

PREVENTING HARM DUE TO ALCOHOL 1	BOARD OF DIRECTORS 2 Founders Award Reception EAPA AWARDS LUNCHEON	HOLIDAY ADOPT-A-FAMILY 3 A PAS Tradition A LICENSEE'S PERSPECTIVE	THE BUZZ 3	IN MEMORIAM 3 Clare Sandekian	ANNUAL AWARENESS EVENT 4
---	--	---	-------------------	---	---------------------------------



PEER REPORT

Start believing.

PREVENTING HARM DUE TO ALCOHOL

OUR MISSION:
TO PROVIDE QUALITY, ACCESSIBLE PREVENTION AND INTERVENTION SERVICES IN WORKPLACES AND COMMUNITIES, FOCUSED ON SUBSTANCE USE AND RELATED ISSUES.

In 2014 the Centers for Disease Control (CDC) reported that more than 38 million adults in the U.S. drink too much and most do not have an alcohol use disorder. Yet, based on data from a large national survey, only 1 in 6 adults has ever discussed alcohol with a health professional. Alcohol screening and brief intervention is an easily delivered, highly effective but underutilized service that can help prevent many of the health and social problems associated with alcohol. Promotion of alcohol screening and brief intervention is the foundation of the SBIRT Colorado program. SBIRT stands for screening, brief intervention, and referral to treatment.

- What is considered risky drinking? Some people occasionally drink more heavily, defined as more than 3 drinks on an occasion for a woman or man over age 65, and more than 4 drinks on an occasion for a man up to age 65 (known as binge drinking). Other people exceed weekly limits defined as more than 7 drinks in a week for a woman or man over age 65, and more than 14 in a week for a man up to age 65.
- Health and Social Harm: Drinking above a moderate level contributes to a wide range of negative health and social consequences, including motor vehicle crashes, intimate partner violence, fetal alcohol spectrum disorders, and, over time, can result in serious medical conditions, such as hypertension, gastritis, liver disease, and various cancers including breast cancer in women.
- Costly and Fatal: Risky alcohol use costs the United States about \$223.5 billion in 2006.¹ It accounts for 80,000 deaths annually and is the third leading preventable cause of death.²

Alcohol screening and brief intervention has not been broadly adopted or integrated into clinical settings. This missed opportunity is akin to waiting to intervene when a person has diabetes until they are about to need kidney dialysis for renal failure or an amputation for a wound that will not heal. During the Peer Assistance Services Annual Awareness Event on April 29, Dr. Thomas McLellan, co-founder of the Treatment Research Institute and former Deputy Director of the White House Office of National Drug Control Policy, will discuss the value of screening and brief intervention, and other prevention and early intervention approaches, in improving health and decreasing healthcare costs. Please join us for this critical conversation as we identify opportunities to reduce the significant public health burden of alcohol and other substance use in Colorado.

What does one drink look like?



12 OZ. BEER 5 OZ. WINE 1.5 OZ. LIQUOR

For further resources, please visit the SBIRT Colorado website at: www.ImprovingHealthColorado.org

¹ Bouchery EE, Harwood HJ, Sacks JJ, et al. Economic costs of excessive alcohol consumption in the U.S., 2006. *Am J Prev Med* 2011;41(5):516-524. PMID:22011424
² Centers for Disease Control and Prevention (CDC). Vital Signs: Binge drinking prevalence, frequency, and intensity among adults—United States, 2010. *MMWR Morb Mortal Wkly Rep.* 2012;61:14-19. PMID:22237031.

303.369.0039
Toll free 866.369.0039
PeerAssistanceServices.org
ImprovingHealthColorado.org
facebook.com/SBIRTColorado
[twitter.com/SBIRT Colorado](https://twitter.com/SBIRTColorado)
facebook.com/PreventRxMedicineAbuse

Recognizing Outstanding Contributions

In 1999, the Peer Assistance Services Board of Directors created an award named in honor of the founders of the agency to recognize individuals, foundations, corporations, community organizations, and others who have made outstanding contributions that further the agency's mission. On February 18, 2015, PAS held a reception to honor this year's recipients. Attendees included PAS board members, staff and honorees' family, friends and colleagues. The 2015 honorees are:

CHRISTIE DONNER, EXECUTIVE DIRECTOR OF THE COLORADO CRIMINAL JUSTICE REFORM COALITION

Christie was nominated by Chris Kesterson, Colorado TASC Operations Director. She is the Executive Director and founder of the Colorado Criminal Justice Reform Coalition (CCJRC). The mission of the CCJRC is to reverse the trend of mass incarceration in Colorado.



Terri Hurst, Christie Donner, Pamela Clifton, Juston Cooper, Chris Kesterson, Elizabeth Pace

In conjunction with the Colorado Center on Law and Policy, CCJRC has brought together a group of stakeholders from the criminal justice system and health care systems to find ways to work together to maximize health coverage for people involved in the criminal justice system. There are many unique needs and barriers for this population, and strategies for the general public may need to be specialized in order to be effective.

Christie has over fifteen years of experience working in criminal justice reform advocacy, community organization, policy research, and lobbying. Christie co-authored *Parenting from Prison: A Resource Guide for Incarcerated Parents in Colorado*. She is also the co-author of CCJRC's publication *Getting On After Getting Out: A Re-Entry Guide for Colorado*. She has a bachelor's degree in political science from the University of Colorado, Boulder.

Christie is a tireless champion for individuals in re-entry and has advocated for the Colorado TASC program and the clients we serve.

MARY WEBER, PHD, PMHNP-BC, FAANP, SPECIALTY COORDINATOR OF THE FAMILY PSYCHIATRIC NURSE PRACTITIONER PROGRAM, AND ENDOWED PROFESSOR IN PSYCHIATRIC NURSING FOR THE UNIVERSITY OF COLORADO COLLEGE OF NURSING

Mary Weber was nominated by Carolyn Swenson, Manager of Training and Consultation for SBIRT Colorado. Mary is a psychiatric nurse practitioner with extensive clinical and teaching expertise in chronic mental illness, psychiatric assessment, medication management, and individual/group therapies. She has worked on grants funded by the Stanley Foundation, HRSA, and SAMHSA, and she has had numerous national presentations and publications. Her research has focused on underserved populations, including the homeless, those with co-morbid psychiatric and medical disorders, and those with post-partum depression.



Carolyn Swenson, Mary Weber, Jill Taylor, Elizabeth Pace

Her current work involves the integration of SBIRT into undergraduate and graduate curricula. She currently practices in one of the addiction, research, and treatment programs sponsored by the Department of Psychiatry.

Dr. Weber received her BSN and MSN at the University of Miami. She completed Post-MSN, PMHNP and her PhD at the University of Florida.

Dr. Weber is dedicated to improving care of patients with substance use and mental health disorders and is a champion of prevention and early intervention through the Screening and Brief Intervention model.

REV. DON DAVIS, MS, PEER ASSISTANCE SERVICES BOARD MEMBER FROM 2007 TO 2014

Don Davis was nominated posthumously by Cynthia Koenck, Operations Director. Don served as a Peer Assistance Services Board Member for seven years. He was elected as Board Secretary in 2012. Don contributed to our fundraising efforts, strategic planning, bylaws revisions and many other projects. He took particular interest in our staff and programming.

In addition to his work with PAS, Don was a teacher at the middle school, high school and college levels. He contributed to the community through his work as a minister, coaching children in a variety of sports, serving as a precinct captain for the Democratic Party, and mentoring youth.

Don attended Prairie View A&M University in Prairie View, Texas where he received a bachelor's degree in mathematics in 1969. Don attended the Iliff School of Theology and became an ordained minister with the AME Church in 1989.

Don was a devoted supporter of the agency mission and exemplified our values: Integrity, Respect, Compassion, Perseverance and Vision.

Don passed away on July 30, 2014. Don's wife, Mary Davis, PhD, RN accepted the award.



Dr. Mary Davis (center) with daughter Dianna Malone (right) surrounded by Don's colleagues and friends

EAPA AWARDS

Peer Assistance Services has a long history with the Colorado Chapter of the Employee Assistance Professionals Association (EAPA), a membership organization founded in 1971 for professionals who work to support employers and employees alike. Many PAS staff, as members of the association, volunteer their time and expertise to EAPA's educational and professional ventures.

The Daetwiler Award, named for a pioneer in the field of Employee Assistance, Dr. Richard Daetwiler, is presented to individuals who have made significant contributions to the field of Employee Assistance. As Co-Chair of the Communication Committee, Justin Jacques is one such person. Justin is a Case Manager for the Peer Health Assistance Programs and is a Licensed Professional Counselor, a Certified Employee Assistance Professional and a Certified Addictions Counselor II. Justin's leadership and aid in broadening the Chapter's reach through creative use of technology, as well as his longstanding passion for the Employee Assistance field, earned him the 2014 Daetwiler Award for Outstanding Individual Member, which he was presented at the Annual Holiday Luncheon on December 12, 2014. We are proud of Justin's award and his continued service to his fellow professionals.



Justin Jacques (left) being presented the Daetwiler Award by Dr. Richard Daetwiler (Right)

PAS Adopt-a-Family: Spreading Holiday Cheer!

Each year, our Southeast Denver office staff participates in a holiday pot luck and gift wrapping party to get in the spirit of the season. In lieu of an office gift exchange, the PAS tradition is to nominate families within the community for a holiday “gift adoption.” Staff members identify families in need and seek their permission to be adopted for the holiday season. After granting permission, the selected families send PAS a wish list of gifts. Staff members then make donations and volunteer their time to shop for the selected families. This year, Peer Assistance Services “adopted” three families. Staff came together to enjoy holiday music, great food and gift wrapping. We are grateful that we have the opportunity to make the holiday season more joyful for our adopted families. Here are a few of our action shots!



Meg Connell, Compliance Specialist, Maggie Reynolds, Workplace Prevention Coordinator, and Susan Om, Data Entry Coordinator, wrapping gifts, what experts!



Gifts to be wrapped.

IN MEMORIAM

Clare Sandekian, Peer Assistance Services, Inc. Board Member, passed away on January 1, 2015. Clare was first elected to our board in 1995. She selflessly volunteered her time, serving seven terms as director, one term as secretary, one term as president and three terms as treasurer. Clare was steadfast in her work and advocacy for individuals with substance use and mental health disorders.

She had a 50-plus year career in psychiatric and addictions nursing, education and administration in public, private and academic settings. As a member of the U.S. Army Reserve, she served as Chief Nurse of the 5502 U.S. Army Hospital based at Fitzsimons, retiring as a full colonel after 28 years of service. During her career, she also worked at Lutheran Medical Center, the Colorado Psychiatric Hospital, University of Colorado Medical Center, Denver Health and managed her own home healthcare business. After her retirement, she continued her interests as a board member of several non-profit organizations. Clare was a recipient of Peer Assistance Services Founders Award and the University of Colorado College of Nursing Alumni Distinguished Service Award.

Clare is survived by her husband of 49 years, Matthew; her son David; her daughters, Gail Zeleny and Robyn Sandekian; and her grandchildren, Alexis, Blake, Sophia and Grant.

For two decades, Clare served to guide our agency. In her service, she was unwavering, faithful, calm, optimistic and insightful. She had a great sense of compassion. The Board and Staff of Peer Assistance Services will miss Clare and the passion she brought to her work. We wish to express our deepest sympathy to the members of her family and thank them for sharing Clare with us.



PERSPECTIVE

A Licensee’s Perspective:

We are so pleased to present a licensee’s perspective on the work to achieve recovery and the role of the Peer Health Assistance Programs.

“I have been sober for 5yrs, 6mos, and a few days now. Looking back on my life before sobriety, it’s really hard to believe what things were like before. “Was that ‘my’ life?” Indeed, it had been.

At the time I sought treatment, I wasn’t sure alcohol was “the” problem, but I knew the 6 months of weekly counseling and medication changes weren’t helping, so I had to look at my alcohol use for answers.

I won’t lie; I had a major resentment towards the Board and I begrudgingly entered the Peer Health Assistance Program. I found a sponsor and began working the steps again. I was surprised to realize that I actually had some work to do, so I got busy. I started to take my integrity and self-respect back, and have been working on making living amends. That’s a good feeling.

While there are many things I have received as a part of the program, the most important thing is that I realized I had stopped growing as a person when I stopped going to meetings and I wasn’t active in AA. By agreeing to attend meetings and being willing to be teachable, I began to do some serious growing and it has given me such a sense of serenity that I can’t even describe it.

Working my program has helped me realize that I need to continue to grow...every day. I do that by attending meetings, praying, medicating, and reading material for personal growth. So far, it’s been a wonderful journey.”

BEST WISHES

Val Kalnins, RPh, a Peer Assistance Services Founders Award winner in 2002 and the Executive Director of the Colorado Pharmacists Association, will be leaving the organization this year. In addition to serving as the ED of the Colorado Pharmacists



Association, Val has been the Executive Director of both the Society of Health-System Pharmacists and the Colorado Pharmacists Society. He was instrumental in the establishment of the Colorado Pharmacy Coalition and was a key supporter of the legislation that established a peer health assistance program for pharmacists. He was the President of the Colorado Prescription Drug Abuse Task Force since its inception in 1984 through 2007, a group that was

WELCOME NEW PAS STAFF:

Aaron Abeyta, Lauren Alessi, Kamal Bashir, Austin Clark, Nichole Cunha, Gail Guzzo, Matthew Hammernik, Jessica Kent, Chris Koniarczyk, Misty Lambert-Kidd, Kevin Lasher, Miguel Lopez, Natalie O’Donnell Wood, Maggie Reynolds, Tammie Rupe, Jill Peterson, Sarah Swearer, Teresa Snyder, Alicia Trujillo, Evette Valentine

CONGRATULATIONS!

LUXIE GANNON accepted the position of Peer Health Assistance Programs Case Manager.

CHERI GOODWIN appointed Peer Health Assistance Programs Quality Assurance Lead

JENNIFER PLACE appointed Nursing Peer Health Program Lead

MATTHEW HAMMERNIK promoted to TASC Case Manager for Northeast TASC

BRIDGETTE FUSON promoted to Program Director for Northeast TASC Westminster

STACY ZUEHLKE appointed Team Lead for Northeast TASC Westminster

KEVIN HUGHES appointed to Team Lead for Mile High TASC

MARK YOUR CALENDARS:

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH CONFERENCE

April 20-22
Orlando, FL

COLORADO ACADEMY OF FAMILY PHYSICIANS ANNUAL SCIENTIFIC CONFERENCE

April 23-26
Colorado Springs, CO

PAS ANNUAL AWARENESS EVENT

April 29
Denver Art Museum

NATIONAL TASC CONFERENCE

May 4-6
Saint Petersburg, FL

BRIDGING THE DIVIDE SUICIDE PREVENTION CONFERENCE

May 14-15
Denver, CO

COLORADO COLLABORATIVE JUSTICE CONFERENCE

May 27-29
Denver, CO

REEL RECOVERY FILM FESTIVAL

May 29-31
Denver, CO

SCREENING, BRIEF INTERVENTION AND REFERRAL TO TREATMENT: INTERPROFESSIONAL CONFERENCE

June 9-10
Pittsburgh, PA

instrumental in the successful legislation resulting in the Prescription Drug Monitoring Program in 2005.

His leadership in many areas, including advocacy for professionals needing assistance with substance use and related issues, has been outstanding.

We will miss working with him. Warm wishes to Val and his family.

PROGRAMS
 Dental Peer Health Assistance Program
 Nursing Peer Health Assistance/Nurse Alternative to Discipline Program
 Pharmacy Peer Health Assistance Program
 Veterinary Peer Health Assistance Program
 Mental Health Professionals Peer Health Assistance Program
 Colorado TASC
 Western • Northeast • Southeast • Mile High
 Prescription Drug Abuse Prevention Program
 Workplace Prevention Services Program
 SBIRT Colorado
 University of Colorado College of Nursing Health Professional Training Program



PERMITTED STD.
 U.S. POSTAGE
PAID
 DENVER, CO
 PERMIT NO. 2882

ANNUAL AWARENESSEVENT



Dr. Thomas McLellan, Annual Event 2015 Keynote Speaker

Don't miss our 2015 Annual Awareness Event!

The Peer Assistance Services Annual Awareness Event will be held at the Denver Art Museum on Wednesday, April 29, 2015. This year's event will include a reception, seated dinner, keynote address, and question/answer session with Dr. Thomas McLellan. Dr. McLellan is the former Deputy Director of the White House Office of National Drug Control Policy and co-founder of the Treatment Research Institute. He will discuss the value of prevention and early intervention for alcohol and other substance use disorders in improving health and decreasing healthcare costs. Dr. McLellan has more than 35 years of experience in substance use research, publishing over 400 articles and chapters on the topic. We look forward to hosting Dr. McLellan and we hope you will join us!

To purchase a ticket, sponsor the event, or find more information, please visit our website at www.PeerAssistanceServices.org or contact Alyssa Auck, Executive Coordinator, at 303.369.0039 extension 254.

THANK YOU TO OUR SPONSORS:

CHAMPION SPONSOR
 MINES & Associates



PARTNER SPONSOR
 Elizabeth M. Pace
 Colorado Nurses Foundation

PATRON SPONSORS
 TRIAD EAP
 Lee Ann Aden and Mark Tokheim
 National Jewish Health
 Donna Strickland
 Colorado Dental Association
 Dr. Sara Jarrett and Howard Jarrett
 Jill Taylor

ADVOCATE SPONSORS
 Colorado Association of Addiction Professionals
 CeDAR – Center for Dependency, Addiction and Rehabilitation
 Colorado Access
 Colorado Criminal Justice Reform Coalition
 Cherry Creek Benefits
 First National Denver
 Dr. Jeffrey and Deborah Astroth
 West Pines Behavioral Health
 Valley Hope Association
 Dr. Kerry Broderick
 Shelly Sandel
 Jane Klein
 Advocates for Recovery
 Colorado Veterinary Medical Association
 Lutheran Medical Center
 Health Management Associates
 Arapahoe House
 Velvia Garner