

REAL STORIES 1/2

Stories of success from people impacted by PAS programs

LEGISLATIVE UPDATE 2

Parole reform and Medicaid reimbursement for SBIRT were both signed into law.

THE BUZZ 2/3

Program updates, new employees, awards, calendar of events and more news from PAS.

SBIRT COLORADO 3

Show of support for the SBIRT practice.

ANNUAL EVENT 4

'Cope one life at a time' honorees and donors.

PEER REPORT

Start believing.

PEER ASSISTANCE SERVICES STORIES

Real people. Real stories.

The most essential elements of Peer Assistance Services are the individuals that comprise the agency, the clients we serve and the success they realize. Our relationships and connections with clients remain the achievement of which we are most proud. That connection and success are demonstrated here in these stories and reports from various program participants.

NURSING PEER HEALTH ASSISTANCE /NURSE ALTERNATIVE TO DISCIPLINE PROGRAM FROM A CLIENT IN THE PROGRAM

I entered the Nursing Peer Health Assistance Program with a rehabilitation contract start date of August 2008 and an expected completion date of February 2010. I am successfully completing all aspects of the contract and am actively pursuing recovery.

I have made recovery the central focal point in my life. It has been

Thank you for the support and "being there" for those of us who have slipped into the darkness of addiction.

the start of a long journey to live a life alcohol-free 24 hours at a time. Peer Assistance Services and the program have provided the necessary framework needed to build my new life. I had been sober since July 2006, but the Nursing Peer Health Assistance program furthered my growth toward my goal of a sober life. During the time I have been in the program, I have grown in every aspect of my life and know I will continue in the future.

Graduation from the Nursing Peer Health Assistance Program is one of those successes my new life has afforded me, along with better relationships, increased serenity, balance, insight and awareness. I feel

I am ready to graduate from the program and am able to responsibly live without its framework by utilizing my Higher Power and the support of my sponsor and friends of the AA program. It is because of this I am requesting my discharge for February 2010.

I wish to thank the Nursing Peer Health Assistance Program and especially my case manager, Jennifer Noonan MA, NCC, CAC II. Since my acceptance into the program, I have not felt judged or less than encouraged. Jennifer has always been prompt, professional and empathetic in her approach. My experience with the program has been very positive. Thank you for the support and "being there" for those of us who have slipped into the darkness of addiction.

FUNDING: Colorado State Board of Nursing

COLORADO TASC FROM A CLIENT OF WESTERN TASC

Thank you so much for being there for me when I didn't have the money to continue with the Traumatic Brain Injury Group at Inner Journey. For the first time in 19 years I am ready to step out of a long dark tunnel I have been in. I am a little scared but very excited to move forward in life. Thanks for the chance to change.

TO TANYA AND THE STAFF AT WESTERN TASC

I just wanted to say thank you. Your recognition motivates me to try even harder for an optimistic future.

FUNDING: Colorado Department of Corrections

HEALTHY RELATIONSHIPS PROGRAM ABOUT VARIOUS PARTICIPANTS

A participant at the City and County of Denver Workforce Development Center appreciated the expectations exercise in the Within My Reach curriculum. Participants were asked to think about certain expectations, such as views on marriage and parenting styles, and to write their perspective on each expectation. The participant shared this exercise and it helped her and her husband resolve some critical issues in their relationship. Another participant was able to utilize the "xyz statements" in the curriculum to improve communication with her sister.

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Peer Assistance Services

WELCOME NEW PAS STAFF Sue Charles, Christopher Knoepke, Lindsay Marshall, Christina Ochoa and Jill Peterson

The American Nurses Association board of directors selected PAS board member **SARA JARRETT, EdD, MS, CNS, RN, CNE** to receive the 2010 Barbara Thoman Curtis Award. The award was created to recognize those with significant contributions to nursing practice and health policy through political and legislative activity. Sara was presented this award in June at the ANA House of Delegates in Washington, D.C.

THE HEALTHY RELATIONSHIPS PROGRAM was featured nationally by the National Healthy Marriage Resource Center. The program was recognized for its flexibility and adaptability working with agency partners and their consumers, which has contributed substantially to the program's overall success.

The traditional colleague-to-colleague **PEER SUPPORT GROUP** has been a component of the programs Peer Assistance Services, Inc. has provided for 26 years. An important and integral part of the recovery process, the groups have helped countless healthcare professionals through the years. As an important step in augmenting our program services, PAS recently changed the **PEER SUPPORT GROUP** format. The change enhances the structure and education provided to our clients by including quarterly regional meetings focusing on professional practice, wellness, employment skills and networking; in-person client orientation held every two months at the Parker Road office; and active involvement by program participants.

Building on the foundation established for important prevention work in Colorado, both the **WORKPLACE PREVENTION SERVICES** program and the **PRESCRIPTION DRUG ABUSE PREVENTION** program have been awarded funding for the next five years by the Division of Behavioral Health. Both programs are DBH state priority initiatives. The 2010-2015 objectives for the **PRESCRIPTION DRUG ABUSE PREVENTION** program are to

- Increase awareness of the prescription drug abuse problem
- Increase availability of medication disposal programs
- Encourage responsible prescribing practices
- Encourage patient responsibility
- Track data and trends

The 2010-2015 objectives for the **WORKPLACE PREVENTION SERVICES** program are to

- Educate the business community about the benefits of Drug-Free Workplace Programs and Employee Assistance Programs
- Influence EAP providers to implement evidence-based Screening and Brief Intervention in their programs
- Provide EAP services to small businesses, increasing help-seeking behaviors among employees

Florence Nightingale is an inspiration for all nurses. Her compassion at the bedside, innate gift of caring, commitment to nursing excellence, tenacity to standardize practice and her influence to change healthcare policy, exemplify the magnitude of her contributions to the profession of nursing. The annual **NIGHTINGALE AWARD FOR HUMAN CARING** honors outstanding Colorado Registered Nurses whose contributions to the profession of nursing epitomize

the philosophy and passion of Florence Nightingale. Caring and service are integrated into their lives. They have a professional commitment that is reflected through their clinical expertise, leadership, community service and active participation in nursing organizations, which promote growth of the profession and influence healthcare policy.

These nurses are the motivators and visionaries whose actions redefine the contributions of the profession of nursing. There were 381 Colorado nurses nominated for the 2010 Nightingale Award. **PEER ASSISTANCE SERVICES, INC. CEO ELIZABETH PACE, MS, RN, CEAP** was selected as one of 15 finalists for the award and was honored at the 25th annual Nightingale Awards for Excellence in Human Caring.



Real people. Real stories.

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After completing the "Examining Your Family Background" exercise many participants expressed the realization that they are empowered to create the family they want. They looked at habits and practices from the family they grew up in, answering questions such as, "how did your family communicate, did your family eat meals together, what type of discipline was practiced in your family?" Participants looked at what they knew as a child and decided which practices they will leave behind or bring into their family now.

The program works with many participants from other countries. Many have reported feeling glad to have been reminded to implement some of their cultural traditions. They remembered getting together with relatives on weekends and sharing meals and stories with each other in their native countries. They realized that while here in the US their focus has been on working and they have neglected spending time with their families. The pursuit of the "American Dream" had led them to sacrifice their traditional family values. The classes reminded them of the reason they had come here—to create a better life for their families. A "better life" is not just material or financial, but also a closer, more loving life.

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

HIV/HEPATITIS C PROGRAM

ABOUT A PARTICIPANT

The HIV/Hepatitis C program utilizes the Holistic Health Recovery Program to provide HIV/Hepatitis C and substance abuse relapse prevention to the minority re-entry population through referrals from Mile High TASC. The HIV/Hepatitis C Program is in its fifth and final year and has had a number of great successes. One participant was very resistant to the HIV/Hepatitis C education and intervention. However, over

time, this participant opened up and was able to share his struggles and became an inspiration to the other participants. He enjoyed HHRP so much that he came to the January Steering Committee meeting to express his appreciation for the program. "I truly hope this program will continue because I am a better person after participating."

FUNDING: Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention

SBIRT COLORADO FROM HEALTH EDUCATORS

A patient was screened one year ago and received six free Brief Therapy sessions. He recently came back to the clinic and was re-screened. One year ago, he was doing tobacco, alcohol and marijuana frequently. When re-screened, he only reported using marijuana and not as heavily. The SBIRT Colorado Health Educator asked the patient what had helped him make such big changes. The patient said there were many reasons and many people involved in his success, but that it all started with the SBIRT screening at the clinic. He said the Health Educator motivated him and helped him realize the harm he was doing to his body.

One of the Health Educators screened a 23-year-old girl who loved sports. This patient was not doing any substances so her score was negative. The Health Educator took time to congratulate her for her wonderful choices. At the end of the screen the patient said, "You know, it feels really good to hear from people, other than my mom, what a good job I am doing staying away from drugs. My friends tried to make me feel that I am a weird person by making healthy choices, but it is good to know that it is the other way around."

FUNDING: Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment grant awarded to Colorado Governor Bill Ritter, Jr., administered by the Division of Behavioral Health

UPDATES

Legislation affecting prevention and intervention efforts

PAROLE REFORM—FIGHTING RECIDIVISM, SAVING MONEY AND MAKING COLORADO SAFER

HB 1360: Reducing Revocations for Technical Violations

Sponsors: Representative Sal Pace (D) and Senator Pat Steadman (D)

Governor Bill Ritter signed House Bill 1360 into law on May 25. The bill establishes intermediate sanctions prior to re-incarceration of technical parole violators, allowing community punishment instead of re-imprisonment for people on parole for low-level, nonviolent crimes. Technical violators have not committed any new crime, but have broken the terms of their parole—like missing required meetings, failing a drug test, etc. Currently these offenders are often sent back to prison when they commit a technical violation. The maximum time for technical violations by lower risk parolees has also been reduced from 180 days to 90 days.

The bill saves \$15 million annually through the Department of Corrections (DOC) by using a graduated risk-based assessment to determine the number of days that a technical parole violator will spend re-incarcerated. Most of the savings go into recidivism reduction programs—like intensive residential treatment, mental health beds, and drug and alcohol treatment programs. Law enforcement officials, including the DOC and the DA's Council, supported the bill.

"The bill saves the state millions of dollars by providing more intermediate sanctions for technical parole violators, like Community Return to Custody beds, mental health and addiction treatment," said bill cosponsor Rep. Sal Pace. "These programs not only save the state money, but more importantly they are proven through research to reduce recidivism rates. That means fewer crimes, fewer victims and greater cost savings in the future."

SBIRT FOR MEDICAID RECIPIENTS

HB1033: Screening, Brief Intervention and Referral to Treatment

Sponsors: Representative Tom Massey (R), Senator Betty Boyd (D) and Senator Gail Schwartz (D)

This bill was signed into law on June 7 by Governor Bill Ritter. The bill is to activate reimbursement for screening and brief intervention services under the State's Medicaid program. The bill's funding is tied to HB 1284, Medical Marijuana Sales Tax. A portion (an estimated \$1 million) of the sales and use tax generated from the sales of medical marijuana will be allocated to the Department of Health Care Policy and Financing for Screening, Brief Intervention and Referral to Treatment (SBIRT) for individuals at risk of substance abuse who receive their health insurance through the Medicaid program. Federal Medicaid matching funds are available for this Medicaid benefit.

Statement of support for SBIRT

SBIRT Colorado is gathering supporters for the SBIRT practice. Please consider adding your name to this growing list of organizations and individuals who support the following statements demonstrating the demand for Screening, Brief Intervention and Referral to Treatment services in healthcare settings in Colorado.

- Alcohol and other drug misuse, including tobacco, is a major public health problem in Colorado.
- Alcohol and other drug misuse, including tobacco, results in lost productivity, higher health insurance premiums and other expenses for Colorado employers.
- Colorado spent \$1.6 billion on the burden of substance abuse on public programs including healthcare, the justice system, education programs, child and family assistance programs, public safety and the local workforce. This spending amounted to 15.1% of the state’s budget in 2005.
- The effectiveness of SBIRT has been demonstrated in numerous studies; is considered best practice by leading national healthcare associations for identifying and treating substance misuse even at an early stage; and is being funded in a number of states, including Colorado, by the Substance Abuse and Mental Health Services Administration.
- SBIRT can be implemented in healthcare settings as a routine, universally administered part of any healthcare visit in a manner that overcomes stigma and other cultural or socioeconomic barriers.

I/we support Screening, Brief Intervention and Referral to Treatment services being implemented in healthcare settings throughout Colorado under the coordination of SBIRT Colorado.

Please join the following organizations and individuals and show your support for this statement by sending an email to SBIRTInfo@peerassist.org. We will add your name or your organization’s name to a list on our website, improvinghealthcolorado.org. It may also appear in various publications and awareness efforts. Please indicate that you are showing your personal support or are authorized to show support on behalf of your organization.

SBIRT SUPPORTERS

- Association for Medical Education and Research in Substance Abuse (AMERSA)
- Boulder County Public Health
- Carmelita T. Muñoz, Executive Director, Colorado Providers Association
- Carol Mills, RN, CAC III, MA, Behavioral Health Education Specialist, Kaiser Permanente, Denver
- Center for Impaired Driving Research and Evaluation, Boulder
- Charles Mains, MD, Trauma Program Medical Director, Trauma Services, St. Anthony Central Hospital
- Claire Mearns, LCSW, Clinical Social Worker, Infectious Disease Group Practice
- Clinica Family Health Services
- Colorado Community Managed Care Network
- Colorado Providers Association
- Colorado Public Health Association
- Colorado Society for Public Health Education
- Colorado State Employee Assistance Program
- Cynthia Beck Croasdaile
- David S. Timken, Director, Center for Impaired Driving Research and Evaluation, Boulder
- Denver Health Infectious Disease Clinic
- Division of Behavioral Health, Colorado Department of Human Services
- Elizabeth Dunn, RN, Trauma Program Manager, Trauma Services, St. Anthony Central Hospital
- Employee Assistance Professionals Association
- Erica Lewis Kennedy, Former Mayor, City of Montrose
- Health TeamWorks (formerly known as Colorado Clinical Guidelines Collaborative)
- Howard Dental Center, Denver
- High Plains Community Health Center
- Jaywalker Lodge, Carbondale
- John Maynard, PhD, CEAP, Chief Executive Officer, Employee Assistance Professionals Association
- Kendall P. Alexander, LCSW, Director of Integrated Services, North Range Behavioral Health
- Kendra Gallegos Reichle, MS, Dragon Youth Project Coordinator, San Juan Basin Health Department
- Larimer Center for Mental Health
- Laurie Sinner, Director of Human Resources, Community Hospital, Grand Junction
- Linda Henry, RN, BSN, MA, (retired) Director of Public Health Services, Department of Public Health & Environment, Greeley
- Littleton Adventist Hospital, Littleton
- Marge Seabourn, LPC CAC III
- Memorial Health System, Colorado Springs
- Mitzi M. Moran, President/ Chief Executive Officer, Sunrise Community Health, Greeley
- Northern Colorado AIDS Project
- OMNI Institute
- Pamela Bourg, RN, Trauma Program Director, Trauma Services, St. Anthony Central Hospital
- Patricia A. Herlihy PhD, RN, Rocky Mountain Research
- Peer Assistance Services, Inc.
- Prowers County Public Health
- Randi C. Wood, LCSW, DCSW, CEAP, Director, Colorado State Employee Assistance Program
- Ryan White Early Intervention Program, Beacon Center for Infectious Disease, Boulder Community Hospital
- Salud Family Health Centers
- School of Nursing at Platt College
- St. Anthony Central Trauma Services Department
- Steven A. Clark, San Luis Valley Mental Health Center
- Steven Wright, MD, Harvard Park Family and Adult Medicine, board certified in Family Medicine, and Addiction Medicine, Medical Pain Management
- Sunrise Community Health, Greeley
- The Children’s Hospital Immunodeficiency Program
- University of Colorado HIV/AIDS Clinical Program
- Vail Valley Medical Center
- Vicky Cassabaum, RN, Injury Prevention Coordinator, Trauma Services, St. Anthony Central Hospital

REBECCA HECK, director of the Dental, Nursing and Pharmacy Peer Health Assistance Programs presented at the CLEAR—The Council on Licensure, Enforcement and Regulation—Conference in September, 2009 and again, via a webinar in April, 2010. Rebecca’s presentation entitled “Impaired Nursing Practice: A Professional Issue” focused on the regulatory structure of the State Board of Nursing; Colorado’s alternative to discipline program; the proactive nature of the program; the purpose, goals and cost effectiveness of the program; and program statistics and outcomes.

MARK YOUR 2010 CALENDAR

SEPTEMBER • RALLY FOR RECOVERY •

www.advocatesforrecovery.org

SEPTEMBER • NATIONAL ALCOHOL AND DRUG ADDICTION RECOVERY MONTH •

www.recoverymonth.gov

SEPTEMBER 30-OCTOBER 4 • AMERICAN DENTAL ASSOCIATION CONFERENCE •

www.ada.org

OCTOBER 19-25 • DRUG-FREE WORK WEEK •

www.gov/workingpartners

OCTOBER 19-25 • NATIONAL PHARMACY WEEK

NOVEMBER 7-11 • AMERICAN PUBLIC HEALTH ASSOCIATION ANNUAL MEETING •

www.apha.org

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

26 YEARS • ELIZABETH PACE

18 YEARS • JACQUELINE WESTHOVEN

10 YEARS • KAREN WAGNER

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• **MAUREN CARNEY • PATRICIA STRAWSER**

1 YEAR • MATTHEW BUSTOS • KRISTOFOR CATCH

• **LISA ANDERSON • BRENDAN DELAO**

• **BEVERLY GMEREK • FRANCISCO HINOJOSA**

• **JASON HUMPHREY • LYNN KOENCK**

• **MICHAEL ROMERO • ANDREW BRAZIER**

• **CAROLA CORTEZ-RODRIGUEZ**

• **ANTONIO RODRIGUEZ-AYALA**

• **LISA SALDANA-SPIEGLE**

PEER SUPPORT GROUP FACILITATORS We would like to acknowledge the PAS Peer Support Group facilitators for the years of dedicated and caring service to Peer Assistance Services and our clients. Thank you!

• **MARY CORCORAN • KATHERINE GARCIA**

• **DIANNA GILMORE • ESTHER KAISER • IO LOECHELL**

• **MARTA MARTINEZ-EVANS • JANICE SCHULTZ**

• **COLLEEN TODD • MARY JANE VALDEZ**

• **MARGARET YARWOOD • JOANN ZEPP**

PAS STAFF ACCOMPLISHMENTS

We are proud to announce the following:

• **CARLA GARCIA** earned her MSN from Regis University

JENNIFER MORGANTO, manager of Healthy Relationships and Families programs, accepted a position at the Colorado Department of Human Services to work on the Responsible Fatherhood Program. We will miss her and wish her the best of luck.

PREVENTION
 Promoting Healthy Families Program
 Healthy Relationships Program
 HIV/Hep C/Substance Abuse Prevention in
 Minority Communities
 Prescription Drug Abuse Prevention
 SBIRT Colorado

INTERVENTION
 Dentist Peer Health Assistance Program
 Nursing Peer Health Assistance Program
 Paul D. Coverdell Drug-Free Workplace Program
 Pharmacist Peer Health Assistance Program
 Treatment Accountability for Safer Communities
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PAS AWARENESSEVENT

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Thanks to all of our supporters for making the 2010 Awareness Event a grand success.

Congratulations to the 2010 Founders Award recipients

2010 DONORS

2010 FOUNDERS AWARDS

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Dr. Rick Kushner & Comfort Dental

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Advocates for Recovery

Andy and Andrea Volin

Budman and Hershey, LLC

CeDAR—Center for Dependency,

Addiction and Recovery

Colleen and Dr. Ed Casper

Dr. Collis and Marsha Johnson

Colorado Nurses Association

Colorado Veterinary Medical Association

Connie Robertson

David and Ann Stuhr

Gail and Robert Boyd

J. Michael Carroll and Sharon Haecker

Jackie Westhoven

Jane Klein

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Crossroads' Turning Points, Inc.

Elizabeth M. Pace

Harmony Foundation

Jason's Deli

Lola and Red Fehr

Mark Tokheim and Lee Ann Aden

Sara and Howard Jarrett

Valley Hope Association

CeDAR

CeDAR is a residential addiction and co-occurring disorder treatment facility located on the Anschutz Medical Campus of the University of Colorado Hospital. Frank Lisnow is the executive director of CeDAR.

KERRY B. BRODERICK, MD

Dr. Broderick is Associate Professor of Emergency Medicine at the School of Medicine, University of Colorado Denver. She is an emergency attending physician at Denver Health Medical Center. She is currently SBIRT Colorado's medical advisor.

HOWIE MADIGAN

For the last 24 years, Howie has been an interventionist and community relations representative for the Harmony Foundation Inc., a residential treatment facility. In May 2010, Howie celebrated 44 years of his own recovery.

GOVERNOR BILL RITTER JR.

SBIRT Colorado, an initiative of the Office of the Governor, has been working to integrate Screening, Brief Intervention and Referral to Treatment into the standards of practice for healthcare. In 2007, Governor Ritter signed legislation that amended the nurse practice act to expand services under the Nursing Peer Health Assistance/Nurse Alternative to Discipline program. Over the past several years he and his administration have recognized the value of the Colorado TASC which provides case management services for parolees. In 2009, Governor Ritter, with Lieutenant Governor Barbara O'Brien, issued a proclamation for the first statewide Prescription Drug Abuse Awareness week.