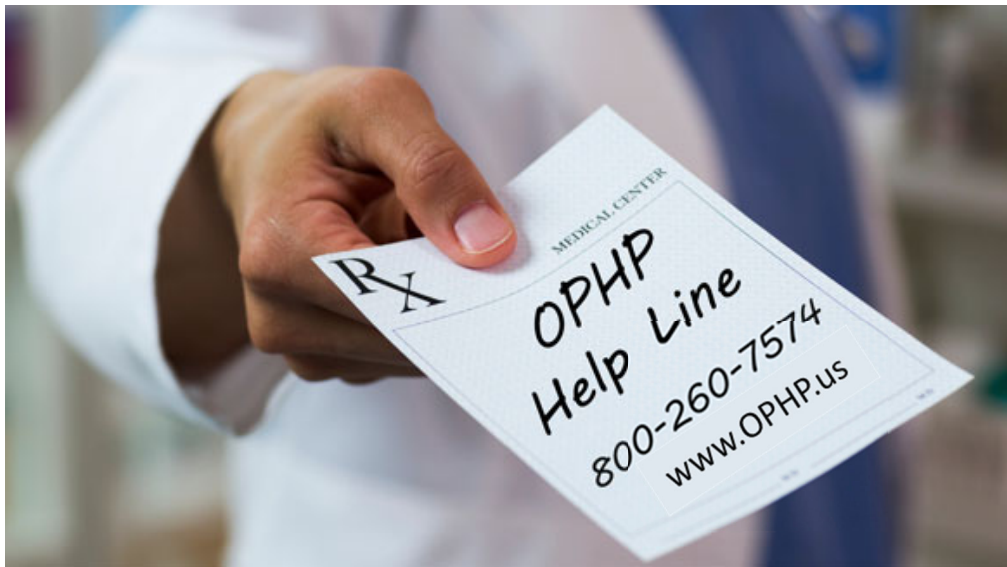




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From the Executive Director

As we deal with the brutal heat of summer, I hope everyone stays safe and cool, utilizing the swimming pools and air conditioning to the fullest. During this busy time of the year, with kids out of school and on family vacations, remember to take time and care for yourself mentally and physically. I challenge everyone to be aware of some

struggles throughout the year either due to substance use disorder (SUD), 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, we suit up and show up remaining on the front lines during this cough, cold, and flu season, to take care of our patient's medical needs. As pharmacists we played and continue to play a vital role in the battle against COVID-19, 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.

In this issue I have included an article provided by Enterheath a Dallas-based treatment center for substance use disorder and/or co-occurring issues, that I hope you find informative "Non-Alcoholic Beer, Spirits & More: Are They Safe in Recovery". Certainly, OPHP believes this is a slippery slope and encourages those in recovery to avoid these products. I hope you can gain some perspective regarding this issue and, enjoy this article. Please contact OPHP if needed for assistance.



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From the Executive Director continued

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 “Destigmatizing Relapse and Addiction”. Relapse is real and a part of the recovery process and not always considered a failure, unless the person continues down the destruction path of their substance use disorder and does not get back into recovery learning from their relapse. I hope you enjoy 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 of helping 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 may be suffering call the (OPHP) Help Line 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 a 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 substance use disorder or mental health issues are that you are able to get well or get in recovery, and if there are no legal issues or complaints 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 who 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.

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 the 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.

If you haven't already contributed to OPHP this year, please consider making a tax-deductible contribution. These contributions help OPHP continue to assist pharmacists/pharmacy students with the recovery process. To make a donation, please use the form below or click here to make a donation online. For those who have made a contribution this year, please accept our sincere thanks.

<https://secure.affinipay.com/pages/pharmacistshelpingpharmacists/payments>

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?

Trust your instincts!!

Call Oklahoma Pharmacists Helping Pharmacists (OPHP)

immediately OPHP Helpline 800-260-7574

Do not confront alone

Left alone the problem will not go away.

If you or a pharmacist 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 Helpline 800-260-7574

All calls are confidential.



**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 anyone has questions or needs assistance
with a chemical dependency problem
either for a friend or themselves please call
Oklahoma Pharmacists Helping Pharmacists (OPHP)
405-557-5773 (local) 1-800-260-7574 (statewide)***

There is a solution.

All calls are confidential and OPHP is readily available for help

Non-Alcoholic Beer, Spirits & More: Are They Safe in Recovery?

Article Provided by Enterhealth

In recent years, there's been a major uptick in the popularity of pseudo-alcoholic beverages, including non-alcoholic beer, cocktails, and spirits as alternatives to alcoholic beverages. And while this is an encouraging trend on the whole, it raises questions when it comes to those in recovery for AUD.

What Are Non-alcoholic Spirits and Beer?

Understanding Alcohol-Free Beverage Alternatives

Non-alcoholic spirits and beer have been around for a while, but they've gained a lot of popularity in recent years as people seek alcohol-free alternatives for various reasons, including health, lifestyle, and recovery from alcohol use disorder (AUD). They are often positioned as a healthier choice compared to traditional alcoholic beverages, as they typically contain fewer calories and may not contribute to the negative health effects associated with excessive alcohol consumption.

These beverages usually mimic the flavors, aromas, and overall experience of traditional alcoholic beverages, but with little to no alcohol content.

Non-alcoholic spirits are typically made by distilling botanicals, herbs, and other plant-based ingredients to create a complex flavor profile similar to traditional spirits like gin, vodka, rum, and whiskey. The alcohol is then removed or reduced, resulting in a spirit-like beverage without the intoxicating effects. These non-alcoholic spirits may be drunk by themselves or used in "mocktails" and non-alcoholic mixed drinks.

Non-alcoholic beer is usually made through a fermentation process where malted grains, hops, yeast, and water are used to create a beer-like beverage. During fermentation, the alcohol content is typically reduced or removed, resulting in a beer with little to no alcohol.

It's important to note that the alcohol content in non-alcoholic spirits and beer vary. Some non-alcoholic beverages may still contain trace amounts of alcohol, typically below 0.5% alcohol by volume (ABV), which is considered alcohol-free in many countries. However, even with low alcohol content, these beverages may not be suitable for everyone, especially for individuals in recovery from AUD or those who choose to abstain from alcohol completely.



What Are the Risks for Those in Recovery?

While non-alcoholic cocktails, spirits, and beer may not contain alcohol, there are still potential risks for individuals in recovery from AUD. It is important to understand that these beverages can still trigger memories, emotions, and cravings associated with alcohol. Some potential risks of drinking non-alcoholic beverages in recovery include:

Triggering cravings: The taste, smell, and presentation of non-alcoholic cocktails, spirits, and beer may resemble alcoholic beverages, which can trigger cravings for those in recovery. Cravings can be powerful and may potentially lead to relapse if not managed effectively. ⁵

Psychological associations: Many individuals in recovery have established strong psychological associations between alcohol and certain activities, events, or emotions. Consuming non-alcoholic beverages that resemble alcoholic drinks may evoke these associations and potentially trigger emotional distress or cravings.

Social context: Consider the social context in which you may be consuming non-alcoholic beverages. If you are in a situation where there may be social pressure or temptation to drink, it may be wise to avoid such beverages.

Communication: Clarify the alcohol content of non-alcoholic beverages with the bartender or server to avoid any misunderstandings or misinterpretations.

Coping strategies: Have coping strategies in place to manage cravings or emotions that may arise from consuming non-alcoholic beverages. This may include using healthy coping skills, reaching out to a support system, or having an exit plan if needed.

Navigating Non-alcoholic Beverages in Recovery

In the end, the decision to consume non-alcoholic beverages in recovery is a personal one, and it's important to make an informed choice that aligns with your individual recovery journey.

Remember that recovery is a unique and ongoing process, and what works for one person may not work for another. It's essential to prioritize your sobriety and well-being above all else.

If you are unsure about trying a non-alcoholic beverage in recovery, it's important to seek support and guidance. Here are some steps you can take:

Consult with a treatment professional. Talk to your addiction treatment professional or counselor about your concerns and get their guidance on whether consuming non-alcoholic beverages is advisable for you at this stage of your recovery.

Reach out to a support system. Lean on your support system, such as a sponsor, therapist, or trusted friend in recovery, and discuss your doubts or questions about non-alcoholic beverages.

Attend support group meetings. Attend support group meetings, such as Alcoholics Anonymous (AA) or SMART Recovery, and discuss your concerns with fellow members who may have similar experiences and insights.

Prioritize self-care. Focus on self-care and prioritize your physical, emotional, and mental well-being in recovery. Taking care of yourself holistically can help you make informed decisions about consuming nonalcoholic beverages.

If you have any doubts or concerns about consuming non-alcoholic beverages, seek guidance from your support system and professionals to make an informed decision.



OPHP Helpline:
1-800-260-7574 (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 the 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.

“DESTIGMATIZING RELAPSE AND ADDICTION”

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

Relapse and Recovery for many working on their sobriety, relapse is part of the process. At the time of a relapse, it will feel like a failure, but it doesn't have to. Many people who experience a relapse will come back and maintain continuous sobriety for months and years to come. Like everything else that goes into recovery, it is about having the right tools to overcome setbacks. Change Your Mindset About Relapse Addiction relies on guilt, self-loathing and shame to keep a grip on your life. Relapse works the same way. If you tell yourself you can't overcome your addiction or if you are sure you are going to relapse, those thoughts make you vulnerable to your addiction. When a relapse occurs, this way of thinking makes you believe you were right and you may think of yourself as having failed. You need to think about relapse differently than just failing. Between 40% and 60% of people in recovery for a year will relapse, according to the National Institute on Drug Abuse. That statement may make you feel like you can't stay sober. At least until you realize that the relapse rate of drug and alcohol addiction is similar for other recurring diseases like asthma, hypertension, and some cancers. You wouldn't blame someone if their asthma or cancer came back. You would help them and empathize with them as much as you could. Addiction has a stigma surrounding it from years of misunderstanding. However, you need to realize that it is a chronic disease and must be treated like one. This means you need to continue seeking treatment after a relapse to get the disease under control again.

Dealing with Relapse Suffering a relapse in your recovery doesn't mean you have failed. It's a normal part of the recovery process for many people. Relapsing means you must reevaluate your treatment with your doctor or counselor and try another treatment method if necessary. If you suffer a relapse, don't isolate yourself and feel that you don't deserve support and care. All a relapse means is that you need more support and an approach to treatment that works for your situation. If you suffer a relapse, reach out for help immediately to help get your disease under control. Build a New Life Recovery involves changing past habits and creating a sober lifestyle. It is understandable that relapses may occur during the process of building a new life. Changing your lifestyle is the first step in recovery. This involves avoiding places you used to take drugs as well as people you used to do drugs with. Addicts must change unhealthy thought processes associated with substance abuse to have a chance at recovery. Change is always difficult, and there may be more than one relapse during the recovery process. It is possible to lead a sober lifestyle with support from family, friends and counselors. Peer support specialists are also a benefit for many people trying to build a new sober life. Remember, relapse doesn't mean you have failed in your sobriety. If you have experienced a relapse or even feel you are on the verge of one, reach out to your doctor or counselor to find the best alternative treatment for you. Altering your treatment can be the best way to get you back on track in your recovery.

In the News: Destigmatizing Relapse and Addiction Relapse is a reality for the majority of substance abuse users and relapse is often viewed as a natural part of recovery. Missteps in recovery happen and we need to avoid adding stigma around these missteps. A relapsing person may already feel like they have failed themselves or their loved ones, so it is important that we inform people that they can pick themselves up after a relapse. Finding Your True Self Through Recovery Growing up in a small town in Indiana, Jay Zody never felt like he truly fit in. Coming from a hard-working family, Zody lived the life of a typical midwestern boy, playing sports and making good grades, until he fell in with the wrong crowd in his late teens. What once was a good life took a drastic turn as Zody began using drugs after high school. His drug use resulted in him dropping out of college, losing most of his friends, and his family turning their back on him. Luckily Zody's story is one of redemption, as he is now five years sober and looking to give back to people who are suffering from their own addictions. Building a Network of Support While in Recovery When people are in the midst of addiction, they often pull away from the people who care about them most and surround themselves with people who are living a similar harmful lifestyle. As the person begins recovering, they must take steps to build healthy relationships with people who can help keep them on the right path. Many paths exist for creating a healthy network of support.



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 make a donation online. For those who have made a contribution this year, please accept our sincere thanks.