

The IPRN News

Iowa Pharmacy Recovery Network, Inc.
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Inside this issue:

1. Reflections on the University of Utah School
2. Thank You!
3. The Council of Special Mutual Help Groups
4. More Reflections.
5. IPRN Fall Meeting

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Julie

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Jennifer

Reflection on The University of Utah School on Alcoholism and Other Drug Dependencies

I had a wonderful experience at the University of Utah School on Alcoholism and Other Drug Dependencies. I am very grateful to IPRN for sponsoring this trip and giving me this amazing opportunity. In just one week, I feel like I gained so much knowledge about addiction and I experienced many emotions hearing stories about others' experience with addiction and process of recovery. I understand why the profession of pharmacy is affected by addiction, and I think it is extremely important to educate student pharmacists on this disease. I am grateful that I learned so much at this school and will be able to take this information to my fellow pharmacy classmates.

Hearing people's stories of addiction and then recovery really touched me. One pharmacist commented that many years ago if a pharmacist had an addiction, he or she would have their license taken away and never practice pharmacy again. Now, with the implementation of pharmacy recovery networks in many states, pharmacists can get the help they need to recover from their addiction and be productive pharmacists.

Meeting many recovering pharmacists at the Utah school showed me that without these programs we could have missed out on some really inspiring pharmacists, and I am thankful that we see addiction as a disease that can be treated. I am proud that Iowa has a great PRN program that works not only with pharmacists, but with pharmacy students and pharmacy technicians as well.

I had an amazing time meeting other pharmacy students and hearing from so many wonderful speakers. The week was set up really well and I was very impressed with the whole experience in Utah. This school gave us many ideas for programs and events to bring information about addiction to other students at the University of Iowa, and I will definitely encourage other students to attend next year.

**Julie Knetl, P2 Student Pharmacist
University of Iowa**

We are committed to excellence!

**"SHORE UP YOUR
RECOVERY"**

**16th Annual Heartland
Pharmacists Recovery
Network Conference**

September 28-30, 2007

**Camp Geneva
Holland, Michigan**

Hosted by:

**The Michigan
Pharmacists
Association**

**Pharmacists
Helping
Pharmacists
Council**

**Contact - Dan Smith
sdaniel0801@aol.com
or 616-891-1788**

**or The Michigan
Pharmacists
Association
517-484-1466.**

**Iowa will be
hosting
The Heartland
Pharmacy Recovery
Conference in 2008.
It will be a time to
promote our state
and our PRN
programs.**

***Reflection on The University of Utah School on
Alcoholism and Other Drug Dependencies***

My experience at the University of Utah is something that I will value for years to come. I admit that I was a little skeptical when I first really thought about the fact that I was going to attend a school on alcoholism and drug dependencies. When we were asked on the very first day at the school whether we view alcoholism and drug addiction as a choice or a disease, my first inclination was to say a choice. This was due to the fact that I am extremely fortunate and grateful to come from a very close-knit, supportive, and loving family, which to my knowledge has never had a problem with anyone being an alcoholic or addict. My eyes were definitely opened in Utah, and I am proud to say that my outlook on addiction has definitely changed. It is an unfortunate disease, but one that people can overcome with help and motivation from groups like Alcoholics Anonymous – an organization which I also knew nothing about before attending. We must spread the word that help is out there, and that other people have gone through similar situations.

Looking back on my week at the School on Alcoholism and Other Drug Dependencies, I am very grateful that I took advantage of the opportunity to attend – thanks to the generous support of the Iowa Pharmacy Recovery Network. I have older friends at Drake and friends at other pharmacy schools who have shared that they only spend a few days on the topic of dependencies in their pharmacy curriculum. This is unfortunate. The variety of topics that were presented from the pathophysiology of addiction, to the stories of recovery pharmacists, to a session on pain management in addiction and recovery, and a session on the importance of humor and laughter are topics that I feel every pharmacy student should learn, especially considering the fact that about 18% of pharmacists are addicted. My favorite sessions were the one where a recovering pharmacist shared his story with addiction – it was very moving and I found out that I am extremely naïve to the circumstances like his that occur around me, the session on humor and laughter – I did not realize how valuable they are and laughed harder than I have in ages, and the session where a mock intervention was performed – it was extremely moving. I learned a wealth of knowledge about alcoholism and addiction and feel that everyone else in our profession should too.

Not only did the School at the University of Utah teach me lessons about alcoholism and other drug dependencies, but it also provided us with amazing outside activities. One of the highlights of the week was definitely the hike that we took up one of the mountains near the campus. I was extremely excited to go, but nervous when I found out that the path only went up

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Jennifer

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!

about $\frac{3}{4}$ of the way, and we were on our own for the rest. As we started out, the first part of the climb was the worst as it was the steepest. However, I challenged myself to continue climbing. Once we made it to one of the lookout points a little over $\frac{1}{2}$ way, I was already speechless at the breathtaking view. I looked up at the teams ahead of me, and didn't know if I should head back with a group or continue onto the top. It would be strenuous. With the motivation and support from other pharmacy students, I knew that I would not give up and marched on. By the time we were about $\frac{3}{4}$ of the way, I was a little scared. I was literally going to have to get on all fours at times and climb up the steep cliff to the top. The cheers of "You can do it!" from the students ahead kept me determined to trudge ahead. The teamwork and support from pharmacy students who did not know each other, but all came together to achieve a common goal – reaching the summit – was remarkable and something I'll cherish. Once I finally made it to the top, it was a huge sigh of relief! I accomplished a feat that I never thought was possible and never even came close to at any point in my life beforehand. The people ahead of me were correct. The view was phenomenal!

I am extremely grateful for my experience at the University of Utah. The people were all friendly, understanding, and fun! I met a great group of students and a pharmacist from Iowa, who I hope to keep in touch with, and had an amazing team leader, Emily Dykstra, who was a true inspiration. Now, I must take what I have learned and apply it to my life.

We could all start with the AA's 12 Steps, which Jeff Baldwin adjusted to "The 12 Steps of Being Human" at the conference:

1. I recognized that self-deception had complicated my life.
2. I recognized that I was not in charge, that external forces
3. I decided to let others help me with my problem(s).
4. I got honest with myself.
5. I shared my understanding of my weaknesses and my strengths with others.
6. I found that doing this relieved me of a lot of stress and needless worry.
7. I became an honest person.
8. I identified those whom I had harmed and became willing to make amends to them all.
9. I made direct amends to such people whenever possible, except when to do so would injure them or others.
10. I continued to take personal inventory, and when I was wrong promptly admitted it.
11. I discovered the person I want to be.
12. I helped others.

**Jennifer Barker, P2, PharmD Candidate 2010
Drake University**

Sharing ideas and information.

The tremendous fact for every one of us is that we have discovered a common solution.

We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action.

...AA Big Book

Good friendships are fragile things and require as much care as any other fragile and precious things.

Randolph Bourne

How can I nurture a friendship today?

***Re-invent;
re-invention***

***To invent
again or anew.***

***To remake or
make over, as in a
different form.***

***To bring back,
revive.***

Council of Special Mutual Help Groups Hazelden

The Council of Special Mutual Help Groups met September 6-9, 2007 at Hazelden in Center City, MN. Hazelden hosted the conference.

Membership statement:

“Membership in the Council of Special Mutual Help Groups is open to representatives of identifiable groups who are dedicated to recovery and who can benefit from networking and support.”

The Council began meeting in March 1985 or 1986.

Goals:

Bring self help people together.

Assist list keepers.

Feeling alone and isolated – always sustain personal growth and support.

If you want to perpetuate, leaders need to make sure someone else takes over.

Groups that were represented were International Doctors in Alcoholics Anonymous, Psychologists Helping Psychologists, International Pharmacists Anonymous, Veterinarians in Recovery and International Ministers and Pastors in Recovery. There were 134 years of recovery in the room.

CSMHG has a yahoo group which is a member's only area and serves as the list serve. It is working on a website which will post help group information for others.

The Council hosts a hospitality meeting room every 5 years at the International AA Conference. This was especially important to me as this is where I found International Pharmacists Anonymous and other pharmacists in recovery.

We talked about sharing information, our benefit to Hazelden and the need for a group inventory. We spoke about the need to have a purpose of the group or our group mission.

We talked about how important it was to “Keep an army in the field”. Things will change.

We spoke on the importance of networking and knowing the other groups are in existence.

We conducted a short inventory. Have we accomplished our original goals? If the goals have been met, then it would make sense to disband and if not, then redo. We agreed that we would continue to meet.

You can make a difference!

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

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.

Thank you!

I would just like to send a "big shout" out to all who attended Utah and for their contributions to The IPRN program.

I am encouraged for the PRN programs at Drake University and the University of Iowa.

Thank you for your Reflections on the Utah School to share in the IPRN News.

RENEWAL

The topic turned to RENEWAL. An example was brought up of a meeting that was for conference center administrators. Was it a program for the conference centers or the administrators? What did we want to be?

We agreed we wanted the council to serve for RENEWAL for the members and how we needed to be very specific about that.

There were some wonderful ideas for a meeting next year which would bring back some of our founding members. We wish to honor and focus on the previous members. It will be for the RENEWAL of our members.

The dates for the council meeting were determined. The next council will be held September 11-14, 2008. We will again meet at Hazelden in Center City, MN.

Be a part of the solution!

Reflection on The University of Utah School on Alcoholism and Other Drug Dependencies

It's hard to describe the "Utah Experience" to those who haven't been there. Frankly, it's hard to even put down on paper what the experience is like. It truly is a life changing event for all involved. 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. Hearing their stories about using and more importantly their stories about how they got and have stayed sober has helped me immensely. It makes me want to extend my hand to others struggling with addiction and share my story.

Equally inspiring are all the student pharmacists that make the trek to Utah to learn about addiction and recovery. What an opportunity to have before entering the profession. I was fortunate enough to get to spend some time with students from both Iowa and Drake. We had a great time hanging out, playing UNO, eating pizza, laughing, and collapsing from exhaustion on the mountain. They are going to make some great pharmacists!

I would like to thank Emily Dykstra, IPRN, and the Board of Pharmacy Examiners for their support in my recovery and the opportunity they provided me to attend the Utah School.

Zach M., Pharm D

IPRN appreciates all of our volunteers!

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!

Contact

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

IPRN Fall Committee Meeting

IPRN will be holding their Fall Committee Meeting on October 18th from 10-3:30 at the University of Iowa College of Pharmacy in Iowa City.

IPRN holds committee meetings twice a year alternating between the University of Iowa and Drake University Colleges of Pharmacy.

Advocate Training

The meeting will begin with Advocate Training in the morning. If you want to work with pharmacists in need of assistance, please let me know and I will get you signed up for Advocate training. The IPRN Manual will be available to all members who sign up for training.

Agenda

- 1) UIPRN Report**
- 2) Drake PRN Report**
- 3) Impaired Pharmacy Professional Policy Task Force.**
- 4) Heartland Conference**
- 5) University contracts, university policy, student concerns. Contracts with/without board action.**
- 6) Contract transfer: state to state.**
- 7) Requests for early release.**
- 8) Utah funding.**
- 9) Client Reports.**

Schedule

Advocate Training from 10-11:30 or 11:45.

Lunch at noon.

Educational Program from 1-1:45.

Committee Meeting from 2-3:30.

The meeting is open to anyone interested in or already involved with IPRN. You are welcome to attend either the morning only or afternoon programs. Please let me know as soon as possible if you are planning on attending so we can get a count for lunch and the meeting room. If you have tentative plans, please let me know also. I appreciate your interest in IPRN.