

EXCERPTED 2

- Colorado Meth Task Force
- The gift of mentoring

INTERVENTION NEWS 3

The importance of TASC to parolees and their chances of success

OZ OF PREVENTION 3

Healthy Relationship program kick-off and training

THE BUZZ 3

New program, new employees, awards and a calendar of events

RECOVERY 4

Recovery Television is on the air
PAS ENDOWMENT
The Endowment kicks off at the Annual Awareness Event



PEER REPORT

Start believing.

PEER STORY

“PAS gave me the direction I couldn’t find by myself.”

PROVIDING
QUALITY, ACCESSIBLE
SUBSTANCE ABUSE
PREVENTION AND
INTERVENTION,
IN THE WORKPLACE
AND COMMUNITY

HOW?

.2,000
employees served in 19
small businesses

.3,510
active TASC clients statewide

.25
individuals completed Healthy
Relationship classes in April

.50
individuals screened by
PAS/SBIRT health educators

.191
active healthcare clients



Peer Assistance Services

While everyone's story of recovery is different, each one shares something in common—facing the reality of dependence and addiction. Here is an honest account of fear, resistance, transformation and determination—a personal story from a PAS client. We applaud her courage and are grateful she allowed us to share this with you. Her recovery started with a call from her employer to the PAS Dental Peer Assistance Program Director Donna Lindsey and her story continues to unfold today.

I am a 20-something hygienist. I was referred to Peer Assistance Services by my dentist employer when he was alerted to my drug abuse problem.

The dentist called Donna Lindsey, the PAS diversion program director to find out what options he had and what he could do. Later that morning, he confronted me. He first reassured me. He told me what a great hygienist I was, and that he, the staff and the patients all enjoyed working with me, but they were concerned about me. He proceeded to tell me, with patients in the waiting room, that I had to leave immediately and was not to return to work until I had a negative UA and an assessment with PAS.

I was hesitant about calling Peer Assistance Services. I just wanted to crawl in a hole...disappear...move to another state or country! I didn't want anyone to know how bad things had really gotten. I am smart and creative—an overachiever—but I could not figure out how to get out of this horrible place.

I found the courage to call PAS and now two years later, I am so glad I did!

I talked with Donna about how bad things had become, the drinking and drugging. The problems with both of my parents drinking and drugging and history of violence. My own marital problems and divorce were also big influences to my demise.

I did not feel judged or "less than," just accepted as this is my life and 'do I want to change?'

I did want change. But I didn't know how to change. I wanted the chaos to stop. But I didn't know how to make it stop. I wasn't so sure I really needed to do all the things Peer Assistance Services wanted me to do, such as treatment, drug testing, 12-step meetings, peer support groups, to name a few.

Now I see they gave me the direction I couldn't find by myself. I met other health professionals who are, like me, wonderful people with serious problems. I have a little over a year left on my rehabilitation contract with PAS. I know if I relapse,

“I found
the courage
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so glad I did.”

I will be reported to the Dental Board and risk losing the one constant in my life, my profession.

But I cannot focus on that. I have learned to take it one day at a time and stay clean and sober for today.

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THE DENTAL AND PHARMACIST PEER ASSISTANCE PROGRAMS AND THE HEALTHCARE PEER EAP

are provided by PAS. Early intervention is an opportunity to protect the public and to save the career—and many times the life—of the licensee. It minimizes intangible losses to the individual and the profession, while resulting in significant cost savings for the employer. If you know someone who could benefit from a referral to Peer Assistance Services, please do not hesitate, call today. 303.369.3369.

PEER ASSISTANCE SERVICES, INC.

PREVENTION PROGRAMS

Family Education Network
Mentoring Children of Incarcerated Parents
Youth in Transition in the Workplace
Fetal Alcohol Spectrum Disorders
HIV/Hep C/Substance Abuse Prevention
in Minority Communities
Adams County Connections
Healthy Marriage Initiative
Prescription Drug Abuse Prevention

INTERVENTION PROGRAMS

Healthcare Workers Peer EAP
Workplace Prevention Services
Colorado Drug-Free Workplace Alliance
Coverdell Drug-Free Workplace Program
Dentist Peer Health Assistance Program
Colorado Pharmacist Recovery Network
Treatment Accountability for Safer Communities
Western • Northeast • Southeast • Mile High
Colorado Screening, Brief
Intervention, Referral and Treatment

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EXCERPTED

Colorado's Methamphetamine Task Force

Excerpted from State of Colorado Methamphetamine Task Force Annual Report, January 2007



METH USE IN COLORADO Of illegal drugs used by Coloradans, meth is the drug that has a verifiable increase of use over the past three years. Among ages 18-25, meth use in Colorado has increased two to three percent more than the national average. Females are using meth in almost the same proportion as men, with a specific increase in the Hispanic population.

THE TASK FORCE The Methamphetamine Task Force was signed into law by Governor Owens to assist local communities in curbing these increases. The Task Force hopes to accomplish this by reviewing best practices across Colorado and the U.S. and recommending strategies for implementation of those practices in Colorado communities; evaluating and recommending approaches to increase public awareness of meth production, distribution and use; and evaluating the progress of the state's efforts to prevent and treat meth abuse.

The Task Force, chaired by Colorado Attorney General John Suthers, has identified the following three priorities for 2007:

- Utilize data to identify specific problems and issues related to meth in Colorado and to guide the work of the Task Force assisting communities in implementation of effective approaches for prevention, intervention and treatment and environmental cleanup.
- Review model programs that have shown the best results in Colorado and across the United States and provide information on these programs to local communities and drug task forces.
- Investigate collaborative models on protecting children and other victims of methamphetamine production, distribution and abuse.

THE TASK FORCE DATA COMMITTEE Sean Stevens, PAS Drug-Free Workplace program coordinator serves on the Data Committee of the Task Force. The Data Committee is gathering data to

understand the issues and trends related to meth production, distribution, use and related problems specific to Colorado.

The first priority was to identify known data sources and systems throughout the state that maintain data related to meth and its related effects.

The Data Committee created and distributed an online web-based Methamphetamine Data Inventory Survey to more than 40 state agencies, non-profit organizations and key data administrators across the state to gather information on the data sources and systems that collect data on methamphetamine.

FINDINGS The data indicates Colorado is experiencing an increase in meth use, as evidenced by the increasing treatment admission rate from 8% in 2000 to 19% in 2005. Colorado has a higher percentage of persons age twelve or older reporting past year meth use from 2002-2005, as compared to the National Survey on Drug Use and Health reported average.

Another key finding is the role of Colorado's geography in affecting both distribution and user patterns. In 2006, the National Drug Assessment Report identified Denver as a principal meth drug distribution center due to the intersection of major highways and the high levels of trafficking from Mexico.

Meth is also affecting sub-populations at increased rates. Research from the Colorado Outcomes Study found that the MSM population used meth at higher rates than their heterosexual counterparts. The MSM who used meth were more likely to be diagnosed with gonorrhea and HIV, as compared to those who did not engage in methamphetamine use.

Data shows that treatment for meth users is effective and results are comparable to, and sometimes better than, treatment for other drug users. Colorado's Statewide Treatment Admissions demographics show that meth users who enter treatment make up 19% of total admissions, are most commonly white, between 25-34 years of age and began using at age twenty-one.

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Mentoring—a gift to kids, society and you

BY CINDY RODRÍGUEZ, DENVER POST STAFF COLUMNIST
Excerpted from the Denver Post, November 26, 2006

Colleagues and acquaintances look at me quizzically whenever I say something like “I’m off to meet my kid.”
What kid? You have a kid?

It’s my shorthand for kids I mentor. There are dozens of them, all over the country. They’re the high school or college kids I either taught or mentored who I’ve kept in touch with over the years.

I have a kid at *The New York Times*. I have a kid at a newspaper in San Diego. At the Associated Press. At the *Greely Tribune*. There’s a brilliant young woman I mentor who is interning at the *Denver Post* who survived the massacre at Columbine High School by running as shots were fired her way.

Usually at any give time, there’s one kid I try to focus on. The kid’s name is Gloria. I don’t want to give out any identifying information about her, but I will tell you this much: Her mother is dying. When she comes home from school, Gloria has to care for her sister’s kids while her sister is at work. She also is in charge of cleaning the house because her mother and sister can’t.

I found out last week that she’s supposed to wear eyeglasses but they broke and she can’t afford another pair. Students pick on her because she doesn’t wear nice clothes.

Still, her eyes sparkle when she talks about her love of writing. She is smart and gifted and warm.

No matter how busy my world might get, she’s always in the back of my mind. I can’t imagine letting two weeks go by without spending time with her.

Not for her sake, but for mine. There’s no feeling in the world that compares to helping a kid. You have to experience it to understand what I mean.

The theory behind matching kids to mentors is it gives them one more adult who is rooting for them. In some cases, it might be the only adult.

For Dominique Taylor, a freshman at J.K. Mullen High School, a Catholic college prep school, having a mentor gives her a glimpse

of what college life might be like. Her mentor, Essence Moore, is a student majoring in social science at the University of Denver.

The two speak glowingly of each other.

Dominique: “Any time that I need help on anything whether it is homework or problems she will talk to me. She’s never too busy to talk to me.”

Essence: “It’s going to sound cheesy but to me it’s really heart-warming. You can see it in her eyes. She’s happy to see me...I see a lot of myself in her. She’s like a sister to me.”

They e-mail each other, call each other. Sometimes they talk about how Dominique is doing in school. Sometimes Essence talks about life at DU. Other times they just hang out and go see a movie.

Interestingly, Essence had a mentor when she was a student at Bishop Machebeuf High School. Her mentor helped her prepare for her SAT and with college applications. It’s what she intends to do for Dominique as she rises through high school

Mentoring a kid is the best gift you can give to another person, to society and to yourself. I’ll be on vacation when this column runs, but I’ll be looking forward to returning so I can spend time with my own kid, Gloria.

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ADAMS COUNTY CONNECTIONS presents a great opportunity to experience the benefits of mentoring described by Rodríguez in her column. In its second year, the ACC mentoring program recently made five new mentor matches, but is always recruiting new mentors.

ACC is offering its students six weeks of educational workshops, such as gang awareness hosted by the Gang Rescue and Support Project and substance abuse prevention using the LifeSkills program. If you are interested in becoming a mentor or learning more about our program, call 303.995.7060, 303.369.0039 or visit www.mentoracc.org.

FUNDING: U.S. Department of Education

TASC's support was important

—FROM DAVE HARPMAN, NORTHEAST TASC CASE MANAGER

In early October, I spoke with a client who shared his feelings and gratitude for TASC. The client had relapsed, was back in recovery and looking to the future, but he took a moment to reflect on the past.

He shared these thoughts; "I can't imagine trying to get through this without something like TASC in place.

I would have been lost. It has been helpful to have the guidance and support of someone in the system. Someone

I can turn to. Relapse was a good learning lesson but I did feel like I had disappointed my case manager and counselor.

I am thankful how it was handled by both of you. I have learned more about the importance of sobriety by this relapse. Thank you for all of the support I receive from TASC."

His comments are a reminder just how difficult it is to go it alone—and how important the work we do at PAS really is. The article below, excerpted from *www.medicalnewstoday.com* also demonstrates that same reality.

FUNDING: Office of Rehabilitation Services, Colorado Department of Corrections

Higher risk of drug use and death

Research published in the *New England Journal of Medicine* shows that inmates from Washington state prisons are 13 times more likely to die within the first two weeks of their release than other people of similar age, sex and race. The most likely cause of death is drug overdose, followed by suicide, heart disease and homicide.

Dr. Ingrid Binswanger of the Dept. of Medicine, University of Colorado at Denver led the study.

Prompted by a concern for the growing number of former prisoners and the recognition that the period following release presents them with substantial health risks, the study tracks more than 30,000 prisoners for two years after their release between 1999 and 2003.

"We know this is a population that has a higher rate of smoking, higher rate of mental-health problems, higher rate of chemical dependency and more risk-taking behavior," said Dr. Binswanger. "But you might not expect the higher death rate to be as dramatic as it is." She suggests the reasons for the high death rates could be linked with an existing mental illness coupled with the stress of adapting to a life in society or "re-entry stress."

Dr. Binswanger says that if these results are replicated in other states, the implications would be "staggering." The study reinforces the need for boosting support to former inmates while they adapt to life outside prison.

Reference: Binswanger, I.A., et al. (2007) Release from Prison—A High Risk of Death for Former Inmates. New England Journal of Medicine, January 2007.

WELCOME NEW PAS STAFF Cristina Arias, Dusty Teng, Jen White, Luxie Gannon, Barbara Ezyk, Katie Dunn, Erika Christopher, Leigh Fischer, Tasha Jundt, Brenda Kane, Nilsa Rodriguez, Jeanette Sanchez, Susanne Villarreal and Todd Wojchik.

PAS presented at the Harvard Graduate School of Education Student Research Conference. **NATALIE ORDOÑEZ-CAMPBELL** and **CORI STOTT** presented ways to tailor mentoring programs, based on the ACC mentoring program model.

LAYNE JACOBSON Named Northeast TASC program director

ANITA HOFFMAN Named Team Lead Case Manager for the Mile High TASC program

JACKIE WESTHOVEN Finalist for the Nightingale Award, honoring nurses who exemplify the philosophy and practice of Florence Nightingale

MARK YOUR 2007 CALENDAR

TUESDAY, MAY 1 • COLORADANS CONNECTED BY HEPATITIS C WALK • www.peerassist.org

THURSDAY, MAY 10 • 5:45 pm • PAS ANNUAL AWARENESS EVENT at the Tattered Cover Bookstore in LoDo with William Cope Moyers • www.peerassist.org

JUNE 24-29 • UNIVERSITY OF UTAH SCHOOL ON ALCOHOLISM AND OTHER DRUG DEPENDENCIES • www.uuhsc.utah.edu/uas

AUGUST 16-18 • AMERICAN DENTAL ASSN. CONFERENCE on Dentist Health and Wellness • www.ada.org

SEPTEMBER 9 • FASD RUN/WALK

SEPTEMBER 14-16 • SW PHARMACIST RECOVERY NETWORK MEETING • www.swprm.org

SEPTEMBER 15 • RALLY FOR RECOVERY • www.facesandvoicesofrecovery.org

Caring for relationships

—JENNIFER WHITE, Healthy Relationships Coordinator

PAS hosted two trainings for the Healthy Relationship program. The educational models, Within My Reach® and Caring for My Family will be delivered as relationship education to low-income individuals and couples in the Denver community. PAS has partnered with 10 community-based agencies to offer relationship education to their clients.

For more information please contact Healthy Relationships Coordinator Jennifer White at 303.369.0039 x215.

FUNDING: U.S. Department of Health and Human Services Administration for Children and Families

Team Awareness

Team Awareness builds a positive peer support system encouraging healthy life choices. It also helps youth understand drug-free and other workplace policies. PAS adapted the original Team Awareness program so that it appeals to younger workers.

PAS hosted a Team Awareness training led by Dr. Joel Bennett, the creator of the Team Awareness model program. Youth Corps staff from Miami, LA, Taos, Steamboat Springs, Durango and Denver attended.

PAS will visit each Youth Corps site to train remaining staff on key elements of Team Awareness, techniques to support those concepts and intervention skills. Additional possible sites were identified during a presentation by Brie Reimann and Bert Singleton at the National Youth Corps conference in Washington D.C.

Drug-Free Workplace program benefits

Just how does the employee benefit from a Drug-Free Workplace? Here is what employees can expect when a Drug-Free Workplace program is initiated:

- a safer working environment
- fewer accidents by co-workers under the influence of substances
- less risk of exposure to drug dealing
- reduced co-worker theft
- improved morale
- more enjoyable environment
- less need to cover an absent co-worker's responsibilities
- family members can access resources
- employees who need help are more motivated and receive more support in a drug-free workplace

To learn how an employer benefits from a Drug-Free Workplace program, visit www.peerassist.org

PROGRAMS FOR ASSISTED-LIVING CENTERS AND NURSING HOMES

Drug-Free Workplace Programs are provided by PAS to small-business nursing homes and assisted-living centers at no cost to the employer or employees. A Drug-Free Workplace Program includes:

- a written drug-free workplace policy
- supervisor training
- employee education on benefits of a drug-free workplace
- employee assistance program
- referral options for employee drug testing

PAS currently provides this comprehensive program to six nursing homes and assisted-living centers with more than 600 employees.

FUNDING: U.S. Small Business Administration Paul D. Coverdell Grant

NEW PROGRAM for PAS: **PRESCRIPTION DRUG ABUSE PREVENTION**, previously under the direction of the late Jody Gingery. As part of the program, PAS provides prevention education throughout the state. At the Winter Symposium of the Colorado Organization of Nurse Leaders, a discussion led by Elizabeth Pace, Barbara Ezyk and Colleen Casper focused on prescription drug abuse in healthcare workers and providing Screening and Brief Intervention, Referral and Treatment in healthcare settings.

We **CELEBRATE** our staff for years of dedicated service!

1 YEAR • ANDRÉS GUERRERO

- MARYSE OSBORN • ANDREA SCHMIDT
- SEAN STEVENS • SHERRI CLARK

2 YEARS • BELLA VIGIL • ANTHONY WASH

- DAVENE LAYSHOCK • DON HOLLESEN
- BONNIE SAENZ • CRAIG KOVALCIK
- CYNTHIA KOENCK • JENNIFER PLACE
- BRIE REIMANN

3 YEARS • CHAD EDSON • DALE BROTSKI

- CHRIS CORSON • BRANDI KROESE
- LUANA GEIGER • ANITA HOFFMAN
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- 6 YEARS • ANN MUÑIZ
- KAREN WAGNER • JANICE SCHULTZ

- 7 YEARS • MARY CORCORAN
- MELISSA IPPOLITO

9 YEARS • JOANN ZEPP

10 YEARS • BERT SINGLETON

13 YEARS • DONNA LINDSEY

14 YEARS • PEGGY YARWOOD

23 YEARS • ELIZABETH PACE

Recovery TV

JENNIFER PLACE, workplace coordinator and **SEAN STEVENS**, Drug-Free workplace program coordinator appeared on Recovery Television to discuss substance abuse in the workplace. Sean and Jennifer addressed its prevalence and ways that employers can protect themselves from the harmful effects. The program aired on public access throughout Colorado and in parts of Hawaii, California and Massachusetts.

Recovery Television brings clear and concise information on substance abuse, drug addiction, alcoholism and compulsive behaviors. The show also focuses on how people recover from these problems. For additional information and broadcast schedule, visit www.recoverytelevision.com.

HIV/HEP C & substance abuse

THE HOLISTIC HEALTH RECOVERY PROGRAM addresses HIV, hepatitis and substance abuse through twelve group educational sessions. Dr. Arthur Margolin of Yale University developed the HHRP.

Twenty-two participants attended a two and one-half day intensive training for facilitators hosted by PAS, covering HHRP's core elements and practical application of incorporating different sections of HHRP. Paul Simons and Gregory Bivens from Yale's Department of Psychiatry were the trainers.

FUNDING: The Center for Substance Abuse Prevention



Give hope at this year's annual event

William Cope Moyers, author of *Broken*, will be the speaker at the 2007 Annual Awareness Event. The event will be held at the Tattered Cover Bookstore in Lodo on May 10. Moyers will also be available to sign books.

The Annual Awareness Event benefits the Peer Assistance Services Endowment Fund. The Endowment Fund was established to insure the future of PAS so that we will always be able to continue the work our founders envisioned more than twenty years ago. Support the mission of PAS with your attendance or sponsorship and "Give hope, one life at a time."

THURSDAY, MAY 10, 2007 ~ 5:45-9:00 PM

RECEPTION & LIGHT SUPPER ~ 5:45

FOUNDERS' AWARD PRESENTATION ~ 6:30

KEYNOTE PRESENTATION ~ 7:00

BOOK SIGNING & DESSERT RECEPTION ~ 8:00

FOUNDERS' AWARDS

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