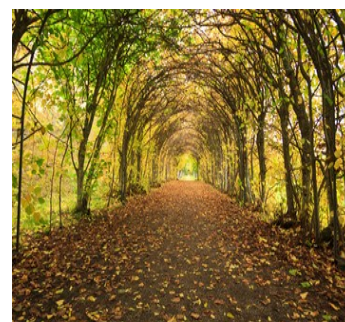


From the Executive Director

It is hard to believe that we are more than half-way through 2025. Fall is one of my favorite seasons of the year, cooler weather, beautiful vibrant colors as the leaves change color ushering in winter, pumpkin spice, and no more lawn mowing. I hope everyone stays safe as the kids go back to school and summer vacations wrap

up. As we enter the busy cough, cold and flu season, remember to take time and care for yourself both mentally and physically. If you are or know a pharmacist, student pharmacist, or pharmacy technician suffering from substance abuse disorder (SUD) or mental health issue 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 there are some that struggle 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.

When you hear the word addiction often you think of substances; legal, illegal or alcohol, and it often brings to one's mind the stigma associated with this deadly disease. Often overlooked are the process addictions such as gambling, sex, and internet, etc. In this issue, Enterhealth a Dallas based treatment center has provided an article "How to Stop Internet Addiction" I hope this will assist in identifying problematic use if the internet since just like alcohol the internet is readily available and accessible. I hop you enjoy the article.



Inside this issue

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- 6: Utah Experience 2025
- 10: OPHP Help Line
- 11: DONATE to OPHP
- 12: Gas Station Pharmacology CE

From the Executive Director

This year OPHP sponsored eight (8) student pharmacists, four (4) from the University of Oklahoma College of Pharmacy (OU) and four (4) from Southwestern Oklahoma State College of Pharmacy (SWOSU), four (4) OPHP participants and two (2) OPHP Board of Director members for a total of fourteen (14) to the annual American Pharmacists Association (APhA) Institute on Substance Use Disorders at the University of Utah, Salt Lake City, UT, May 28, 2025 – May 31, 2025. In this issue each write of their experience at this Institute often referred to as their “Utah Experience”.

Be sure to mark your calendar for the annual OPHP continuing education seminar to be held at the University of Oklahoma College of Pharmacy, Saturday December 6, 2025, 8:30am – 1:30pm. “Gas Station Pharmacology” presented by Dr. Michael McCormick, MD, ASAM, Medical Director, Palmetto Addiction Recovery Center, Rayville, LA. Registration Flyer is on page 12 or contact swarner@ophp.us.

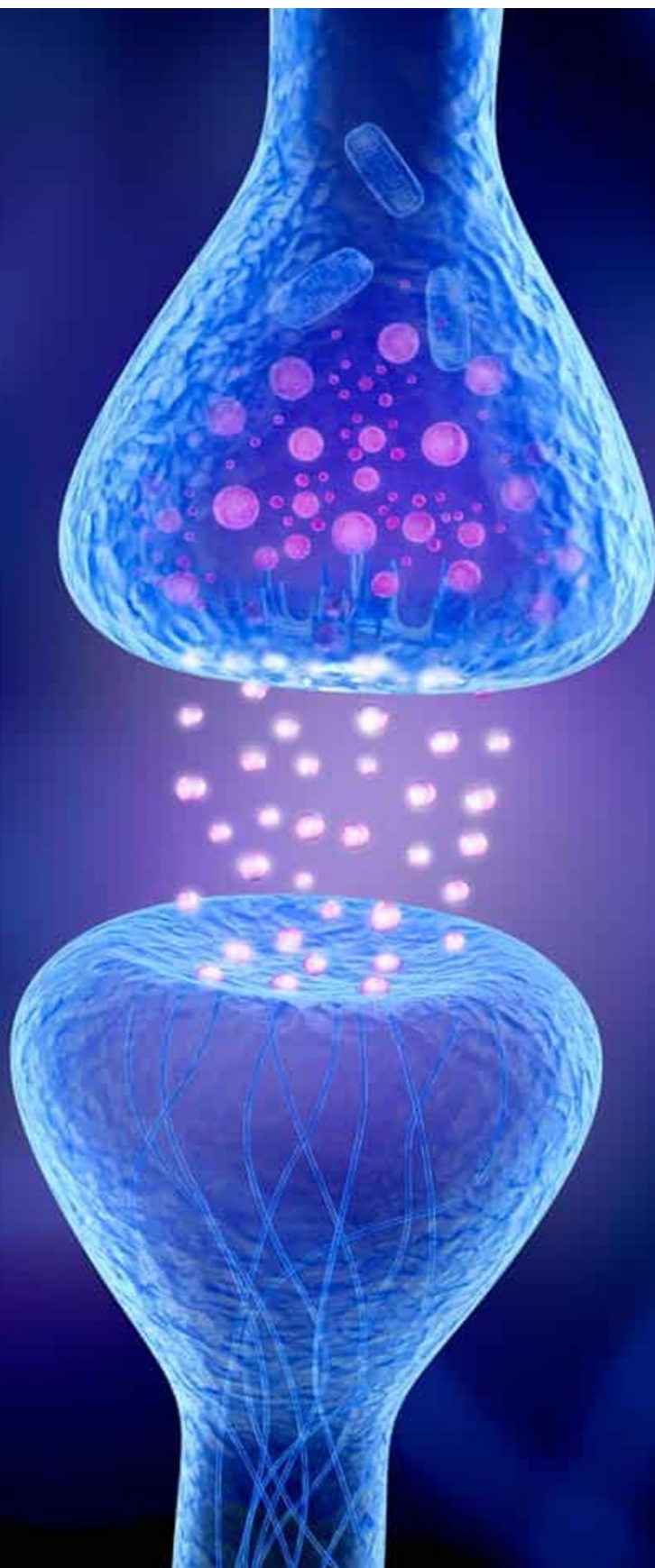
Every corner and in-between store fronts and gas stations have signs flashing Kratom, Delta 8 Gummies, etc. sold here. It seems benign and safe, but in fact all these chemicals, naturally occurring and some synthetic can be very dangerous and can cause serious harm to the consumer. This continuing education is designed to; inform and enhance the audience’s knowledge of the variety of the retail sales of substances found in many communities, discuss and review the potential dangers of non-prescription dangers of non-prescription retail substances, enhance the audience ability to recognize and diagnose the misuse of problematic use of these retail substances, and to enhance and educate the audience on ways to prevent and treat misuse of these substances. I hope you will plan to join OPHP on Saturday December 6, 2025, at the University of Oklahoma College of Pharmacy for this continuing education seminar. A registration form has been included in this newsletter for your convenience.

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 regarding 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 daily. 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.



Provided by Enterhealth Article: How to Stop Internet Addiction

In today's digital age, technology and the internet play significant roles in our lives. In fact, a recent study by Pew Research found that as much as 31% of Americans report that they are online almost constantly. And while the internet offers numerous benefits, it's crucial to be mindful of the potential downside – internet addiction (disorder).

In this post, we will explore what internet addiction is, what causes it, why it's a problem, its impact on the brain and behavior, as well as preventive measures and strategies to overcome it.

What is internet addiction? Internet addiction, also known as a problematic internet use or internet addiction disorder, refers to a condition characterized by excessive and problematic use of the internet and online activities.

It is characterized by a loss of control over internet usage, leading to negative consequences in various areas of life. Individuals who are addicted to the internet often feel a strong urge to constantly engage with their devices or online activities, even at the expense of their physical and mental well-being, relationships, work or school performance, and other important aspects of life.

How do you get addicted to the internet? Several factors contribute to the development of internet addiction. Similar to other types of addiction, internet addiction involves a cycle of craving, reward, and withdrawal.

The instant accessibility, convenience, and stimulating nature of the internet, including social media, video games, and online content all contribute to its addictive potential. The constant availability of digital stimuli and the fear of missing out (FOMO) on online interaction can further fuel these addictive behaviors.

Major problem(s) associated with internet addiction

Internet addiction poses significant problems due to its wide-ranging negative impacts on individuals, relationships, and society as a whole.

Here are several reasons why internet addiction is a cause for concern:

Impaired physical health. Excessive internet use often leads to a sedentary lifestyle, contributing to a lack of physical activity and increased risk of health problems like obesity, cardiovascular issues, musculoskeletal disorders, and sleep disturbances.

Decline in mental well-being. Internet addiction is associated with higher levels of stress, anxiety, and depression. In addition, constant exposure to social media and online platforms can lead to social comparison, feelings of inadequacy, and a distorted sense of reality.

Financial consequences. Some forms of internet addiction, such as online gambling or compulsive online shopping, can have severe financial consequences. Excessive spending on virtual items, gambling losses, or accumulating debt due to impulsive online purchases can lead to financial instability and significant personal and familial stress.

Cognitive impairment. Continuous exposure to the internet and frequent multitasking can negatively impact cognitive abilities such as memory, attention span, and critical thinking skills. The constant distractions and information overload associated with internet addiction can impair cognitive processes and hinder learning and problem-solving abilities.

Cybersecurity risks. Engaging in risky online behavior, such as sharing personal information or interacting with strangers, increases the likelihood of falling victim to scams, online predators, identity theft, or cyberbullying. Internet addiction can impair judgment and decision-making, making individuals more susceptible to these cybersecurity risks.

The effects on the brain

Research suggests that internet addiction can have significant effects on the brain, altering its structure, function, and neurochemical activity.

Here are some of the key ways internet addiction impacts the brain:

Enterhealth Article continued on page 5



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. 1-800-260-7574 Local: 405-557-5773

Enterhealth Article continued

Reward System Activation

Engaging in internet-related activities, such as social media interactions or playing video games, activates the brain's reward system. These activities trigger the release of dopamine, a neurotransmitter associated with pleasure and reward. Repeated exposure to rewarding stimuli leads to the reinforcement of addictive behaviors.

Dopamine Dysregulation

With continued internet use, the brain's reward system becomes dysregulated. Over time, the brain begins to produce less dopamine or become less responsive to it, leading to a diminished sense of pleasure. Consequently, individuals may require more extensive or intense internet use to experience the same level of satisfaction, leading to tolerance and craving.

Impaired Impulse Control

Internet addiction can impair the brain's ability to regulate impulses. The constant availability of digital stimuli and the anticipation of rewards associated with internet use can weaken the brain's prefrontal cortex, which is responsible for executive functions such as impulse control, decision-making, and self-regulation.

Altered Brain Structure

Prolonged internet addiction has been associated with structural changes in the brain. Neuroimaging studies have revealed alterations in gray matter volume and connectivity in brain regions involved in cognitive control, such as the prefrontal cortex, as well as regions associated with reward processing, such as the striatum. These structural changes may contribute to difficulties in impulse control, decision-making, and emotion regulation.

Disrupted Sleep Patterns

Internet addiction often involves late-night device use, which can interfere with sleep patterns. The blue light emitted by screens suppresses the release of melatonin, a hormone that regulates sleep-wake cycles, leading to difficulty falling asleep and obtaining quality sleep. Sleep deprivation, in turn, can negatively impact cognitive function, mood, and overall brain health.

Neural Pathways and Reinforcement

Internet addiction can establish and reinforce neural pathways associated with addictive behaviors. Repetitive engagement in online activities strengthens the connections between brain regions involved in reward processing, memory, and motivation. This can contribute to the development of habitual and compulsive internet use patterns.

Overcoming Internet Addiction

Overcoming internet addiction requires a combination of self-awareness, strategies, and support. Here are some steps and techniques that can help someone overcome internet addiction:

1. **Set realistic goals:** Establish specific targets for reducing screen time and gradually work towards achieving them.
2. **Create a schedule:** Develop a structured daily schedule that includes dedicated time for offline activities, such as hobbies, exercise, social interactions, and self-care. Allocate specific time slots for internet use and stick to them.
3. **Practice digital detox:** Take regular breaks from technology by designating certain days or hours as tech-free time to allow for relaxation, reflection, and engagement in offline activities.
4. **Identify triggers and replace habits:** Identify the triggers or situations that lead to excessive internet use and start replacing internet use with healthier habits or activities, such as reading, exercising, or pursuing creative endeavors.
5. **Seek support:** Reach out to friends, family, or support groups for encouragement and accountability, just be sure to clearly communicate goals and boundaries.

Professional help: Consider seeking professional help from therapists or counselors who specialize in internet addiction or behavioral addictions. They can provide tailored guidance, support, and techniques to help you effectively overcome internet addiction.

Remember, overcoming internet addiction is a process that requires commitment, patience, and perseverance. Celebrate small victories along the way and focus on developing a healthy and balanced relationship with technology.

Preventing internet addiction in children: What parents need to know

Prevention is key when it comes to internet addiction, particularly for children. Parents can take proactive steps to promote healthy internet habits, such as:

- Setting limits on screen time
- Encouraging physical activities and face-to-face interactions
- Fostering open communication
- Being good digital role models themselves

Educating children about the potential risks and responsible internet use is essential. Parents should stay informed about internet addiction and its potential risks. Being aware of the signs of addiction, fostering open communication with their children, and actively monitoring and guiding their internet use can greatly reduce the risk of addiction.

Additionally, promoting a balanced and diverse range of activities, providing positive reinforcement for offline pursuits, and being involved in their children's digital lives can all contribute to a healthier relationship with the internet.

“Utah Experience”

I recently attended the APhA Utah Conference for Substance Use Disorders, and it was an incredibly impactful experience. Mental health and the role of past trauma were major themes, and I heard powerful personal stories that truly resonated with me. Beyond the sessions, I had the chance to connect with pharmacists, students, board members, and leaders from other associations—sharing ideas on what practices are **working** and where challenges remain. The mix of education, collaboration, and real human connection made this conference both meaningful and inspiring. I left with new insights, stronger relationships, and a renewed commitment to this important work. I’ll definitely be attending as often as I can.

KR

This institute helped me to better understand what causes substance use disorders, both emotionally and physically, which ultimately eliminated a lot of the biases I had without even realizing. As someone who had been around people with substance use disorders their whole life, I was always under the impression that addiction was a choice and something that should be easy to change. Throughout the institute, I realized this wasn’t always the case. Most people who have struggled with substance use disorders have an underlying cause that is not always easy to forget or “heal” from quickly. I have learned that I need to be giving these people grace and assistance instead of judging them or leaving them to find resources on their own. I think this institute allowed me to forgive some of the past actions of people close to me who have dealt with addiction and recognize that it was not necessarily a choice they made, but rather a way to cope with a hard time.

JW

I recently attended the APhA Utah Conference for Substance Use Disorders, and it was an incredibly impactful experience. Mental health and the role of past trauma were major themes, and I heard powerful personal stories that truly resonated with me. Beyond the sessions, I had the chance to connect with pharmacists, students, board members, and leaders from other associations—sharing ideas on what practices are working and where challenges remain. The mix of education, collaboration, and real human connection made this conference both meaningful and inspiring. I left with new insights, stronger relationships, and a renewed commitment to this important work. I’ll definitely be attending as often as I can.

CW

First and foremost, being selected as one of the scholarship recipients to attend the SUD Institute in Utah is something that I will forever be grateful for. I have had my own internal struggles with this ever since my brother lost his family due to substance use. The first time I learned about this experience, I wanted to attend but never mustered the courage to submit my essay. However, I did not want this opportunity to slip by me again, so I submitted my essay in hopes of being selected.

Not being able to understand what causes someone to gravitate towards drugs or alcohol has been a part of my internal struggle. Drugs and alcohol were never a part of my household growing up, so I was baffled as to why my brother would fall prey to this. One of the biggest eye-opening topics for me at the institute was over “understanding the cause of SUD”. Not only did the presentation help me find answers to some of the questions I have been asking myself, but it also made me dig deeper into myself and recognized that I myself have addictive behaviors.

In addition, attending Al-Anon and Narcotics Anonymous for the first time was a very humbling experience. It takes a lot of courage to stand up and tell your own personal testimony about substance use in a room full of strangers. Hearing the stories, and experiencing the vulnerability and emotion, made everyone in the room feel more like family rather than strangers. Watching everyone lift each other up, and be so supportive, made me proud to be a part of this profession.

I couldn’t help but tell myself that I was meant to be there. Everything that I wanted to know or understand, was addressed or answered in some way or another while I was there. Being tucked away near the mountains, surrounded by others in this profession, sharing stories free from judgement, is a liberating experience that I will never forget. I am forever grateful to OPHP the opportunity to attend, and I cannot wait to attend as a pharmacist in the future.

AF

I've been to the Utah school 13 times since 2009. Its nice to get away and see friends you only see at this meeting. Interacting with the interns and pharmacists that are attending for the first time is the highlight of the conference. This year my wife came, and we had a great time. I was chosen to be a speaker and told my story of recovery. Recommend everyone go before their contract is complete.

DN

“Utah Experience”

My husband has been going to “Utah School” for over 10 years, and to be honest, I’ve always been a little jealous and a more than a little curious about the event. This past year I got to see for myself. I was impressed not just with the number of attendees, but with the diversity. I met pharmacists who were students at different levels of study, practicing and non-practicing, practicing in retail, community and any other setting you could think of, and those who had fulfilled their duties as pharmacists and were now present as guides, mentors and cautionary tales. I was very glad to be in attendance and be able to experience the information and companionship. It was also an honor to be able to share my perspective as the spouse of someone in recovery, and as someone who supports recovery as a clinician. I was humbled to be able to share a bit of my own experience with others, both in the group setting and with specific individuals. I hope to be able to experience this again in the future.

HSN

The APhA Institute completely reshaped my understanding of substance use disorder by helping me view it as a chronic medical condition no different from diabetes, hypertension, or asthma. Like these conditions, it involves cycles of remission and relapse, requiring ongoing, compassionate care rather than judgment. This perspective shift reminded me that relapse is not a failure, but often a natural part of the recovery process, just as it can be with any other chronic illness.

One of the most impactful lessons I learned was how addictive disorders hijack the brain’s reward system. Substances can cause a surge of dopamine, reinforcing use and making it difficult to stop. I also learned the “3 C’s” of addictive disorders loss of control, consequences, and cravings which clearly illustrate the cycle of dependence. Another key concept was that many individuals turn to substances as a way to numb emotional pain, trauma, or discomfort.

Beyond the science, the Institute emphasized the human impact. Hearing from spouses, parents, and family members of those struggling was deeply moving. Their heartbreak and tears made it clear that substance use disorder affects not just the individual, but everyone close to them. At the same time, stories of recovery highlighted the power of community. Many speakers credited support groups like Alcoholics Anonymous, Narcotics Anonymous, and Al-Anon as essential to their healing. This reinforced for me the importance of encouraging patients to seek out these networks of support.

Overall, my experience at the APhA Institute was incredibly meaningful. From my school, 13 students attended, and together we had conversations about substance use that we may never have had without the Institute’s thoughtful lectures and discussions. I left with greater compassion for both individuals with substance use disorder and their families, and with a renewed commitment to treat it as the chronic disease it is. I would recommend this conference to every healthcare student and professional it is an eye-opening experience that can truly shape the way we care for patients.

AR

My Utah experience was interesting. I feel like all the speakers were knowledgeable and extremely caring about the topic of substance abuse. It was inspiring to see all the students speak about the way alcohol and/or drugs have impacted them or a family member. The dinosaurs were helpful and friendly. It was impressive the amount of times that people keep returning to this event and still learn things each time they come. I was ecstatic to see that the staff planned social events outside of the speeches during the day. It was a learning experience, but did not feel like it when it came to the other attendees. There was so much camaraderie between attendees that it almost felt like a family event. I had only attended the one time, but I wish I had gone more.

JCH

The APhA Institute on Substance Use Disorders in Utah was meaningful for me both professionally and personally. Pharmacist Jeffrey Gold, PharmD, said, “You can’t be attached to outcomes; you can only know that you did your best.” As a provider this really made sense, but personally I struggle with feeling like I’m not giving my best and that I’m falling short. I’m learning to show myself the same compassion that I would give my patients, even when I feel inadequate. Jerry Moe also spoke about the stigma around substance use disorders, and how not taking care of yourself, toxic shame, and feelings of inadequacy can weigh you down. His words resonated with me and reminded me how easy it is to carry those same struggles. Overall, the conference was very impactful and inspired me to approach both my work and myself with more patience and compassion.

MM

“Utah Experience”

Attending the 2025 APhA Institute on Substance Use Disorders in Salt Lake City was both a professional milestone and a profoundly personal journey. As someone with a family member currently struggling with substance use disorder (SUD), I arrived with a unique blend of empathy, urgency, and determination to learn how to serve patients facing similar challenges better.

The Institute opened with a welcoming session led by Charles Broussard, which set the tone for a week grounded in compassion, collaboration, and honest dialogue. The early networking opportunities with faculty and recovery network members made it clear that this was more than an educational event—it was a community committed to healing.

One of the most impactful sessions for me was Dr. Brian Hurley’s “Cause and Effect: The Neuroscience of SUD,” which reframed addiction as a chronic, treatable brain disease rather than a moral failing. This understanding reinforced the importance of unbiased, evidence-based care. The pharmacotherapy sessions with Drs. Matthew Karow and Haley Pals provided practical tools I can apply directly in patient care—tools that will help me detect, address, and treat SUD effectively during my Advanced Pharmacy Practice Experiences (APPE) and beyond.

The sessions on harm reduction, communication, and the discussion on the Family System were equally transformative. They provided me with the language and confidence to engage with patients and their families with empathy and without stigma. These sessions emphasized how addiction affects not only individuals but also their loved ones, which resonated deeply with me. This experience has strengthened my resolve. I left with not only clinical knowledge but also a renewed commitment to advocate for compassionate, stigma-free care for individuals and families affected by substance use disorders.

AM

Thanks to the generosity of OPHP I was able to attend the APhA Institute on Substance Use Disorders in Salt Lake City this summer. During the trip, I had the opportunity to learn more about the disease and gain a personal understanding of how it affects individuals and their families. One of the most impactful moments from the Institute was Dr. Jerry Moe sharing stories about children from the facility he worked at. It opened my eyes and made me realize how impactful addiction can be within the whole family. This experience has not only made me more empathetic as student pharmacist, but also provided me a foundation to better understand and help patients battling substance abuse.

BD

I had the opportunity to spend a week in Utah for the APhA Institute on Substance Use Disorder through Oklahoma Pharmacists Helping Pharmacists (OPHP). I will forever be grateful for my time spent there because I truly believe it will help shape me into a better pharmacist. During my time there I was able to hear personal stories, network with pharmacy students and pharmacists throughout the country, hear from individuals specializing in substance use disorders, and challenge my past perspectives regarding the topic. We were able to address common assumptions and stigma around substance use disorders and new ways to provide resources and help to those who seek it. I will always suggest this institute to anyone who wants to grow not only professionally but personally as well.

JM

“Utah Experience”

First and foremost, I would like to thank the OPHP Board for paying for my conference, travel, and accommodations with a scholarship. I signed up for the conference because I heard very positive stories from previous attendees about their time there. The timing of the conference also fit well into my schedule, so I looked at this as a great opportunity to try something new.

The conference was a lot different than I had expected. I assumed that the conference would have more attendees that were in a professional recovery program like me. My biggest surprise was the number of current pharmacy students present at the conference to learn about substance abuse and addiction. Most of the students that I met at the conference were ambitious and excited about the world of pharmacy. This was refreshing to see. The students I met were much livelier and more extroverted than I recall when I was in pharmacy school. I was able to share my story of experience strength and hope with a few of the students that I got to know.

While I was at the conference, I was able to enjoy some of the outdoor activities that were nearby by. I arrived the day before the conference began and decided to take a hike on a nearby trail. I randomly met a person on the trail that had just moved from the Fort Worth area and relocated to Salt Lake City the week prior. I currently live in Fort Worth. She had been in the epidemiology industry, then took a career pivot and began teaching. Much like I did 3 years ago. We visited throughout most of the hike. She grew up in Muskogee. I grew up in Broken Arrow. She had family in Edmond. I previously lived in Oklahoma City. Through this experience, my higher power reminded me that I'm not alone and that there are other individuals going through what I have been through.

The conference and presentations were very informative, heartfelt and compassionate. There was a lot of talk about patient and professional advocacy. I got to hear what other states are doing regarding helping people with substance use disorders and getting them into recovery.

As previously mentioned, the conference was different than expected, no one had told me what to expect from the conference. I assume that is why this letter is a “Utah Experience,” and not a conference report. Again, I am grateful for OPHP sending me to this conference for which I otherwise would not have gone without their financial assistance.

JM

I'm incredibly thankful to OPHP for once again giving me the opportunity to attend the APhA Institute on Substance Use Disorders in Utah. This experience continues to be profoundly moving—hearing the powerful stories of individuals and families affected by substance use disorders offers a perspective that is both humbling and inspiring. The APhA Institute does more than educate; it transforms. It deepens your understanding of the disease and equips you with tools to support those who are struggling. Attending even once can be life-changing—and having the chance to go a second time has only reinforced that for me.

PR

This institute helped me to better understand what causes substance use disorders, both emotionally and physically, which ultimately eliminated a lot of the biases I had without even realizing. As someone who had been around people with substance use disorders their whole life, I was always under the impression that addiction was a choice and something that should be easy to change. Throughout the institute, I realized this wasn't always the case. Most people who have struggled with substance use disorders have an underlying cause that is not always easy to forget or “heal” from quickly. I have learned that I need to be giving these people grace and assistance instead of judging them or leaving them to find resources on their own. I think this institute allowed me to forgive some of the past actions of people close to me who have dealt with addiction and recognize that it was not necessarily a choice they made, but rather a way to cope with a hard time.

JW



Helping Pharmacists

OPHP Help line
1-800-260-75874 (statewide)
405-557-5773 (local)

All calls are confidential and OPHP is readily available for help.

I assure you it is the best thing you could do for a family member, friend, colleague or yourself. If there is no legal action, the pharmacist or student pharmacist can get help and treatment they need for their disease and remain anonymous to the Oklahoma State Board of Pharmacy as long as they comply with the recovery recommendations of OPHP.

I



**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

**Oklahoma Pharmacists Helping Pharmacists (OPHP)
is readily available for help.**

**Call the OPHP Help Line 1-800-260-7574 statewide,
405-557-5773 locally.**

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.



Gas Station Pharmacology
Michael McCormick, MD ABAM Certified
Palmetto Addiction Recovery Center
Rayville, Louisiana

Saturday, December 6, 2025

9:00 am – 1:30 pm
Registration begins at 8:30 am
4 hours of OSBP Credit #

Objectives: This program is intended for pharmacists, regardless of their practice setting. Upon completion of the program, the pharmacist should be able to:

- To inform and enhance audience knowledge of the variety of the retail sales of substances found in many communities.
- To discuss and review the potential dangers of non-prescription retail substances.
- To enhance audience ability to recognize and diagnose the misuse and problematic use of these retail substances.
- To enhance and educate the audience on ways to prevent and treat misuse of these substances.

REGISTRATION

Pre-Registration: \$125 Spouse \$75
On-site Registration: \$150 Spouse \$100

Name	Fee includes lunch
_____	Method of Payment
Address	<input type="checkbox"/> Check
_____	<input type="checkbox"/> Credit Card
City/State/Zip	<input type="checkbox"/> _____
_____	TOTAL \$ _____
Email address	_____

Contact Phone	_____

Credit Card	Exp. Date CCV#
_____	_____
Signature	_____

2025

**Continuing
Education
Seminar**

All pharmacists are
invited to attend

Location:

1110 N. Stonewall, Rm 103
Oklahoma City, OK 73117

(parking lot 10K behind building)

Contact Information:

Sandy Warner
OPHP
P.O. Box 851294
Yukon, OK 73085

Office: 405-557-5773
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Fax: 405-538-4008
Email: swarner.ophp.us