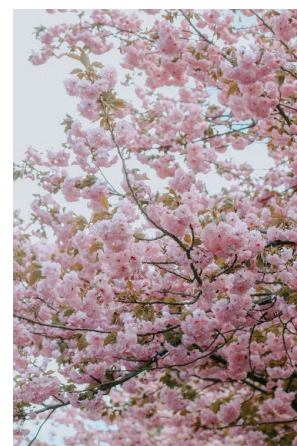




From the Executive Director

I hope everyone stays safe and healthy during this ugly cough, cold, and flu season. There are so many sick staff and patients with respiratory ailments and seemingly an uptick in

COVID-19 infections. What a way to start 2025. I am ready for Spring, one of my favorite seasons of the year. If you are or know a pharmacist, student pharmacist, or pharmacy technician suffering from substance abuse disorder (SUD) or mental health issues alone or co-occurring with SUD, call OPHP for assistance now, since left alone the problem will not go away and will get progressively worse. I challenge everyone to be aware of struggles during this time of the year either due to loneliness or mental health issues and I hope you are willing to reach out and offer support during this difficult time for those struggling. If you are missing a loved one or someone close to you, please know that Oklahoma Pharmacists Helping Pharmacists (OPHP) extends our heartfelt condolences. As those of us in the medical profession are considered essential and suit up and show up remaining on the front lines during this cough, cold and flu season, in order to take care of our patient's medical needs. As pharmacists we played and continue to play a vital role as the battle against the flu and other respiratory issues and I am very proud of my chosen profession and our contribution to this fight. We are all in this together.



Inside this issue

- 1: From the Executive Director
- 3: Talking to your Teen
- 4: Functional Psychiatry
- 7: Trust your Instincts
- 8: APhA Institute 2025
- 9: Identifying the Problem

Also, in this issue, Roy J DuPrez, M.Ed., CEO and founder of Back2Basics a residential treatment center in Flagstaff, AZ has offered an article to our readers “Talking to Your Teen about Addiction”. Our kids are so important to us, and they represent our future. Peer pressure can be immense, so we need to have this conversation so they will understand the pitfalls of substance use disorder and don’t have to experience these pitfalls personally. I hope you enjoy this article.

Also, I have included an article in this issue from Enterhealth a Dallas based treatment center “Functional Psychiatry: Holistic Solutions for Addiction & Mental Health”. Substance use disorder can be very complex and involve co-occurring mental health issues that make it even more complicated. This article focuses on identifying and treating root causes of SUD and mental health issues rather than just the symptoms. I hope you enjoy and learn from this article.

When a pharmacist, student pharmacist or pharmacy technician enters the OPHP program, and begins their road to personal recovery from a substance use disorder (SUD) and/or co-occurring issue often the family, friends or colleagues may not understand the vital role they may play in the OPHP participant’s recovery. They may even verbalize that they knew something was wrong but couldn’t identify it and were shocked to find that their loved one, friend or colleague suffered from a SUD or co-occurring issue. In this issue OPHP will include an article “Identifying the Problem” in hopes to help loved ones identify the issues in those suffering and what they can do to support their loved ones. Also, it is important for friends, family members or colleagues to get assistance since they also are impacted by this insidious disease.

OPHP has a free-standing website at www.ophp.us Please visit our website to learn more about the services OPHP provides the pharmacy profession in regard to assistance with a personal substance use disorder and/or mental health issues. Contact OPHP if you have any questions or need assistance.

Don’t forget, take time for self-care, and if you are struggling with SUD or other mental health issues, or you know another pharmacist or student pharmacist who you think maybe suffering call the (OPHP) Helpline immediately. There are those who struggle or have a hard time dealing with life on life’s terms on a daily basis. Can I challenge everyone to recognize these struggles either in themselves or others and reach out for help or be willing to help if needed? If you find yourself struggling don’t hesitate to reach out to (OPHP) for help that is readily available if needed. If you know someone struggling during this time, I hope you will be willing to be available for them if needed. If you are a pharmacist or student pharmacist and you are struggling personally with the substance use disorder or other mental health issues, I would encourage you to call OPHP today and self-report your issues now.

The advantages of self-reporting your own issues of substance use disorder or mental health issues are that you can get well or get in recovery, and if there are no legal issues or complaint the Oklahoma State Board of Pharmacy does not get involved. This is a tremendous opportunity, so don't let it slip away if you are suffering from substance use disorder or other mental health issues call OPHP before it is too late, resulting in disciplinary action on your intern/pharmacy license or other legal consequences.

I encourage any pharmacist or student pharmacist that may be struggling with substance use disorder or any other mental health issue, or if you know a pharmacist or student pharmacist you think may be struggling, to call the OPHP Help Line now.

Please enjoy the newsletter.

Roy J. DuPrez, M.Ed., CEO and founder of Back2Basics a residential treatment center in Flagstaff, AZ

Talking to Your Teen about Addiction

As our kids get older, our worries as parents get bigger. Your kids' teenage years are formative years for growth, but it is also a time in their life when consequences for making mistakes become more significant and bad habits begin to solidify into adulthood. Many teenagers know someone in their life who is struggling with substance abuse, or they are curious about the substances themselves. Parents can't shy away from this conversation because it is something teenagers are dealing directly with. Here are two important tips on how to have a productive conversation with your teen about drugs and addiction.

Understand substance use disorder can happen to anyone

The most significant barrier to speaking with teens about drug and alcohol abuse is the filter in which we see our children. We wear rose-colored glasses when talking to our kids, so conversations about addiction are ignored because we don't want to believe that substance use could happen to our kids. This bias means we either don't have the conversation at all or we approach it from a very shallow "don't drink or do drugs" perspective. I recommend that you speak with or read up on the stories of a variety of people dealing with substance use issues. Share those stories with your teen so they can see how addiction affects teens and young adults of every background.

Foster honest dialogue and embrace questions

Transparency is everything when it comes to having an honest discussion about addiction. Your teen will have questions. You must give them space to ask those questions, and you should answer them. Be honest about your past experiences with drugs and alcohol as an adult and as a teenager. If you, a friend or family member, have ever dealt with substance use issues, share how that experience affected you. Teens discuss this stuff with their friends and see it in media frequently, so you want your kid to feel like they can come to you if they become curious about drugs and alcohol. You don't want that curiosity to turn into active use, so make yourself a safe space for discussion.

Talking about addiction can be a tough experience for both you and your teen, but it is an important conversation to have. Breaking the stigma of addiction requires you to have honest conversations with your teen. Go into the conversation, understanding that substance abuse can affect anyone, be open about your experiences, and most importantly, be willing to answer questions. Tough conversations require creating a judgment-free space for teens to talk to their parents. This conversation may be challenging, but it pays off long-term. A teen who has a support system to ask questions about addiction is less likely to fall victim to it.

Functional Psychiatry: Holistic Solutions for Addiction & Mental Health

January 8, 2025

Recovering from addiction and/or mental health issues isn't a one-size-fits-all journey. That's why Enterhealth is proud to offer cutting-edge, personalized approaches to care, including functional psychiatry—a holistic method that focuses on identifying and treating root causes rather than just symptoms. Leading this innovative program at Enterhealth is **Dr. Umar Latif, a triple board-certified psychiatrist and addiction specialist**, whose expertise brings a new level of hope and healing to our patients. To understand how functional psychiatry fosters deeper engagement in treatment and paves the way for better long-term outcomes, let's take a closer look at the principles that set this approach apart.

What Is Functional Psychiatry?

Functional psychiatry is a comprehensive approach to mental health that looks beyond surface-level symptoms. It draws from functional medicine principles, emphasizing the prevention, origins, and treatment of chronic conditions.

This approach targets physiological imbalances that contribute to mental health and addiction issues, such as:

- Inflammatory imbalances.
- Hormonal and neurotransmitter dysfunction.
- Nutritional deficiencies.

Unlike traditional psychiatry, which often focuses on symptom management through medication or therapy alone, functional psychiatry combines those proven strategies with interventions that may include nutrition, stress management, sleep optimization, and even gut health improvements.

Functional psychiatry reflects a shift from a symptom-driven model to a root-cause approach, integrating science-based, patient-centered care to achieve long-term healing and resilience.

How Functional Psychiatry Benefits Mental Health

Mental health conditions rarely stem from a single issue. Functional psychiatry tackles this complexity by uncovering the factors that contribute to conditions like anxiety, depression, and bipolar disorder.

For example, the gut—often called the “second brain”—plays a significant role in mood regulation. By evaluating connections like gut health, hormone imbalances, or chronic inflammation, functional psychiatry identifies root causes that may worsen symptoms.

Some key benefits include:

- **Hormonal balance:** Addressing shifts that can exacerbate mood disorders.
- **Reducing inflammation:** Managing factors linked to anxiety or cognitive issues.
- **Targeted nutrition:** Correcting deficiencies like low Vitamin D or Omega-3 levels to support mood and cognitive health.



Functional psychiatry also incorporates advanced lab testing, including:

- **Vitamin D and B12 levels:** To assess deficiencies linked to mood disorders.
 - **Omega-3 Index:** To evaluate essential fatty acid levels critical for brain function.
- Inflammation markers:** Such as CRP, to identify systemic inflammation affecting mental health. This holistic approach goes beyond managing symptoms. By enhancing traditional treatments like cognitive behavioral therapy (CBT) or medications, functional psychiatry creates a foundation for long-term emotional well-being.

Functional Psychiatry & Addiction Treatment

Addiction shares many complexities with mental health conditions, often involving biological, psychological, and environmental factors. Functional psychiatry applies the same holistic principles but focuses specifically on the underlying drivers of substance use disorders.

Neuroinflammation is increasingly recognized as a significant contributor to addiction. Chronic inflammation can impair mood regulation, exacerbate cravings, and affect decision-making. Functional psychiatry targets these issues through:

- **Anti-inflammatory strategies:** Including dietary changes and curcumin supplementation.
- **Stress management techniques:** To reduce cortisol levels and improve resilience.
- **Nutritional optimization:** Restoring deficiencies common in alcohol use disorder, such as Vitamin B12 and folate.

For instance, someone recovering from alcohol use disorder may face chronic inflammation and anxiety. Functional psychiatry combines targeted strategies—like anti-inflammatory diets, stress reduction, and therapeutic interventions—to reduce relapse risk and enhance recovery. This approach aligns with the emerging concept of “Recovery 3.0,” which builds on traditional addiction treatments by integrating functional psychiatry’s root-cause analysis and holistic care.

Why Choose Enterhealth?

At Enterhealth, we believe in treating the whole person, not just their symptoms, and functional psychiatry is a natural extension of our commitment to personalized, evidence-based care. Here’s how we stand out:

- **Multidisciplinary Teams:** Our team of board-certified physicians, psychiatrists, psychologists, nurses, and master’s-level therapists collaborate to deliver well-rounded care tailored to each patient’s unique needs.
- **Comprehensive Assessments:** Treatment begins with thorough evaluations, including medical, psychological, and lifestyle assessments. These insights help uncover the root causes of addiction and mental health challenges.
- **Continuum of Care:** From medical detox and residential treatment to outpatient care and ongoing aftercare, Enterhealth ensures seamless transitions across every stage of recovery.
- **Advanced Lab Testing:** Key tests include inflammation markers, micronutrient levels, and thyroid panels to guide personalized treatments.
- **Interventional Psychiatry:** Enterhealth offers advanced TMS protocols like MeRT (Magnetic e-Resonance Therapy), using intrinsic alpha waves as biomarkers to enhance treatment outcomes.

Focus on Family Involvement: Recognizing the role of family in recovery, we offer education and therapy sessions to help loved ones support the healing process effectively.

By integrating these components, Enterhealth’s functional psychiatry program doesn’t just treat symptoms—it empowers patients to achieve long-term recovery, resilience, and overall well-being.

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WHAT DO YOU DO IF YOU SUSPECT A COLLEAGUE HAS A PROBLEM WITH SUBSTANCE USE DISORDER

Trust your instincts!!

**Call Oklahoma Pharmacists Helping Pharmacists (OPHP) immediately
at the OPHP Help Line 1-800-260-7574 statewide or
405-557-5773 locally**

Do not confront alone

Left alone the problem will not go away.

**If you or a pharmacist, student pharmacist or pharmacy technician you
care about is suffering from substance use disorder.**

there is a solution

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All calls are confidential.



[DONATE](#)

If you haven't already contributed to OPHP this year, please consider making a tax-deductible contribution. These contributions help OPHP continue to assist and provide scholarships to pharmacists, pharmacy students and pharmacy technicians during the recovery process. Please click here to donate online. For those who have contributed this year, please accept our sincere thanks.

AMERICAN PHARMACISTS ASSOCIATION (APhA) INSTITUTE ON SUBSTANCE USE DISORDER SCHEDULED 2025

APhA has set the dates for the annual APhA Institute on Substance Use Disorder (SUD) for May 28, 2024-May 31, 2025, at the University of Utah, Salt Lake City, UT. I encourage any pharmacist, student pharmacist or pharmacy technician to attend this meeting. Substance Use Disorder is such a scourge and impacts so many more than just the individual consuming the chemical and this institute offers support to all those impacted, friends, colleagues and family members. This institute offers four (4) days of education on the impact of SUD and solutions through counseling, 12-step meetings including Alanon, etc... I assure everyone that attends this institute will have their life changed in a positive way forever.

OPHP is currently in the selection process and is sponsoring three (3) student pharmacists from OU and three (3) student pharmacists from SWOSU based on an essay contest where the student pharmacists indicate why they are interested in attending this institute and what they plan to bring back to each of their perspective colleges of pharmacy in order to make a difference. Also, OPHP is sponsoring OPHP participants that want to attend as well as OPHP Board of Director members.

In an upcoming OPHP Newsletter in September 2024 watch for these student pharmacists and OPHP participants share their experiences at this institute often referred to as their "Utah Experience"

If you are interested in attending this Institute you can visit the following link:

<https://aphainstitute.pharmacist.com/>

Identifying the Problem

Substance Use Disorder is a cunning, baffling, miserable disease. Denial is a major factor involved stopping those with this disease from seeking help for themselves. So often concerned family members, friends and colleagues, express knowledge that a problem exists, but are unable to identify it. The following *Impaired Pharmacist Symptom Inventory* may help to identify the problem, and get them the help that is so readily available before it is too late.

Impaired Pharmacist Symptom Inventory

- Overwork**
- Disorganized schedule
- Spasmodic work pace**
- Unreasonable behavior
- Inaccessible to patients and employer
- Prescription errors**
- Patient complaints
- Frequent absences
- Decreasing workload and tolerance
- Frequent days off for vague reasons
- Taking sexual advantage of coworkers or customers
- Filling illegal prescriptions
- Taking and/or using drugs from pharmacy without follow-up by physician**
- Taking/selling drugs to others or giving them to family or friends
- Often late, absent or ill
- Decreasing work performance
- “Pharmacy Gossip”
- Incommunicative/unavailable
- Alcohol on breath while in pharmacy

**early signs

What do you do if you suspect a colleague has a problem with substance use disorder?

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