



### **SARA NEW ST. ANGELO, PharmD. Indiana State Board of Pharmacy Member Passed Away**

Sara New St. Angelo, 61, of Indianapolis, passed away on Friday, October 17, 2014. She attended Ohio State University where she earned her Bachelors in Science and completed her Doctorate of Pharmacy at Purdue, University. She was a pharmacist at the Hancock Regional Hospital – Indiana Heart Center, St Elizabeth Seaton Hospital and Methodist Hospital. Sara was active in many organizations and was a member of the Indiana State Board of Pharmacy for 15 years, serving two terms as president. She was a member of the National Association of Boards of Pharmacy and the Indiana Pharmacists Alliance. Sara was a Master Gardener and member of the Hosta Society of Indianapolis.



During her career Sara received several awards including Rho Chi Society, Mortar Board, Rexall Mortar and Pestle, Ohio State University Distinguished Alumni Award, and the Glen Sperandio Health-Systems Pharmacist of the Year. Opening the November 2014 State Pharmacy board meeting, each board member addressed the St. Angelo family who was in attendance, with warm memories of working with Sara. They talked about her passion for pharmacy, her professionalism, her understanding and care for patients. At the board table, stood a lovely vase of red and cream roses with her name plaque. Sara is survived by husband and three children.

### **UNIVERSITY OF UTAH SCHOOL ON ALCOHOLISM AND OTHER DRUG DEPENDENCIES RECOVERY PROGRAM ENDED AFTER 63 YEARS Salt Lake City, UT**

This outstanding recovery program presented annually in Salt Lake City, has announced officially, that the University of Utah School on Alcoholism and Other Drug Dependencies held their final program last June 15-20, 2014 after 63 years. The beautiful campus is located in the foothills of the Wasatch Mountains just two miles east of downtown Salt Lake. This program was a unique, real life teaching tool for young student pharmacists as well as sharing for pharmacists in recovery. Hundreds of student pharmacists from pharmacy colleges around the US gathered and were given the opportunity each June to experience addiction and recovery workshops on a first hand basis. Recovering pharmacists talked to students about the ease of slipping into addiction in the ‘candy store’ (pharmacy) and the difficulty in trying to get their life back.

Attendees had an opportunity to attend Alcoholics Anonymous (AA), Narcotics Anonymous (NA), International Pharmacists Association (IPA), and other meetings nightly and hear the personal stories in detail of the long road from addiction to recovery. The program included a closed session from a treatment center in Salt Lake with addicted individuals beginning their treatment, sitting in a round among the attendees describing in detail their struggles with addictions and family life issues. During the week, the school hosted a picnic featuring the Ute Indians who danced and interacted with attendees and World Champions who demonstrated amazing feats with traditional ‘Hoop Rings.’ At the end of picnic, attendees were coaxed to dance along.

Reasons given for dissolving the 63 year old program by the school were that the university needed the space for other endeavors and had been unable to find another location for the recovery program. Individual groups of professionals attending thru the years have included Pharmacists (the largest group), Dentists, Nurses, Physicians, those in Professional Treatment such as Counseling and Rehabilitation. Native Americans, Coal Miners, and Overeaters Anonymous have also been meeting at the university in most recent years. Several of these groups are discussing holding their own programs around the country in 2015.

#### *What's in this Issue?*

<b>A Mother's Secret</b>	3-5
<b>A Newer Look to Substance Abuse</b>	7
<b>Avoiding Relapse During Holidays</b>	7
<b>Generation RX Champion 2014 Award</b>	8
<b>Heroin Epidemic in our Neighborhood</b>	3
<b>Indiana Pharmacists Alliance</b>	6
<b>Learning from Others</b>	5
<b>Medical Director's Memo</b>	2
<b>NAPLEX Exam Review and CE</b>	6
<b>President's Message</b>	2
<b>Positive Sobriety Institute (PSI)</b>	7
<b>Recovery with PRN (Personal Story)</b>	6
<b>Sara St. Angelo Obituary</b>	Cover
<b>Resources</b>	10
<b>UTAH Annual School</b>	Cover
<b>Willingness Revisited</b>	10

# MEDICAL DIRECTOR MEMO: SURRENDER TO WIN

By Michael Denton, MS, LCAC, LMFT

PRNIndiana Medical Director

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Whenever we hear the word surrender, it is almost always accompanied by thoughts of weakness and failure. Surrender is a term that is used with frequency in recovery, both by treatment professionals and in 12 step meetings. Here are some thoughts regarding the term surrender that hopefully will offer a more complete

...we have engaged... in doing things to maintain our disease that we knew we would NEVER do, and did them repeatedly.

understanding of the word as it relates to recovery.

Addiction is a chronic, fatal disease that, like most other disease processes, has the individual caught in a trap of trying different remedies to escape the clutches of the disease. The Big Book of Alcoholics Anonymous, in chapter 3, talks about the "methods we have tried," and goes on to list a paragraph of things we have attempted to control our use. Almost every person suffering from active addiction has gone through the period of trying different means to control our use, when what we really desire is to use as we wish with no consequences.

Upon entering recovery and learning the skill sets necessary to obtain and maintain a sober life, one would think we would leap at the chance to surrender and get out of the ring and away from the terrible beating addiction has delivered, but often, we resist at every turn. To me and my colleagues, this is one of the proofs that we are struggling with chronic disease process, as we resist surrendering to our powerlessness and surrender to recover. One of the more popular slogans in the 12 Step Programs is: "**Surrender to Win**" This slogan was explained to me in the following manner, and I will pass it along at this time. *We have already surrendered to our disease, as we have engaged in a lengthy period of deceit, bargaining, and compulsive use, doing things to maintain our disease that we knew we would NEVER do, and did them repeatedly. Once we realize that we have already surrendered to the whims of our disease, we now need to surrender to the basic tenets of recovery.*

The basic ideas and practices of recovery are simple: 1) Stabilize, detoxify and remain completely alcohol and drug free, 2) Gain knowledge regarding our disease and the practices that will keep us in sober and sane recovery, and 3) Involvement in 12 Step Meetings and the fellowship. Practicing these three elements will likely insure us against relapse, and all of the terrors that relapse brings. While not easy, it is a simple prescription for stable, enjoyable recovery. Page 132 of the Big Book talks about us not being a "glum lot" and this is a must for surrendering to recovery. Learning to relax in recovery and embracing ourselves for who we are and then moving forward is a must for recovery. Someone I admired once mentioned to me "All we want to do is help."

In summation, surrender is actually a strength as we realize we just need to get out of the ring with active addiction and into the ring or accepting fellowship. We just need to practice, on a daily basis, the elements of honest, openmindedness, and willingness in ALL our affairs.

**Mike Denton**

**PLEASE NOTE: Mike Denton is no longer with IUHealth in Indianapolis. He is now Medical Director of Tara Treatment Center, in Franklin, IN. His new email contact information for appointments is: [mikedenton@taratreatmentcenter.org](mailto:mikedenton@taratreatmentcenter.org)**

## RESIDENT'S MESSAGE - FELLOWSHIP AND RECOVERY

By Scott Kaczynski, PRNIndiana President

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Why do pharmacists in recovery - fellowship? Pharmacists who are new to recovery often battle loneliness. By 'fellowshipping' with our peers, we can build a network of friends and colleagues who share similar goals and aspirations. We rely on social support in order to deal with the trials and tribulations of life. This type of support comes from other people in recovery, as well as our peers. Another reason for 'fellowshipping' is that we are a great resource for advice and information from our own experiences.

While regular 12-step meeting attendance is vital to our recovery, we can also benefit from attending professional (caduceus) meetings as well as seminars tailored to our own profession. Each September, which by the way is **National Recovery Month**, PRNIndiana holds a one-day event where we gather: learning, sharing our experiences and receiving ACPE continuing pharmacy education credits. While this year's attendance was disappointing, we were still able to share some laughs and some common problems facing the pharmacist in recovery. I look forward to continuing the tradition of an annual gathering with a sincere hope that everyone will be able to participate and share their own experiences, strengths and hopes.

Happy Holidays,  
Scott

**CURRENT PRNIndiana PARTICIPANTS  
Under contract with PRN - October 2014**

**Pharmacists - 20 state board ordered  
Pharmacists - 5 self-referred  
Student Pharmacists - 2**

## HEROIN TAKES STAGGERING TOLL IN CONNERSVILLE, INDIANA

By Matt McCutcheon, WTHR 13 Reporter

Posted: Oct 09, 2014 5:18 PMT: EDT

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CONNERSVILLE, Ind. - The community of Connersville has already lost industry, jobs and income. Now, the city is losing lives at an alarming rate to heroin. The numbers are staggering: 20 overdoses in 20 days. Five deaths. It is a daunting list of dates, genders and ages, handwritten on a sheet of notebook paper at the police department. They're all recent victims of drugs. In Connersville, home to just over 13,000 people, heroin is literally killing this community. Even police, stunned by the deadly numbers, aren't sure how to stop it. "We the police, we've kind of got our hands tied here. We don't have the manpower or the funds. We got a drug task force but I've got one man on it, right at the moment. Budgets are tight," Counciller explained. "We have a lot of dealers we don't even know who they are anymore. Many are from out of state. It's just like an open market now and it seems like anyone is coming in, selling it, and then they disappear."

**"It's an epidemic. It's a plague. It's more than a crisis,"**

Like many Indiana cities, heroin is flowing into Connersville fast. And lately, police fear the drug itself has been laced with rat poison or drain cleaner, making deadly what's already so dangerous. "We have heard a lot of rumors of it being laced with various things, anything they could mix it with. Dealers don't care," Counciller said. **"It's an epidemic. It's a plague. It's more than a crisis,"** said Connersville resident Kelly Robinson, whose nephew is on that tragic list of recent victims. He was found in the backyard of a known drug dealer's home.

"9/25, male, 24 years old, deceased," Robinson read from the list. "But his name was Andrew Dwain Hilsky and he was the funniest sweetest kid you'd ever meet and his life means something. He's not just a number." Robinson says she's had enough. So are many of her fellow community members, dozens of whom gathered at Roberts Park Monday for support. When asked who'd been affected in some way by drugs in Connersville, every single person raised their hand.

They're planning a meeting and rally to brainstorm solutions to stem the crisis: how to help and get affordable resources for addicts, how to rid the community of drug dealers. "It's time to say that we want to take our community back and we want something better for our youth. We want something better for our lives," Robinson said. "We want to be able to run to the park and not find a needle next to a trash can. We want our kids to know they have a better choice, better life." They are taking a stand on a problem now taking lives almost daily. The rally planned in Connersville for Thursday will include residents and police. The city is working on a plan to fight this epidemic.

## 'A Mother's Secret': When "one more drink" gets out of control

By Anne Marie Tiernon, WTHR 13 Anchor and Healthbeat Reporter

Posted: Nov 06, 2014 10:05 AM

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INDIANAPOLIS - Claudia Braman says it was such a gradual transition, she isn't quite sure when she lost control. She liked to party and so did her friends, especially at her friends' backyard pool. There always seemed to be some reason to celebrate: The Colts are playing! It's Friday! It's girl's night out! Happy Birthday!



There were warning signs. "I would blackout or I would say something really stupid at a party or...at a family gathering, and I would feel the pain that comes with that the next day," Claudia told Eyewitness News anchor Anne Marie Tiernon.

Claudia was convinced she could "do it all." Problem is, she learned the "all" is a never-ending list. She believed her job was to encourage the kids, please the boss, touch base with the hubby, run the carpool, prepare healthy meals and of course don't let herself or the house go.

At the end of the day, Claudia was drained. She wanted a reward and an escape. But after a while, one glass of wine became many more. She stopped keeping count.

As a college-educated mother, Claudia fits a growing profile. The National Institute of Alcohol Abuse and Alcoholism (NIAAA) reports 10 percent of U.S. children live with a parent who has alcohol problems. In several years of studies, the National Survey on Drug Use and Health shows people with a college level education consume alcohol more regularly than their peers who did not graduate from college.

### Stress at Work

The higher Claudia moved through the ranks, the more she drank. Her expertise was education policy. She worked her way up to a leadership position in Governor Mitch Daniels' administration. Claudia says she felt significant responsibility for public funds and policy decisions for Indiana college students as head of the State Student Assistance Commission of Indiana. She found her job fulfilling and stressful.

"My drink of choice was Pinot Grigio wine." Braman remembers the rationale, "I'm a mom, a hard-working mom, and I deserve this." "I didn't drink at work, but come three or four o'clock, that itch began," Braman said. Her mother, Joanne Heritier, remembers when one bottle of wine wasn't enough. "The volumes she could drink were just scary," Heritier said.

Claudia didn't consider herself a binge drinker. But the NIAAA considers binge drinking the consumption of four or more drinks in two hours. It's considered problem drinking and in the United States it is on the rise, according to a study made public in Alcoholism:

Clinical & Experimental Research. Claudia remembers thinking things were getting out of hand. She would make deals with herself. She would plan to drink every other day. Claudia regularly broke those promises to herself. She believed she could hide the problem in public, because no matter how much she drank at night, she could always pull it together the next morning.

"I never got sick, would never throw up. I would blackout all the time, but was never sick and never seemed to have a hangover and be up at seven o'clock in the morning with a smile on my face," Braman said.

### **Efforts to Intervene**

The nights, however, were ugly. Braman and her husband would argue. The kids remember their mother's personality change for the worse. They would try to re-direct. "I remember several times the kids saying, 'Will you not drink tonight...or will you not drink any more wine?'" Braman said. Ian is the oldest. He is 15 and goes to school in Center Grove. "I was kind of ashamed that she drank so much, but I knew at the same time that she couldn't really help it," Ian said. Daughter Meredith, 13, is in eighth grade. She remembers feeling responsible for her mother's drinking.

"It felt like I was the parent, like I would have to tell her no," Meredith said.

Claudia's friends, too, would try to intervene, telling her that the person who emerged when she drank was very unappealing. They would say, "You are not yourself when you do these things. Can't you not drink?" and I would say, "What is the big deal? I've got to let loose. I am serious all the time. My work requires me to be serious all the time. This is my fun time'...but it wasn't fun, it wasn't fun for anyone."

### **The First Crisis**

And in time, there was a crisis. It was September 13, 2011. "I had been at a political 'to do' at the Columbia Club," Braman remembers. "I had more than a couple martinis, and it did not register to me that that was a bad idea to drive." When she was pulled over near her Johnson County home, she was defiant. "I really kind of had that indignant, self-righteous protection, denial, I'm fine...my house is right around the corner," Braman said. Her blood alcohol content at the scene measured 0.32, four times the legal limit. "I know it was very high, very high and the scary thing is...I was going to come home and drink more," Braman said.

She sat overnight in the jail and when released, went straight to treatment at Fairbanks. "I knew that I had a problem, that I wanted to stop drinking," Braman said. She says she stayed five days and four nights and then started outpatient therapy.

### **A Long, Dark Period**

But her newly found sobriety was short-lived. The phone rang. It was her mother. Claudia's father was sick and dying. "Exactly a month after my arrest that is when he passed away. I also resigned my job that day and I also drank that day, 30 days of sobriety gone," Braman said. It was the beginning of what Braman says was very dark period. A lifelong tumultuous relationship with her father had ended abruptly, without resolution. Because she lost a public post, her DUI mug shot was on the evening news and featured in the south side newspaper. Her income and role as an advocate were gone. Without work her days lacked structure. She was

depressed. "You know that you want to try to help someone but you are clueless about how to do it," Heritier said.

Now Braman, once the life of the party, was drinking alone. She would separate from her family and sit outside on the back porch and drink. Sleep was elusive. Her goal was to drink until she blacked out.

Heritier remembers feeling helpless. "If we would approach her and say, 'You know, this is probably not a good time to have another drink.' Then she would do something outrageous, like just pick up the bottle and just chug." I could drink a bottle of wine pretty quickly and pretty easily, but in the end, the last couple of years, it was a couple bottles of wine," Braman said.

### **Behind Closed Doors**

After a day of classes, her children returned home only to be schooled in addiction. "I would just tell her to come on in and try to go to bed, but she just wouldn't listen to me," Ian said. On the outside, their house looks like thousands of other suburban homes in central Indiana - a brick two-story in a quiet neighborhood, with sidewalks and attractive landscaping. But inside, life was chaos. The kids remember not wanting to come home. Not wanting to hear more lies and not wanting to be disappointed.

"It was, I'm sure, incredibly uncomfortable for anyone who had to witness it," Claudia said. "I don't think she knew she was hurting me as bad as she was. I think if you punch someone, you don't know if it really hurts them that much," Meredith said. Claudia says after a while, she did not even notice the growing distance between her and her family. "I was the mom that was at every PTO meeting and volunteering for everything and all those things and then all of a sudden my priorities just change, they changed," Braman said.

### **How Much is Too Much?**

"I see it all the time...all the time," Julie Schneiders said. Schneiders is a nurse practitioner specializing in women's care at St Vincent Health. She says conversations with her patients reveal excessive drinking is a common health issue. "You can almost see it as this snow ball that keeps getting bigger and bigger," Schneiders said. Health experts say when a patient's drinking causes harm or distress it is considered an "Alcohol Use Disorder" - or AUD.

Even in small amounts, alcohol affects women differently than it does men. NIAAA reports that 60% of women in the United States have at least one drink a year. Among women who drink, 13% have more than seven drinks per week. For women, this level of drinking is above the recommended U.S. dietary guidelines issued by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

Moderate drinking is defined as no more than one drink a day for women and no more than two drinks a day for men. Women generally have more fat to absorb the alcohol and less water to dilute it. That's why men and women generally process alcohol differently and why women can't drink as much as men. One drink is typically defined as one 12-ounce serving of beer, one five-ounce glass of wine or a 1.5-ounce serving of liquor.

Schneiders says a red flag for women is drinking three glasses or more a night. Another red flag - arguing with family about alcohol use. Schneiders says patients often report issues sleeping and

difficulty getting to work on time. If there is a family history of alcoholism, the risk of becoming an alcoholic increases as well. Classic signs of alcoholism include a craving or a strong compulsion to drink. Alcoholics do not know when to stop. Another sign of trouble is a growing tolerance, meaning it takes more drinks to feel the effects.

### **The Final Crisis**

These are all are signs that Claudia says she either ignored or did not notice before doing something she regrets most. She drove drunk again and asked her children to lie to police. Claudia hit a street sign on her way to her Center Grove home in September 2013. A witness reported her to police, and soon they were knocking at her door. "She wanted us to tell the cops that she had been here for hours," Meredith said. Instead, the kids told the truth. "I went back and told my Mom that the police were here. I didn't lie or anything. I just wanted to make sure that we could get everything figured out," Ian said.

Police charged Claudia with a second DUI, her second in two years. "I have lost credibility. I've lost a lot of things that meant a lot to me," Claudia said. This time Claudia went to rehabilitation in Florida. She remembers being alone at Indianapolis International Airport for nearly an hour and a half. She says she knew she could get a drink and no one would know, but she says she wanted her life back. She wanted to choose sobriety and did.

Claudia went to her gate, got on the plane and made it to rehab without a drink. She was hopeful. Insurance covered her extended stay at Behavioral Health of the Palm Beaches, Inc. The days were full of therapy. She talked about her feelings and how drinking helped her avoid them. She talked about growing up in a home where your dad is a drinker. She shared that she felt inadequate and ashamed.

### **A New Start**

Eight weeks later, she returned to Johnson County and started an intensive outpatient program at Franciscan St. Francis Health Behavioral Services. She joined Alcoholics Anonymous and trusted her sponsor. She moved through twelve steps and celebrated milestones. "I got my one year token on September 10, (it) was my one year sobriety date and I am so thrilled about it."

In October, Claudia decided it was time to resolve her ongoing court case. She went to the Johnson County Courthouse and pleaded guilty to a felony. "It's the right thing to do... tell the truth and not to fight it." She is hoping the judge will see the actions she has taken and reduce her plea to a misdemeanor. That certainly would make it easier to find a full-time job.

In the meantime, Claudia just secured a temporary position for the Florida rehabilitation center. She taped an interview for the company's Hope Campaign and wants to encourage other women to seek help. "I don't blame anyone but myself for these problems, but I have since of urgency in redemption and making sure that I can find something good out of the bad that I've caused," Braman said. Claudia's mom now reports being closer to her daughter than ever. Her children are full of forgiveness. "I think we both have learned a lot through this, I don't think she was intentionally trying to hurt me as bad as she did when she was drinking," Meredith said. "I think we all believe that she can stay sober and she has put a lot of effort into staying sober," Ian said

"This is an ugly disease. I can't say never because I don't know, but my prayer is and every day every morning that I am blessed to wake up, I say, 'Please, God, take me through another day. Give me one more sober day.' It is a day at a time. Right now, I don't want to drink. I have no interest in ever drinking ever again, but I am also smart enough to know...I have to be hyper-vigilant all the time...I can't be over confident," Claudia explained. "As soon as I think you let down your guard, that is when I think it sneaks back up and can attack you. I say every day I going to commit to being sober. [I am] one drink away from making horrible choices. It doesn't take much and it's on every corner every restaurant you go to, every drugs store you go to, every grocery store you go to, it's right there.

"My story is not that significant other than the fact that I want to use it to help other people to make people aware of what a tragedy it is, but at the same time it's not a death sentence. You can get better. You don't have to lose your family. Your family doesn't have to lose you," Braman said.

## **QUOTES FROM MONTHLY COMPLIANCE REPORTS:**

### ***What have you learned from others?***

Everyone needs a 12-step program.  
People are just as screwed up as me.  
I can still learn valuable recovery lessons from people new to the recovery process.  
Given a chance, they can be helpful.  
Others are willing to change.  
People have been positive when I have needed help or encouragement.  
They will help you if you let them.  
People from all walks of life can be friends.  
I am grateful for support of family, sponsors, and others in recovery.  
Everyone struggles – tries to rise above.  
Everyone is self-conscious.  
Attendance can diminish any anxiety I have.  
Accept them for who they are; you can't really change someone.  
Everyone should work the 12-steps.  
Greatest reward of meditation is we no longer live in a hostile world.  
I learned the importance of support and friends in the program.  
I receive helpful suggestions.  
They don't care about my recent achievements as much as I do.  
Go easy on them.  
They are caring.- Are Mostly Kind.  
So many are affected with addictions,  
Don't be upset/detour if they let you know.  
Not everyone that needs support asks for it.  
It is very tough to beat addiction if you don't have access to rehab.  
I have met people who have never drank at all – it can be done.  
Many share my same defects.  
Some people seem to be doing well with their recovery and next thing you know they relapse.  
We are all human and prone to mistakes and less than shiny moments, I cannot rely on others for happiness



## INDIANA PHARMACISTS ALLIANCE

Sets 2015 Date for NAPLEX Review: May 7<sup>th</sup>

Do you need a review before taking the  
NAPLEX for re-licensure?

The IPA has scheduled the upcoming 2015 NAPLEX Review for Thursday, May 7<sup>th</sup>. The Review is tentatively to be held at the Butler University College of Pharmacy campus, here in Indianapolis. This notice is for PRNIndiana participants who have not practiced pharmacy for some time and who are interested in a refresher before taking the NAPLEX Exam. Presenters will be Jane Krause, RPh, and Monica Miller, both Purdue faculty, and Darin Ramsey and Carrie Maffeo, both from Butler University. Topics to be reviewed will be 'Patient Case Scenarios and Approaches to Problem Solving', which includes the Top 200 Drugs, Pharmaceutical Calculations and Non-Prescription Drugs. After January 1<sup>st</sup>, please go online to the IPA website for additional details. [www.indianapharmacists.org](http://www.indianapharmacists.org) or call the IPA office at (317) 634-4968.

### **Do You Need CONTINUING EDUCATION CREDITS to keep your PHARMACY LICENSE in good standing?\*** **Look to your state pharmacists association!**

It is time to renew your state association membership now! Don't let it lapse. If you are a member of the Indiana Pharmacists Alliance (IPA), you can renew your membership online at [www.indianapharmacists.org](http://www.indianapharmacists.org). You must be a paid member to go into the continuing education section of the website. As of January 1, 2013, we have not sent out or printed CE articles in our journal. Home studies will be available online only. After you read the CPE article and take the quiz which will immediately tell you your score, the quiz scores are electronically sent to ACPE. You may retake the quiz only one (1) more time if you do not attain a 70% or greater score the first time. If you are not a member currently, visit the website and review member benefits. Call us for more information at (317) 634-4968. New member dues are only \$170 for the first year.

You can join with online application. One important membership service is 15 hours of ACPE accredited home studies located on the IPA website and available to members. Remember: **All pharmacists must keep their license (including 30 CE hours per biennium) in good standing while under PRN contract.**

### **RECOVERY WITH PRN: Personal Story of Success from newly completed PRN participant**

Recovery is a process that cannot continue without desire. We can be guided to the door but won't enter until we actually admit that this is our only option. During our journey down the road to recovery there are many resources and guides that can help us stay on this path, treatment centers, counselors, sponsors, family members,

fellow program participants and others. One particular resource that is essential for a pharmacist is PRN. PRN is an aid to help us retain our license, keep sobriety, and guide us on the proper course.

Four years ago, I never would've believed a soul that told me I would be addicted to opiates and eventually divert narcotics. Then following my injury and subsequent diversion, my life was turned upside down when I was caught. I knew I had a major issue but my comprehension of that issue was severely lacking. That's where Dr. Hinchman and PRN really stepped in to help. Dr. Hinchman truly helped me to believe that my addiction was secondary to a rewiring of my brain chemistry.

Finally, I had gained a little peace with my current situation. I was fortunate to be able to return to work after a multiple week intensive outpatient treatment program with Mike Denton at Methodist and overseen by PRN and my EAP counselor. After returning to work for several months, my life was again shaken with a letter from the AG and Board of Pharmacy to appear for a disciplinary hearing. Just 6 months after my diversion, my career and livelihood was again in jeopardy secondary to possible actions to be taken against my license. Carol from PRN was such a valuable asset. I was fortunate to have 6 months of sobriety and the documentation from PRN to prove it. Carol was able to testify before the board and fortunately my license was put on probation and I was able to continue working and provide for my family.

As my following years with PRN continued, my sobriety strengthened. PRN was able to provide me with accountability and document my continuing sobriety. Dr. Hinchman, Dr. Sonderman, and Mike Denton met with me and helped me to maintain the proper trajectory on my path down recovery road. The support system that is set up with PRN is so valuable. It's amazing the built-in network that we as pharmacists have, that fellow addicts in various other fields have to establish on their own. This is one less obstacle that we have to overcome in recovery.

Finally, as I met the terms of my PRN contract and board order, Carol and PRN were there to help me petition for removal of probation of my pharmacy license. The burden of proof was on me to show that I was safe to practice without probation. Carol helped me prepare for my hearing. She helped me to organize my referral letters and documentation proving my continued sobriety over the past 3 years. I never utilized a lawyer to help me with the board, only the guidance and support of PRN. The hearing was intimidating but much less than it would've been without Carol and PRN by my side.

Today, I am proud to say I am free to continue to practice pharmacy on a clean license and say I am still in a strong recovery. My recovery program can never end. The support system that I have built with the support of PRN is strong. I truly have many things to be thankful for today: my family, my sponsor, my friends, my employer, and Carol and PRN. Without these I would not be standing where I am today. Life will constantly change. I hope I never have to fight active addiction again, but if I do I believe that I will be better prepared to engage this disease. With the support system that I have built with the aid of PRN I will be equipped to fight!

ANONYMOUS

## A Newer Look on Substance Abuse

By Matt Budi, 2015 Butler University PharmD Candidate  
Published 2014 - 4<sup>th</sup> Qtr, *Indiana Pharmacist* magazine



If a golfer is given a bad set of golf clubs and plays terribly, is it his or her fault? Some people would argue that it is, because if a golfer has good golf swing, he or she can overcome any set of poorly-designed clubs. What if those people were given a bad set of clubs and told to play against someone at the same skill level who had the newest, most

up-to-date clubs? If they lose, would they blame it solely on their golf swing? Now, if two individuals have the same IQ and a similar amount of drive and determination, can you assume that they both are equally susceptible to substance abuse? The answer is no.

Much like playing golf with a bad set of clubs, an individual who is susceptible to substance addiction, despite their best intentions and determination to stay on the correct path, can navigate off the correct path and into areas that are difficult to navigate out. The National Institute on Drug Abuse aligns with this notion, stating that, "It is often mistakenly assumed that drug abusers lack moral principles or willpower and that they could stop using drugs simply by choosing to change their behavior. In reality, drug addiction is a complex disease, and quitting takes more than good intentions or a strong will."

What influences make someone susceptible to addiction? As the National Institute on Drug Abuse states, "No single factor can predict whether a person will become addicted to drugs. Risk for addiction is influenced by a combination of factors that include individual biology, social environment, and age or stage of development." In identifying these risk factors, they go on to state that "The genes that people are born with—in combination with environmental influences—account for about half of their addiction vulnerability."

As a large portion of the risk-factors for substance abuse are uncontrollable, treatment of someone who is addicted to drugs and/or alcohol is not a simple task. In paraphrasing the words of the Indiana Pharmacists Recovery Network vice-president, Ed Hinds: You can't tell a schizophrenic to stop listening to voices. The same thing goes with drug addiction: you simply can't tell an addict to stop. Pharmacists who have struggled with substance addiction are very intelligent people, who do not have weak willpower or resolve. In fact, after a successful recovery, these individuals are able to continually overcome their struggles with addiction and become very involved members of the pharmacy community.

Drug abuse and addiction is a problem that we need to continue to address. As it is difficult to play 9 or 18 holes of golf with terrible clubs on a course riddled with trees, water, and sand traps, it is also difficult for pharmacy employees who are susceptible to substance abuse to operate in an environment where they are tempted by potential habit-forming substances.

Therefore, as pharmaceutical experts, we need to be supportive of those who struggle with addiction and want to quit – especially fellow pharmacists and pharmacy employees. The ball is in our court to

pioneer changing the stigma of drug abuse to a more supportive environment.

Works Cited:

1. DrugFacts: understanding drug abuse and addiction. National Institute on Drug Abuse website:  
<http://www.drugabuse.gov/publications/drugfacts/understanding-drug-abuse-addiction>. November 2012. Accessed: October 9, 2014.



POSITIVE SOBRIETY  
INSTITUTE

**POSITIVE SOBRIETY INSTITUTE**  
At Northwestern University, Chicago IL

This outstanding, newly designed program was developed by Dr. Dan Angres, MD, formerly of Presence (RUSH) Behavioral Health in Chicago for more than 30 years. Dr. Angres is the new Medical Director at Positive Sobriety Institute, Chief Medical Officer at RiverMend Health, and a member of their Scientific Advisory Board. He is an Associate Professor of Psychiatry at Rush University College of Medicine and an Adjunct Associate Professor of Psychiatry at Northwestern Feinberg School of Medicine.

Dr. Angres is a top, nationally recognized expert in addictions and dual disorders with specialty in working with addicted professionals, and has authored two ground-breaking books on chemical dependency. Located near Lake Michigan in downtown Chicago, Illinois, the **Positive Sobriety Institute** specializes in expert-delivered addiction assessment, rehabilitation and recovery services to healthcare and other professionals. PRNIndiana has added PSI to our preferred list as a Level III treatment center in the Midwest. For more information go to their web site:  
<http://positivesobrietyinstitute.com> Additional information in RESOURCES, located on page 10 of this newsletter.

## AVOIDING HOLIDAY RELAPSES

The Holiday Season, from Thanksgiving thru the New Year, is especially difficult for those with drug and/or alcohol addictions. Friends gather and toast at Thanksgiving, Christmas, and then cheer in a New Year with cocktails, beer and alcohol laced confections. This is a time when those in recovery can slip or relapse easily with encouragement from friends or family to just "toast with us just this once," or "Have a small piece of Rum Cake, I know it's your favorite - you'll be fine." That "once" can lead to a relapse and break the strong recovery path an individual has worked so hard to walk. It can happen in a heartbeat.

Unless you are obligated to attend (family) gatherings, your best defense would be to avoid holiday parties altogether. Even those holiday hosts that are sensitive to your situation, may purchase grape juice or sparkling waters for you, but beware of lookalikes that lead to the real thing.



**Options: Call your sponsor. Talk to a close friend also in recovery. Go to a meeting instead. Avoid the hidden dangers of relapse. Happy Holidays!**

## 2014 CARDINAL HEALTH - Generation Rx Champion Award Presented at Indiana Pharmacists Annual Convention

The Cardinal Health "Generation Rx Champions Award" is a new award that made its debut in 2012. This award recognizes a pharmacist who has demonstrated excellence in community-based prescription drug abuse prevention. The award is intended to recognize outstanding efforts within the pharmacy community to raise awareness of this serious public health problem. It is also intended to encourage educational prevention efforts aimed at patients, youth, and other members of the community. The Generation Rx Champion award was presented in September, at the Indiana Pharmacists Alliance (IPA) Annual Convention in Indianapolis, IN.

Nathan Mills from Cardinal Health, presented the Generation Rx Champion award to

Jane E. Krause, MS, RPh.



The 2014 recipient of this award is Jane Krause, RPh. Jane's nomination reads in part: "I am pleased to nominate Jane E. Krause, MS, RPh., Associate Professor of Pharmacy Practice at Purdue University for the IPA/Cardinal Health Generation Rx Champion Award. She has led several initiatives within our College that I believe have had an impact on students ranging from sixth graders through college age students.

The outreach efforts have also impacted adults in the community and practicing pharmacists through the forthcoming IDA continuing education program on prescription drug abuse. She has incorporated drug abuse/addiction (including prescription drug abuse) awareness/prevention efforts into her teaching at Purdue University for several years. These initiatives include teaching, Drug Abuse/Addiction Education (PHRM 316), an elective course taught to first professional year (P1) PharmD students offered each spring semester.

At the end of the course, the pharmacy students apply the knowledge and skills gained by presenting a series of five drug abuse/addiction educational presentations (45 minutes each) to the sixth graders at Otterbein Elementary School. Jane has also incorporated community outreach (service learning) into a four-week advanced pharmacy practice experience (APPE) that she offers to the fourth professional year (P4) PharmD students each June. During this rotation, the P4 students teach at-risk children/youth attending camps in the Lafayette community on the topics of drug abuse/addiction awareness, medication safety, and healthy eating habits. We congratulate Ms. Krause on her outstanding efforts in drug abuse prevention.

## WOMAN ADDICTED TO DRINKING HAND SANITIZER

Dr. Phil Televised Show – Nov 24, 2014  
Syndicated

A young woman, coaxed by family to appear on the Dr. Phil show, is fighting an addiction to 'hand sanitizer.' No – not overly disinfecting her hands, she drinks nearly 1½ gallons or 180 oz. a week as "a cheap way to get her fix". She had constantly consumed the gel sanitizer for the past two years. She has been abusing alcohol for approximately 8 years and has had multiple DUIs. Last summer she was taken to a hospital in a coma after a staph infection.

After several weeks with no response, family jointly and painfully agreed to disconnect her from life support and transfer her to hospice care. Within a day after moving her to hospice, she had awakened. Within two weeks, she was drinking sanitizer again.

The reason she gave for her bizarre drinking behavior was that she finds drinking the gel calms her stomach and gives her a sense of peace. This woman is a mother of an 8-year-old daughter who has witnessed her mother falling down drunk, driving drunk, passed out, throwing up, verbally abusive with foul language, and physically violent with other family members yet the woman stated she was a good mother. The show host, Dr. Phil, quoted saying to her, "You are a dead woman walking."

The alcohol in the sanitizer could literally eat away the lining of her esophagus and permanently damage her gastrointestinal track, taking her life before Christmas. The other ingredients in the sanitizer are used in antifreeze and hair spray. This woman has entered and failed alcohol treatment programs three times in the past. She learned in the program that hand sanitizer is 140 proof. The family is asking her to not live in the house anymore because they don't want to come home and find her deceased body.

She is angry and says the family hates her. Dr. Phil firmly stated that with the current list of issues, this woman's 8-year-old daughter could be taken to child services. The woman's mother is an enabler, purchasing liquor on the spot to satisfy her daughter when she sees the 'signs' coming on, so that the daughter will not become violent as frequently happens. She doesn't know what else to do.

After Dr. Phil presented all this information and the imminent final outcome of her hand sanitizer consumption, the woman ultimately agreed to receive intensive inpatient treatment with addiction professionals provided by the show to save her life.

~

## *Gifts of Sobriety*



Isaac William N  
Born: Aug 2014  
Weight: 8 lb.1 oz.



Gunner Andrew G  
Born: Aug 11, 2014  
Weight: 7 lb. 8 oz.

*"Every moment is a fresh beginning." ~ T.S. Eliot*

### **WILLINGNESS (Revisiting Helpful Topics)**

By the late Carl J. Erdmann, former PRN President – 2004

What does that mean exactly? Webster defines it as inclined to do or done freely and with pleasure. As I think of Willingness, I reflect back to "HOW" which represents Honesty; Open-minded and Willingness which are essential to my recovery and eventually to my peace of mind.

he willingness to change for the better and then to shoulder whatever responsibility this entails is essential. Turning that key of willingness into the lock and opening the door ever so slightly allows others outside of me to help has been and will continue to be important.

My self-reliance and self-will slams the door shut; but if I pick up that key of willingness, it will respond once again. When I acquired the quality of willingness, I could make the decision to accept help outside of myself. Although this might be considered an act of my own will, it is the proper use of this faculty. The choice to become willing allowed me a freedom I never believed possible. I treasure that freedom today and that freedom is the freedom to be me, and be of service to others.

Carl

#### **QUOTE**

**I don't thank God for opening the gates of Heaven to let me in; I thank God for opening the gates of Hell and letting me out. - Unknown**

## **Professional Licensing Agency - PLA Indiana Board of Pharmacy - IBP**

### **Contact Information:**

#### Board Director

Rod Kendall.....(317) 232-2960

#### Litigation Specialist

Jessi Rager.....(317) 234-2021

Call MS. Rager to schedule a hearing.

Note: Always call PRNIndiana office before an appearance or hearing of the state board.

### **Navigating the IBP Web Site**

[www.in.gov/pla](http://www.in.gov/pla)

ALL STATE BOARD INFORMATION IS ONLINE at:

Board members, Compliance officers, Litigation Files, Monthly meeting dates, Agendas, Minutes

Top center of page – click on professions, then scroll down and click on pharmacy. If you are known to the board, any action or board order will be online. Litigation information would be under "Litigation" (click where you see dots under the gavel on left side of cover)

### **Petitioning the IBP**

If you have been in compliance with your PRN contact and would like to change your work hours by approval of the MRO, or request withdrawal of probation, you need to petition the state board for a hearing.

(1) First, you should check your board order for any reference to a specific date that you may petition the board. Don't forget this step!

(2) If you are past that date, you then call the state board (317) 232-2960 and speak to the Litigation Specialist, or Asst. Director, to set a date for a hearing to petition the board. You should be scheduled within two months for a hearing.

(3) Have all your documents copied and ready. Dress accordingly. PRN will be there to advocate for you. Call our office to let us know that you are requesting a state board hearing and for additional information on hearing procedures.

**Contact the PRNIndiana office and we will help guide you through the procedures.**

# **RESOURCES**

## **Indiana State Attorney General's Office**

Attorney General – Greg Zoeller  
General Office.....(317) 232-6201

## **Indiana INSPECT**

General Phone.....(317) 234-4458  
Web Site: [www.INspect@pla.IN.gov](mailto:www.INspect@pla.IN.gov)  
Email: [inspect@pla.IN.gov](mailto:inspect@pla.IN.gov)

## **PRNIndiana President**

Scott E. Kaczynski, RPh.....(574) 250-4990  
Email: [skaz21a@yahoo.com](mailto:skaz21a@yahoo.com)

Carol S. Dunham.....(317) 624-4401  
PRN Liaison and PRNIndiana News Mng Editor  
Email: [ipacarol@indianapharmacists.org](mailto:ipacarol@indianapharmacists.org)

## **PRNIndiana – Interim Medical Director**

Michael J. Denton, MS, LCAC, LMFT  
Tara Treatment Center - Franklin, Indiana  
Email: [mikedenton@taratreatmentcenter.org](mailto:mikedenton@taratreatmentcenter.org)

## **PRNIndiana LEGAL COUNSEL**

Shelley M. Jackson, JD .....(317) 637-0700  
[sjackson@psrb.com](mailto:sjackson@psrb.com)  
Plews, Shadley, Racher, & Braun Law Firm

## **AFFINITY eHealth .....1-800-267-4304**

Based in Toronto, Canada

## **LEVEL III Treatment Center Positive Sobriety Institute - PSI**

680 N Lake Shore Dr Ste 1316  
Chicago IL 60611

1<sup>st</sup> Contact: Becky Thompson...(630) 212-3918  
Regional Recovery Executive

2<sup>nd</sup> Contact: Dominic Angres.....(312) 642-7224  
Intake Coordinator  
Web Site: <http://positivesobrietyinstitute.com>

## **LEVEL I Treatment Center IU Behavioral Health-Methodist Hospital**

James Ryser, MA, LMHC.....(317) 962-0651  
Addiction and Chronic Pain Specialist

## **Central Indiana Caduceus The CARVEL CLUB**

*Caduceus meetings are meetings with health professionals  
Only (Pharmacists, Nurses, Physicians, etc)*

4627 Carvel Ave@46<sup>th</sup> St, Indianapolis IN 46205  
Phone.....(317) 255-0037  
Weekly Caduceus Meeting – Mondays 6-7 pm  
Daily AA/NA/AL-ANON meetings  
Noon/Lunch Groups available

## **SERENITY PRAYER**

God, grant me the serenity to accept  
the things I cannot change;  
the courage to change the things I can,  
and the wisdom to know the difference.



from  
PRNIndiana President - Scott Kaczynski RPh.,  
PRN Board of Directors, Monitors and Liaison