michigan 49424

**Hosted by: Pharmacists Helping Pharmacists Council –
The Michigan Pharmacists Association, 815 N. Washington Avenue
Lansing, Michigan 48906 Phone #: (517) 484-1466**

**Contact - Dan Smith (sdaniel0801@aol.com) or 616-891-1788
or Dianne Miller and/or Mary Farrington at the Michigan Pharmacists
Association.**

Mark Your Calendars!

Reflections of Utah

**Austin Ewing
Drake University
Co-chair Drake PRN 2007-2008**

My experience at the conference for alcoholism and chemical dependencies was amazing. I had no idea what I was getting myself into. I learned everything from the pathophysiology of addiction to the emotional stress that addictions cause.

I think the most helpful thing that this conference had was that we could actually hear first hand what being addicted was like. The stories that I heard were so touching and almost unbelievable. I had no idea what some of the people that are addicted go through. I believe that this conference has changed the way that I look at people that are addicted.

There are so many stereotypes that exist about addicted people. While I believe that there are some people that get themselves into bad positions, I do not think they should be punished by law. Dr. McCauley really helped me understand this. I think that out of all the speakers, he made the largest impact on me. It just seemed that everything he said made sense.

I think that if I were to add anything to this conference, it would be hearing more from Board of Pharmacy members that have had to intervene and revoke licenses. I would like to hear their story of what signs they look for and how they go about the process. I think it would also be interesting to learn more about the process of a pharmacist trying to re-obtain their license after being revoked.

I must also mention that I was sad to hear that the intervention couple will be retiring. I learned a lot from them, and really was touched by what they had to say. The mock intervention was very helpful, and we will be reenacting one at our school. It was interesting to see what an intervention really is like.

I think that overall, this conference was just very therapeutic for me. I really got in touch with my emotions. I learned a lot about the disease of addiction. I have already recommended it to many pharmacists and plan to attend again in the near future.

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!

I have already recommended it to many pharmacists and plan to attend again in the near future.

Austin

Reflections of Utah

**Carol Anne Barlow
Drake University
Co-chair of Drake PRN 2007-08**

I highly recommend the University of Utah College on Alcoholism and Other Drug Dependencies to all members of my profession.

At the University of Utah College on Alcoholism and Other Drug Dependencies, my outlook on addiction and the profession of pharmacy shifted dramatically. This program helped me to not only understand the physiology of the disease of addiction, but also to empathize with the sufferer of an addiction and that person's family and friends. The lectures and activities offered at the conference were interesting, emotional, insightful, and a much needed service to the profession of pharmacy. I believe that anyone who left this conference after attending for the first time without having a change in perceptions about addiction and experiencing some personal growth wasn't really listening.

The programs that I attended throughout the week were educational, but most importantly offered a feeling of community among my colleagues and peers. Each session felt personal to me as I watched members of my profession openly address their personal struggles or methods of coping and living with addiction. The high level of trust and personal concern that was essential to this conference allowed me to realize the necessity for such compassion in my professional and university lives. As pharmacy students, we are often competing with each other, and this program taught me the importance of uniting with my peers to serve a common goal. Pharmacists have the ability to make changes in society and to promote advancement, especially in the field of addiction, if we simply break down competitive walls and begin to work as a profession.

As a first time attendee of this conference, I am incredibly impressed. The University of Utah has chosen such an important subject and removed the stigma about addiction, so that the cold hard facts can be examined without fear of judgment within the profession. I learned more about addiction in one week of this conference than I have throughout four years of pharmacy school. If every pharmacist and pharmacy student attended a program similar to the College on Alcoholism and Other Drug Dependencies, the profession would improve dramatically in patient care and professional growth. This conference inspired me to spread addiction understanding and to help suffers in my community.

I highly recommend the University of Utah College on Alcoholism and Other Drug Dependencies to all members of my profession. My experiences lead me to some deep friends, a greater sense of belonging among my colleagues, personal and emotional growth, and a strong foundation to build addiction programming at my university, so that more people can become involved in addiction therapy and coping skills, as opposed to punishment.

You can make a difference!

Thank you to Angela, Austin and Carol for contributing their reflections of Utah for this newsletter.

**Contact
IPRN
31702
Granite
Ave.
Hinton,
IA
51024
or
1-877-
890-4776**