Reminder and Correct Address

Care Testing Services (CTS) - Electronic Site
(No Saturday Testing)
Care Testing Services new location:

Care Testing Services
9370 SW Greenburg RD #200 (Jefferson Building)
Tigard, OR 97223

The new location is open Monday through Friday 8:00am to 5:00pm and closed from 1:00pm to 2:00pm for lunch. No Saturday Testing.

Satisfaction Survey

HPSP’s Policy Advisory Committee (PAC) is completing their review of January’s Satisfaction Survey and we will comment on licensee program feedback next month. In the interim, please remember that you can meet your agreement monitor for your annual review. Additionally, please let me know if you have any difficulty reaching your agreement monitor (chamilton@reliantbh.com; (503) 802-9813).

2016 Oregon Legislative Session

House Bill 4016 (2016), pertaining to HPSP, passed through Oregon’s month long legislative session and was signed on March 1st by the Governor. The bill retains HPSP but transfers the program’s oversight from the Oregon Health Authority to a newly established Impaired Health Professional Program Work Group in July 2017. The Impaired Health Professional Program Work Group will be comprised of designees from Oregon’s health professional boards participating in HPSP. The Oregon Medical Board will staff the Work Group. It is not expected that HPSP licensees or collaborating partners will experience any operational changes.

Licuure After HPSP

As of March 1, 2016, 97 Oregon Medical Board licensees have successfully completed HPSP. Of these 97 professionals, 92 (95%) have had no subsequent board orders. Of the five with a subsequent board order, three continue to practice with specific restrictions and two are not currently practicing. In total, there are 95 of the 97 (98%) licensees that are still eligible to practice. (Included in these 98% are two licensees who have since retired their licenses and four licensees who have allowed their licenses to lapse; these licensees were of traditional retirement age.)

New Medication Management Form

HPSP’s Registered Nurse, Megan Roe has revised the HPSP Medication Management Form. The new form is available at www.rbhhealthpro.com under forms. The new form is not a radical departure, but will provide HPSP’s Medical Director, Dr. Bahl, with information needed for medication review.

Speak Up For Safety – Oregon Nurses Foundation’s Education

Early in 2015, with the assistance of a State Innovation Grant from the Addictions and Mental Health Department, the Oregon Nurses Foundation (ONF) developed, piloted, and evaluated a student nurse education program aimed at improving a nurse’s response to workplace concerns related to a peer’s behavior or performance in the workplace. The program,
Spring Sunshine Brightens Mood

After months of low temperatures and dark skies, isn’t it delightful to celebrate spring again? For many people, this wonder-ful season of new life is a real morale booster. One reason: a brain chemical known as serotonin that soothes and balances the nervous system. For most people, serotonin production is linked closely to the amount of sunlight that strikes the retina of the eye.

When people are deprived of light, as usually happens during the winter months, the production of serotonin is slowed, and that could be a factor that produces a bad case of the winter blues. Conversely, the arrival of spring means more light, and for most of us, possibly a more cheerful mood. Here are a few suggestions on taking advantage of spring sunshine.

• Adjust your schedule, whenever possible, to spend time with the sun. When the weather is bright outside, why not grab a sandwich and a soda and carry them to your favorite outdoor bench? If you can get 30-40 minutes of exposure to bright sunlight periodically, your serotonin level will rise and the winter blahs will begin to fade.
• Get serious about exercise. Try committing to three or four half-hour workouts per week to shed that weight. (Consult your family physician before beginning any new exercise program.) About 30 minutes of brisk walking, every other day, is enough to improve cardiovascular fitness, while also elevating your mood.
• Change your diet to match the more active, outdoor lifestyle that begins with spring. You’ll feel lighter and quicker.

Opportunities

ORPRN Conference
The Professional Recovery Network of Oregon 2016 Conference is Saturday, April 16, 2016 in West Salem at Chemeketa Eola. 215 Doaks Ferry Road NW, Salem, OR. Register today @ https://orprn.wufoo.com/forms/orprn-2016-registration/

The National Certification Commission for Addiction Professionals has announced a one-time grandfather credentialing offer to attain a National Certified Addiction Counselor Level I or Level II credential with no testing. The offer is available to all current state certified or licensed addiction counselors who meet eligibility criteria until April 30, 2016. Visit http://www.naadac.org/ NCCAP-NCAC- GrandfatherCredentialOffer for more information.

Hazelden Betty Ford - Portland/Beaverton Recovery Speakers
Anger Expression - Jerry Higgins, CASCII, Family Professional I, March 1 (Portland) and March 17 (Beaverton).
To register: http://www.hazelden.org/web/public/event/view?eventid=4747922

Betty Ford Center’s 2016 Women’s Symposium - Living the Truth
March 24, 2016 at the University of California at Los Angeles. Five CEs.
To Register: http://www.hazelden.org/web/public/event/view?eventid=4995688

Upcoming Center for Personalized Education for Physicians (CPEP) Courses:
• Improving Inter-Professional Communication: Working Effectively in Medical Teams - May 12-14 - Denver