



From the Executive Director

It seems like we were just ringing in 2020, and now spring is here. This has been an extremely busy cough, cold and flu season, and I hope everyone has been able to avoid getting ill. I am ready for spring, one of my favorite seasons to arrive. I enjoy seeing the seemingly dead trees and grass come back to life, the



flowers start to bloom and the gardens are planted.

During this busy cough, cold and flu season always remember to take time for yourself and enjoy time with family and friends. During this unprecedented time in the world as we all deal with this pandemic COVID-19, as a pharmacist, student pharmacist, and pharmacy technicians we remain on the front line to care for our patient’s medication needs. Pharmacists are the most accessible and very trusted health care professionals, and patients rely on pharmacists especially when access to their primary care during this time is seemingly limited. Often forgotten in the media is our dedication and commitment to the pharmacy profession and care for our patients. OPHP acknowledges this commitment and wants to remind everyone to stay safe and healthy during this very stressful time. If you are struggling for time for self-care, chemical dependency or other mental health issues, or you know another pharmacist or student pharmacist who you think may be suffering call the Oklahoma Pharmacists Helping Pharmacists (OPHP) Help-Line immediately. There are those who struggle or have a hard time dealing with life on life’s terms on a daily basis.

Can I challenge everyone to recognize these struggles either in themselves or others and reach out for help or be willing to help if needed? If you find yourself struggling or you know someone who is, don’t hesitate to reach out to Oklahoma Pharmacists Helping Pharmacists (OPHP) for help that is readily available if needed. I hope you will be willing to be available if you know someone struggling during this time.

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From the Executive Director continued

The advantages of self-reporting your substance use disorder or mental health issues are that you are able to get well, get in recovery, and if there are no legal issues or complaint the Oklahoma State Board of Pharmacy does not get involved. This is a tremendous opportunity, so don't let it slip away if you are suffering from a 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. In this issue of "Prescription" Enterhealth, a Dallas based treatment facility has contributed an article "**How Can Faith Help With Alcohol And Drug Addiction Recovery**" This article is very informative, detailing treatment and the difference between religion and spirituality and how it is incorporated into treatment for substance use disorder that fits all not just a few. I would like to thank Enterhealth for this article and hope our readers enjoy the information.

On February 24, 2020, during the OPHP monthly Board of Director's meeting, OPHP invited as a guest the Oklahoma Pharmacists Association's (OPhA) Southwestern Oklahoma State University (SWOSU) College of Pharmacy student pharmacist intern to observe this meeting and learn about the crucial work of OPHP, impacting pharmacists, student pharmacists (interns), and pharmacy technicians who have fallen victim of substance use disorder or other mental health issues. This student pharmacist graciously agreed to write about her experience and what she learned at this meeting. I have included this for our readers to enjoy.

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

OPHP Helpline

800-260-7574 x5773 (statewide)

405-557-5773 (local)

OKLAHOMA PHARMACISTS HELPING PHARMACISTS (OPHP) CONTINUING EDUCATION SEMINAR

Mark your calendar for December 5, 2020 for the OPHP annual continuing education event

FAMILY DYNAMICS AND RECOVERY

Jerry Moe, National Director of the Children's Program, Hazelden-Betty Ford Foundation, Rancho Mirage, CA

Saturday, December 5, 2020

9:00 a.m.—1:00 p.m.

University of Oklahoma College of Pharmacy, Oklahoma City, OK



HOW FAITH CAN HELP WITH ALCOHOL AND DRUG ADDICTION RECOVERY

Scott Trout, Enterhealth Executive Vice President and Chief Operating Officer

At Enterhealth, many of the patients we treat come into our program with underlying mental illnesses, spiritual dilemmas and personal problems that need to be addressed during their treatment for alcohol or drug addiction. As many as 80% of people who come to Enterhealth for treatment come in with some kind of co-occurring issue, and to effectively help these people, we need to address both the addiction and the additional problems. We call this dual-diagnosis treatment, and it's a big part of what we do.

To be clear, when Enterhealth refers to dual-diagnosis treatment, we mean co-occurring psychological/mental disorders such as depression, anxiety, bipolar disorder or psychosis. We also believe that addiction is a brain disease, which is supported by research from the National Institutes of Health and the American Society for Addiction Medicine. We do not subscribe to the belief that addiction is the result of a moral or spiritual failing.

That being said, we recognize that those struggling with addiction who consider themselves religious or spiritual have unique obstacles for recovery. People of faith often grapple with what it means to abuse drugs and alcohol, which is usually at odds with their belief. Many people find strength in their faith and religion, and for patients who feel this way, treatment programs can often be enhanced by adding a spiritual component to their comprehensive treatment plan.

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Religion and Spirituality

First, it's important to make a quick distinction between religion and spirituality. Many times, these terms are thrown out more or less interchangeably, but there are distinct elements that make them different. Religion denotes organized systems of belief, and includes different faiths such as Christianity, Judaism, Islam, Buddhism, and the myriad other world religions.

Most (if not all) people who consider themselves religious believe in a specific higher power specific to their faith (God, Allah, etc.), and many also believe in an afterlife. Religion usually also requires believers to follow specific rules, guidelines, and rituals for worship (i.e., prayer, meditation).

Spirituality, on the other hand, does not denote belief in a specific religion or higher power. The concept of spirituality is much broader, and it tends to involve finding something outside of oneself that allows people to derive meaning and purpose in life. For example, some people feel that they have a spiritual connection to the Earth (or even more broadly, the universe) that connects them to the world and other living things.

The key distinction here is that a person who believes that they have a spiritual connection to the Earth or the universe is not worshipping a specific higher power, and they don't typically have codified practices for worship. Spirituality also tends to be more inclusive and abstract than religion.

Incorporating Spirituality into a Clinical Treatment Program

Most people look at the addiction treatment industry and assume there are two options: clinical treatment programs that take a very medical approach, and spiritual or religious programs/fellowships such as Alcoholics Anonymous or Narcotics Anonymous. In reality, there is usually a good amount of overlap between these two kinds of addiction-recovery models. That's why incorporating spirituality in the clinical treatment process can be highly beneficial for those who consider religion or spirituality to be an important aspect of their lives.

For those in treatment who are open to them, faith-based treatments can be helpful tools for self-realization and introspection. Other spiritual or religious practices, such as prayer and meditation, help patients calm themselves and allow them to realize their innermost thoughts and feelings. Prayer and meditation can also aid in recovery by helping people cope with daily struggles in ways that don't involve alcohol or drugs.

Religious treatment programs tend to focus a great deal on prayer, and this can be helpful for some people. These support groups and treatments often promote prayer as a method to strengthen one's spirit and forge a close relationship with a higher power so that addicts feel healthy and loved enough to turn away from alcohol and drugs and turn to prayer and a higher power.

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How Enterhealth Incorporates Spirituality into Addiction Treatment

At Enterhealth, we know that overcoming alcohol and drug addiction is not a one-size-fits-all process. It takes time, effort, and the right treatment to be effective for all patients. That's why our team of addiction-trained physicians, psychiatrists and other specialists collaborate to create customized treatment plans for all of our patients.

While Enterhealth maintains a strong focus on science-based medical treatment, we do recognize that faith and spiritual practices can be beneficial to patients and their family members. Faith-based components of a comprehensive plan can impart strength and hope, as well as giving the person in treatment healthy coping mechanisms to deal with stress, cravings and other difficulties associated with addiction.

As such, Enterhealth does offer patients the option to work the 12-steps at our inpatient facility, Enterhealth Ranch. The 12-step method was originally developed by cofounders of Alcoholics Anonymous. In summary, the 12-step method involves admission that the alcoholic or addict has no control over their addiction, that they must turn themselves over to their higher power for strength, and that they need to live by a new code of behavior. The 12-step program at Enterhealth Ranch is typically led by a representative from Alcoholics Anonymous and meets at regular times several days a week.

To learn more about drug and alcohol addiction treatment or to inquire about using Enterhealth's services for you or a loved one, call 1.800.388.4601 or visit enterhealth.com.

6th Annual American Pharmacist's Association (APhA) Institute on Substance Use Disorders Scheduled

The 6th Annual American Pharmacist's Association (APhA) Institute on Substance Use Disorders is scheduled for May 27-31, 2020 at The University of Utah, Salt Lake City, UT. This event promotes education about personal substance use disorder and its impact personally, on society and the profession of pharmacy. Each participant attending this institute can earn up to 16 hours of ACPE continuing education credit, and the student pharmacists can obtain college credit for this event. The pharmacists that attend this event annually develop a bond that last a lifetime and the fellowship is invaluable.

It is always awesome to witness the student pharmacists and new attendees, who really don't know why they are there, after attending the first night's open Alcoholics Anonymous (AA) meeting an awareness of how substance use disorder has impacted them even though they might not be aware until this meeting, setting the tone for the rest of the event.

Oklahoma Pharmacists Helping Pharmacists (OPHP) is grateful to be able to send two (2) student pharmacists from The University of Oklahoma College of Pharmacy and two (2) student pharmacists from Southwestern Oklahoma State University College of Pharmacy, two OPHP participants and myself to this event.

In an upcoming issue of "Prescription" the student pharmacists and pharmacists OPHP is sponsoring to this institute will write about their experiences at this event, often referred to as the "Utah Experience".

Student Observation of the OPHP Board of Director's Meeting
Ngan-dinh, Nguyen, SWOSU P4 Student



Kevin Rich, Executive Director of OPHP lectured in a Southwestern Oklahoma State University classroom setting where he stated that if anyone of us needed help, the Oklahoma Pharmacists Helping Pharmacists (OPHP) would be there and provide the necessary resources to do so. I attended an OPHP Board of Director's Meeting and observed real cases of pharmacists needing help. I noticed that at one glance, you would never have known that these pharmacists were struggling. As each case was presented, the members from OPHP were very empathetic and encouraging. They provided guidance that helped the pharmacists remember why they needed to continue with the program. I recognized that it takes a lot of work, but once those pharmacists committed to completing the program, they can and will get better. I think the most important theme of this program was that they provided hope. The hope to keep carry on and the knowledge that these people are here to support them. Dr. Tom Davis said "Just as patients are taking their diabetic medication...this is your medication. You have to be compliant" which put things in perspective about what this program is all about. Addiction is a disease and they are providing the medication (or the necessary tools) for them to use. Overall, Oklahoma Pharmacists Helping Pharmacists is a unique organization that helps pharmacists pave an alternative route for their life and make positive changes for their future.

**WHAT DO YOU DO IF YOU SUSPECT A COLLEAGUE HAS A
PROBLEM WITH CHEMICAL DEPENDENCY**

**Trust your instincts!!
THERE IS A SOLUTION**

Call Oklahoma Pharmacists Helping Pharmacists (OPHP)
immediately on the OPHP Help Line

Oklahoma Pharmacists Helping Pharmacists (OPHP)
is readily available for help
All calls are confidential

1-800-260-7574 x 5773 statewide | 405-557-5773 locally

Do not confront alone. Left alone the problem will not go away.



If you or a pharmacist you care about is suffering from chemical dependency, please consider making a tax-deductible contribution to OPHP. These contributions assist pharmacists and pharmacy students with the recovery process. For those who have made a contribution this year, please accept our sincere thanks.

To make a donation online, please click [here](#).