

# THE IPRN NEWS

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**IPRN**  
*is celebrating 25  
years of assisting  
pharmacists in  
Iowa.*

## The IPRN News

The IPRN News sent the first edition in November and was very well received. We hope to continue to send The IPRN News online to promote and increase awareness of IPRN. We will continue looking for articles, pictures or other great stuff to share. If you have something interesting, please pass it along. We will provide a forum to keep you updated on IPRN in Iowa.

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.

Thank you all for all the work you have done for IPRN. It is through all of you that we continue to carry the message in Iowa.

*Watch for the IPRN News!*

## IPRN Anniversary

IPRN has its roots in the PAPI program (Pharmacists Aiding Pharmacists in Iowa). The PAPI program began in 1981. Over the years the program was served by many volunteers and kept active with their efforts.

In 1997 the name was changed to IPRN (Iowa Pharmacy Recovery Network) to better represent all of the pharmacists, student pharmacists and pharmacy technicians that IPRN serves. In 1998 IPRN received its first funding through money raised by increasing licensure fees in Iowa.

IPRN has served 58 persons in the past 7 years and numerous others in the years proceeding.

In 2006 we will celebrate 25 years of assisting pharmacy professionals in Iowa. Watch for further updates. If you have a unique idea for celebrating our anniversary please let us know. We will keep you informed on what we have planned.

*We are committed to excellence.*

## ***Drake IPRN Update***

**Drake University is shedding light on the shadow of addiction among pharmacists. Through the attendance of a national seminar, Drake students have learned much about the disease of addiction and have brought back what they have discovered to share with their classmates in Des Moines.**

**This past June two Drake Students, Jennifer Szajkovics (P2) and Ellen Coughlin (P3), participated in an enlightening week at the University of Utah School on Alcoholism and Other Drug Dependencies. Students learned about the pathophysiology, prevalence within the profession, and the reality of the life changing decisions and effects of addiction.**

**A presentation highlighting this week was given at the September 13th DRxUGs meeting. DRxUGs stands for the Drake Pharmacy Unified Group of Students which is a collaborative group encompassing all national pharmacy student organizations. This presentation concluded with a mock Alcoholics Anonymous meeting based on the real submissions heard while in Utah.**

**On November 10th, a guest speaker shared his compelling story of his battle through addiction and now recovery. Thirty-five students were in attendance as this pharmacist told of his experiences of addiction while working in a pharmacy, his involvement in countless automobile accidents, losing his pharmacy license and even serving jail time. He reminded students that addiction has no prejudices and can afflict anyone. He also gave students advice to “flash your brights” at someone if there is any suspicion of addiction. He used this term as a way to bring attention to the addict when their performance or behaviors seem out of the ordinary. He recounted that it was not easy when his friends and family “flashed their brights” at him, however it was what he needed to help him discover the road to recovery.**

**As for future plans the ASP Chapter at Drake plans to sponsor a “mock” tails party to raise awareness for the concerns of drinking and driving around Drake Relays weekend. The party will be held on campus and will feature several different varieties of non-alcoholic beverages to enjoy while allowing guests to mingle and be social as an alternative to heading out to the bars for the weekend.**

### ***IPRN***

**Providing direction as a confidential resource**

**Providing support through caring volunteers**

**Providing education about impairment**

***Both Drake and the U of I have active IPRN Committees.***

***Great job and thanks for all you do!***

***"Flash your brights" at someone if there is any suspicion of addiction.***

***The IPRN News is now available online!***

***CPT Solutions advocates for impaired professionals in the search for employment.***

***Contact:***

***Jeff Cullen  
President***

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***Jeff sent his material to the IPRN committee meeting. He is a native of Cedar Rapids. I had a nice conversation with him.***

***IPRN does not endorse one company over another.***

## ***CPT Solutions - Bringing People Together***

**STAFFING SERVICES ARE PAID FOR BY THE PROSPECTIVE EMPLOYER**

**CPT Solutions is a full-service staffing firm offering concise and cost-effective solutions to meet the increasing demands of the Pharmacy industry. We represent a diverse clientele and spend our time working in the areas of retail, hospitals, clinics, home infusion, long term care and specialty pharmacies. We offer staffing opportunities through out the country. If a job opening in an area of interest does not exist, our flexible staff will work tirelessly with the candidate until the right opportunity presents itself.**

**We pride ourselves in our ability to fulfill client needs and objectives, as well as those of the candidates we represent. Our qualified consultants have extensive experience in pharmacy staffing. Our dedication and attention to customer service is unparalleled in the industry. Our success is derived from a process that is focused and well tested in the marketplace. We believe this is important for several reasons. First, we understand that our reputation is branded upon each of the candidates we send on an interview. Second, we feel that it is impossible to properly represent an individual without clearly and completely understanding their talents, expertise, motivations and ambitions.**

**Regardless of how our first contact occurs, be it by phone, in person or via the internet, the process is always very similar. This is regardless of position or area of interest. We do this in part because it is part of the toolset we need to perform our job and do so promptly, precisely and professionally.**

**Today's extraordinarily competitive market limits the number of assignments we can accept at any given time. Therefore, we spend the vast majority of our time focusing on organizations that have several common denominators. Our clients tend to be those who are/have:**

- Impeccable reputation within their industry and community**
- Known to reward outstanding performance**
- Exceptional work environments**
- World class compensation and benefits programs**
- Embracing technology as a strategic resource**
- Able to attract and retain top talent**

**These are but a few of the criteria we look for as the foundation for a mutually beneficial and long lasting business relationship. In return we offer an outstanding combination of services, capable of solving even the most complex staffing requirements. We are capable of customizing solutions to any need. Contact us today for a confidential and comprehensive consultation regarding your unique staffing objectives.**

# **University of Utah School On Alcoholism and Other Drug Dependencies**

*JUNE 18-23, 2006, SALT LAKE CITY UTAH*

Sponsored by the American Pharmacists Association (APhA) and the APhA Academy of Student Pharmacists (APhA-ASP)

***Plan on attending the University of Utah School on Alcoholism and Other Drug Dependencies next summer!***

***This is a tentative schedule. As you see the week is filled with information on addiction and also gives CE credits!***

***Plan to attend the nightly 12-step meetings to get the most out of the Utah Experience.***

## **OBJECTIVES**

**To serve as an introductory or refresher course and a networking opportunity and to provide information, motivation and guidance for pharmacists or student pharmacist who currently participate in or wish to become involved in the planning, implementation, or strengthening of state-level and campus-level programs to help pharmacists or student pharmacist whose competence to perform their responsibilities has become impaired due to chemical dependency or other causes by assisting them in finding treatment, ongoing recovery and reentry into the practice of pharmacy or their pharmacy education.**

## **Tentative schedule highlights:**

### **Sunday, June 18**

1:00pm Pre-School Annual Workshop for State Pharmacy Recovery Program Administrators & State Boards

**A box lunch will be provided for those who pre-register. Please email Brian Fingerson (kyprn@insightbb.com) by June 1, 2006 if you are attending.**

4:15pm Student Ambassadors meeting and Pharmacy Section Mentors meeting

5:00pm Pharmacy Section Registration/Check-In & Welcoming "Pizza" Reception

5:30pm Overview & Introductions: "The Utah Experience 101"

7:45pm Understanding the 12-Steps and 12-Step Programs

9:00pm Pharmacy Section Alcoholics Anonymous Open Meeting

### **Monday, June 19**

9:00am Pathophysiology of Addiction

1:30pm Introduction & Overview of Addiction Issue

6:00pm (Optional) Group Hike "Up the Mountain"  
(Optional) Group Walk "Red Butte Gardens"

9:00pm International Pharmacists Anonymous (IPA) Meeting

### **Tuesday, June 20**

8:30am Case Study of a Recovering Pharmacist

9:30am Spirituality in Recovery

10:45am Chemical Dependency Among Healthcare Professionals

2:00pm Intervention: Strategies for Health Care Professionals

3:45pm Intervention: Case Studies and Role Playing

5:30pm School Picnic

6:30pm Open AI-Anon Meeting

### **Wednesday, June 21**

8:30am Pain Management in the Recovering Addict

10:50am General Session: Annual Clyde and Marie Gooderham Lecture

1:30pm Pharmacy Ethics & Law

9:00pm Narcotics Anonymous Open Meeting

### **Thursday, June 22**

8:30am An Introduction to Treatment and Counseling

9:30 am A Group Therapy Experience

1:00pm I Think My Classmate Has a Problem .

3:00pm Humor and Laughter: A Prescription for Well Being.

9:00pm Pharmacy Section Alcoholics Anonymous Open Meeting

### **Friday, June 23**

8:15am Pharmacy Section Continental Breakfast

8:45am Developing Positive Personal Power

10:30am Pharmacy Section Closing Session

11:00am Joint Closing General Session

12:00am Adjourn 2006 School Session

## ***University of Utah School Programs***

### **PROGRAMS**

#### ***Pharmacy Section Mentoring Program***

Pharmacists that have previously attended the Utah School and are willing to serve as Mentors for new attendees, please e-mail Charlie Broussard (BroussardC@aol.com) by June 1, 2006

#### ***Pharmacy Section Student Ambassadors***

Student Pharmacists that have previously attended the Utah School and would like to be considered to serve as Student Ambassadors for new attendees, please email Marcie Bough (MBough@APhAnet.org) by May 1, 2006.

## ***UIPRN***

**UIPRN has had an exciting semester! Sarah Wiese, Julie Erschen, and Kierstan Hansen attended the University of Utah this summer and brought back some new ideas. One of these is our new Soup and Substance Series, where we have a speaker once a month and provide lunch for all who attend. In October, we welcomed a recovering pharmacist, who shared his story with us, and Emily Dykstra, who told us about IPRN. Later in the month, we had a University Officer of Public Safety bring in the fatal vision goggles for us to try. In November, we had an Iowa City police officer who works for the DEA come to talk to us about the new pseudoephedrine law and its effect on the methamphetamine problem in the Iowa City area. Also in November, several UIPRN members attended the IPRN advocate training. In December, we had a Stress Management and Relaxation program to help prepare us for finals. Our membership is growing, and we are looking forward to the spring semester!**

## ***IPRN Volunteers***

**I want to take this opportunity to give a hearty "Thank You!" to all the volunteers who have kept IPRN alive all of these years. It is only through all of your efforts that we have continued to make a difference in Iowa.**

**The Iowa Pharmacy Recovery Network is always in need of volunteers throughout the state of Iowa. Even if you are not interested in becoming involved as a volunteer in this process, all pharmacy professionals can assist this effort by being aware of the signs and symptoms of chemical dependency. Please contact Iowa Pharmacy Recovery Network when you are suspicious of an issue that could be handled by IPRN. This effort can only be successful if we are all involved and concerned about our colleagues.**

***Volunteers are always welcome.***

***Give back to the Utah school and share your experience.***

***The Soup and Substance Series has been a great success!***

***"Thank You!" to all the volunteers that have kept IPRN alive all these years.***

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

***We can help!***

***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.***

## ***Intervention***

**In his book "Intervention," Vernon Johnson, one of the earliest proponents of intervention in the 1970's, suggests a shorter definition:**

**"presenting reality to a person out of touch with it in a receivable fashion."**

**He identifies four core elements of a family ( or impaired professional) intervention:**

- 1. Conveying genuine love and acceptance for the family member (impaired professional) struggling with the problem,**
- 2. Directly confronting the problem of the person's alcohol or drug abuse through communication of specific ways each family member (or co-worker, colleague or friend) has been affected by that problem,**
- 3. Asking for a commitment from the person to seek treatment for the problem (or at least professional evaluation of the need for treatment), and**
- 4. Establishing specific consequences if the addicted person (impaired professional) is unwilling to cooperate by seeking treatment.**

## ***What IPRN can do***

**IPRN has been designed to work with impaired pharmacy professionals in a compassionate and non-punitive manner to provide assistance with interventions, with locating rehabilitative services and to serve as advocates for the reentry into the profession of pharmacy.**

## ***Contact IPRN at:***

***Iowa Pharmacy Recovery Network***

***31702 Granite Avenue***

***Hinton, IA 51024***

***1-877-890-4776***

***emily@proheights.com***

***Have a wonderful holiday season!***