

HealthProCHOICES

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

May 2020



Upcoming Testing Holidays

The following Oregon observed holidays are test exemptions days on which you do not need to check to see if you need to test: May 25th Memorial Day.

Welcome New Monitor

Welcome Aboard to our newest member of the Agreement Monitor position Shawla Scott-Barker, LPC, CGAC-II.

I am a Licensed Professional Counselor in the state of Oregon. I am also certified as a gambling addiction counselor (CGAC) and have several years' experience working with those who have a gambling disorder, as well as their partners and families. My work background has been in a community behavioral health setting, working with both mental health and addiction issues. I have always been interested in working in the addictions/recovery support field in some capacity. During my time off from work, I enjoy traveling around and hiking in the beautiful Pacific Northwest. I especially love the desert, with all of the unique plants and wildlife.

Over-the-Counter Prescriptions

With allergy season fast approaching, please review and familiarize yourself with the Over-the-County Medication List at www.hpspmonitoring.com. Over-the-counter medications containing alcohol cannot be approved and must not be taken. Additionally, avoid medications that contain diphenhydramine or pseudoephedrine. If your provider suggests a centrally acting antihistamine or decongestant such as diphenhydramine (Benadryl) or hydroxyzine (Vistaril or Atarax), a Medication Management Form will be required. All mind-altering, intoxicating substances, or potentially addictive drugs prescribed by a provider need to be documented using the Medication Management Form. Please have these forms in place and approved in advance of any non-negative toxicology.

To find the Medication Management Form and other related material you can go to:
<https://hpspmonitoring.com/HpspOregon/OrForms?fileType=Forms>

A Few Good Reminders:

- Check in with the IVR, APP, or log into your account in hpspmonitoring.com daily.
- If you are randomly selected to test- go test.
- Always check with your testing site by calling and checking to see what hours they currently have since the sites are changing hours due to COVID-19 and social distancing.
- Call, email, or leave a voicemail with your Agreement Monitor weekly for a check in.
- Be in touch with your treatment providers and your Agreement Monitor. If you are in touch with your Agreement Monitor when issues arise, they will be able to be much more helpful in suggestions or solutions to your issue.



Health Professionals' Services Program
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Stress Signals: When Your Body Says Help

In moderate doses, stress challenges you to do your best so you keep learning and growing. But too much stress has a negative effect on your work, mood and physical well-being. "When stress becomes chronic, it turns into distress. It creates a hostile environment in your body," says Susan B. Johnson, Ed.D., with the Cooper Institute for Aerobics Research in Dallas.

"Every time you face a task or problem that requires special effort," Dr. Johnson says, "your body secretes hormones such as adrenaline. These hormones prompt your body to make other chemicals that send extra power to muscles and help you focus your mind and senses. After your response is over, these chemicals are washed away safely in your blood." When stress continues over time, the level of the chemicals goes up and remains elevated with continued stress.



Your body says "help". Stress-related symptoms vary from person to person. If you have a health problem or even a family predisposition to a certain disease, that's where the stress-related symptoms are likely to occur. Here are common ways your body tells you it's under too much stress:

Chronic colds and flu. If you get a cold every Christmas or before a major presentation at work, added stress could be the reason. With a weakened immune system, your body is more susceptible to cold and flu viruses. Build your immune system by getting lots of rest, drinking plenty of fluids and eating vitamin-rich foods.

Insomnia. If you go to bed with a problem on your mind, your body gives you another shot of adrenaline every time you think about it. Before going to bed, settle down by taking a walk, drinking warm milk or taking a hot bath. Then think about something pleasant as you drift off.

Headaches and sore muscles. The stress reaction—also known as "flight or fight"—puts your body in a state of red alert, with your muscles tensed to fight back. Constant tension makes them rigid and sore. Tight neck and shoulder muscles make your head throb. To relieve the symptoms, stretch every couple of hours or do light exercises. Avoid caffeine if it makes you tense.

Stomach problems. Stress prompts secretions of stomach acid that can cause heartburn, stomach cramps or other digestive miseries. Treat the symptoms with an over-the-counter antacid and avoid stomach irritants such as coffee, cigarettes, alcohol, hot peppers and mints. Soothe yourself with deep-breathing exercises and physical activities you enjoy – like bicycling or gardening.

Stress-proof yourself. "Physical symptoms of stress often become worse if the stress continues to build," Dr. Johnson says. "Chronic stress also can lead to more serious conditions such as heart disease, depression, alcoholism and cancer."

You may be keeping your body in a state of chronic stress if you often feel uptight or hostile. Learn how to deal with stress constructively and you can use it to meet life's challenges. Some things that may help with stress are: exercise, entertainment and companionship offer brief respites from stress; efforts should be made to reduce obvious and modifiable sources of stress; recognize that some sources of stress are not modifiable and need to be worked around.

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