

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

February 2020



"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly." – Unknown

Testing Holidays

You may find the listing of all 2020 testing holidays on the hpspmonitoring.com site on the Resources tab.

Inclement Weather

As we continue through the colder months of the season, please remember that if a collection site is closed due to inclement weather, you must inform HPSP of the closure as soon as possible. The closure will be verified by your agreement monitor. If the site is confirmed to be closed and the licensee has been in compliance with all requirements for nine consecutive months (or has been compliant thus far, if enrolled less than nine months), then the licensee may use one of the 21 toxicology exemptions allotted to each licensee per year.

Satisfaction Survey

Thank you for participating in the January 2020 HPSP Satisfaction Survey. Your feedback is very important to us. All input is reviewed by the HPSP Policy Advisory Committee (PAC) and, where possible, the program is adjusted. Changes made from Satisfaction Survey input in the past include in-person meetings with agreement monitors, Saturday phone support, and lower-cost toxicology panels for unemployed HPSP participants. Results and answers to your questions will be shared in an upcoming newsletter. Input will also be reviewed by the HPSP Advisory Committee. Your next opportunity to participate is July 2020.

HPSP Outreach

The HPSP Team is scheduling informational sessions on HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Scott McBeth, Ph.D. (503-802-9865; scott.mcbeth@ibhsolutions.com) for more information, or to schedule a meeting.

Guideline Reminders

HPSP is governed by thirty two guidelines and we believe that we all need reminders from time to time. We will begin including a guideline in each newsletter as a refresher. This month we will look at the Toxicology Testing Exemption guideline. This guideline can be found online at hpspmonitoring.com on the Guidelines tab.



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Toxicology Testing Exemptions - Guideline

1. A Licensee may request a travel exemption from toxicology testing if all of the following conditions have been met:
 - a. The request must be made at least two weeks prior to time requested. Testing requests not made within the two week timeframe may not be considered.
 - b. The licensee must give HPSP the dates requested, and the city, state, and zip code of where the licensee will be staying. HPSP may request a copy of the licensee's itinerary or proof of travel.
 - c. The request must be for travel in an area where calling the interactive voice response system is not possible and/or a collection site is not available within a 20 mile radius.
 - d. The licensee must have a minimum of 9 months in a monitoring program. If the licensee was in a residential treatment program 2 weeks prior to licensee's entrance to the monitoring program, the time spent in the treatment program will be included in the 9 month calculation. Other treatment modalities may be considered as part of the 9 month calculation if the treatment included random, observed toxicology testing.
 - e. The licensee must have a record of compliance with his/her monitoring agreement and addendums. A licensee must have a minimum of nine months in the HPSP program from the time of the closure of a non-excused report of substantial non-compliance to be eligible to request a testing exemption.
 - f. All treatment providers must approve the licensee's request, in addition to the licensee's agreement monitor. If the agreement monitor has questions if the request meets the requirements of the Guidelines, the agreement monitor may review the case at the Agreement Monitors meeting or consult with a manager.
 - g. The licensee will be required to have a toxicology test upon return from testing exemption.
2. A licensee is able to use up to 21 testing exemption days per year, except in the first year of the program. For the first year, the licensee may not request exemption days until the licensee has been in the program and compliant for nine months. For the remaining 3 months of the licensee's first year in the program, the licensee will be entitled to 10 exemption days. At the licensee's annual review date, which is the anniversary of the date of full enrollment, the licensee will be entitled to 21 exemption days. For licensees who have previously planned longer vacations during the last three months of their first year, the requests may be reviewed and approved at the agreement monitor meeting or staffed with a supervisor on a case by case basis.
3. If a testing exemption is not approved, then the standard vacation policy applies as follows:
 - a. The licensee may travel to a location where the licensee is able to call the Interactive Voice Response (IVR) or log on to the website on a daily basis.
 - b. The licensee must make a request for collection sites at least two weeks in advance of the proposed travel.
 - c. The licensee needs to give the monitoring program the dates of travel, and the city, state and zip code of where the licensee will be staying.
 - d. Licensee will need to take a paper Chain of Custody form to the collection site. No travel kit 45 is needed.
4. The IVR and website are accessible from 3:00am Pacific Time - 5:00pm Pacific Time. If the IVR system is contacted prior to 3:00am or after 5:00pm, the licensee will NOT hear their individualized testing message; rather a message will inform each licensee that they've contacted the IVR outside the hours of operation. The website provides the same messaging outside hours of operation.

Upcoming Events

2020 Caring for Trans and Non Binary Patients

You are invited to participate in the first of 2020's Continuing Professional Education courses offered by Cedar Hills Hospital and Outpatient Services - Culturally Competent Care for Trans and Non Binary Patients. Dale Johannes of Merck will present, followed by a consumer panel discussion. Snacks will be provided. We applied to NASW for CEUs.

When: Thursday, February 27, 2020 from 2:45 PM to 5:30 PM

Contact: Michael Sorensen, MPA, Cedar Hills Hospital, 971.228.8000x250, michael.sorensen@uhsinc.com

Register: [Click here to register.](#)

The ASAM 51st Annual Conference - Innovations in Addiction Medicine and Science

The ASAM Annual Conference is the nation's premier event providing the latest innovations and scientific developments in addiction medicine. The conference is 4/2/2020 - 4/5/2020 Gaylord Rockies Resort and Convention Center Denver, CO.

New Save the Date 2020 Oregon Professional Recovery Network Conference

The 2020 Oregon Professionals Recovery Network (PRN) Conference will be Saturday, May 16th, 2020 in Salem. Details and additional information will be shared as soon as they are available.

Visit <http://www.pnforegon.org/> for more information.



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Upcoming Events (continued)

IDA A 2020

The next **International Doctors in Alcoholics Anonymous** will be August 5-9, 2020 in Spokane, Washington. For more information please visit www.idaa.org.

Relax: How to Let Go of Stress

You're familiar with the symptoms of stress -- a pounding heart, increased perspiration, tight neck and shoulder muscles, anxiety and fear. But you may not know how to prevent or relieve these symptoms. Taking the following actions can help you manage the negative effects of stress.

Exercise. A regular workout can release pent-up frustrations. The American Heart Association (AHA) recommends getting 30 minutes or more of moderate exercise at least three or four times a week. Choose any aerobic activity you like, such as walking, jogging, bicycling, swimming, stair climbing or step aerobics.

If life is too hectic for such a commitment, you also can find relief through brief periods of exercise: If you work at a desk, get up and take a walk around the building for 15 minutes, or go up and down a few flights of stairs.

Don't Isolate Yourself. One of the best ways to fight stress is to discuss your problems with a close friend or relative. Talking to other people helps you realize you're not alone and can help you put a difficult situation in perspective.

Besides relieving the pressure of dealing with a problem by yourself, talking things out may lead you to a solution. If you can't find someone to talk to, or you have difficulty talking about what's bothering you, writing about the situation in a journal can be effective as well.

Live In The Present. Take a moment to think about the causes of your stress. Many of them may come from thinking about the past or worrying about the future. If you can plant yourself firmly in the present, you can leave many worries behind and focus more clearly on solutions to current problems.

Quiet Your Mind And Imagination. In times of stress, the mind makes things appear worse than they are by creating endless versions of impending disaster. Because the body can't tell the difference between fact and fantasy, it responds with heightened physical response and mental anxiety.

Pay Attention To Your Diet And Health Habits. A sensible diet of wholesome, healthful foods can help stabilize your moods. Consuming too much caffeine, sugar and alcohol or any nicotine or illegal drugs can increase your stress, making coping more difficult.

Make Time For Laughter And Fun. Surround yourself with positive people who like to laugh. Watch funny movies instead of the news in the evening. Engage in fun or silly activities. You'll find laughter really is one of the best remedies.

Immerse Yourself In A Favorite Activity Or Hobby. Participating in a pleasurable activity will give you a block of time when you're focusing on an interesting task instead of on your problems. Gardening, carpentry, fishing, sewing, working with clay, painting or playing cards may appeal to you.

Use A Variety Of Relaxation Techniques. Deep-breathing exercises, progressive relaxation, visualization, creative imagery, yoga, meditation or listening to relaxation tapes can help relieve stress. Relaxation techniques are skills that can be learned and practiced. If you don't know how to do any relaxation exercises, take a class, read a book or listen to a tape on the subject.

Balance Your Life. If work is causing you stress, immerse yourself in a favorite activity when you get home. But focus more on work if a family problem or relationship is the cause of your stress. Above all, take time for yourself, whether it's for a daily walk, a hot bath or a quiet night at home. Taking good care of yourself helps you let go of stress.

If these techniques don't work, and your stress impairs your capacity to function at work or at home, speak with your primary care doctor or a mental health professional

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