

THE MONITOR



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GUIDELINES FOR DEVELOPING EFFECTIVE HELPING RELATIONSHIPS

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We are helpers. We help our patients, our clients, our friends, family members, colleagues, and even strangers. From time to time, we also need to ask for assistance because periodically, throughout our lives, we are faced with circumstances, problems, and concerns that we can't handle on our own. The acts of giving and receiving aid bind us together on all levels – physically, emotionally, and spiritually. It is through the giving and receiving of help that we grow as individuals and as a community.

Knowing how to help can be challenging, however. Frequently we question whether we are saying or doing the right things. Sometimes there are circumstances that prompt us to wonder whether or not we should be trying to provide assistance. Once in a while we find ourselves wanting to help, but then our offers of assistance are rejected. Occasionally we discover that by helping someone we put ourselves at risk. The following guidelines are intended to provide a framework for making effective choices when you are called on to be a helper.

1) Remember the times when you needed help.

When someone asks you for help - before you do anything - it is important to take some time to reflect on the occasions when you had to ask for help. Become conscious of how you felt. Did you feel weak, vulnerable, or afraid? Did you have hope that you could be helped? Were you grateful for the assistance? Did you feel resentful toward the person who was assisting you? Be honest with yourself. What expectations did you have for the kind of help you were requesting? Were you honestly trying to find ways to solve your problems or were you really just trying to get others to take responsibility for you? Consider what factors in the situation and/or the relationship with the person you turned to that enabled you to seek assistance. Were you feeling desperate? Did you have hope based on the past help you had received? Did you trust the individual(s) you turned to? Did the individual seem like an easy mark – someone who might be manipulated into giving you what you wanted?

Remembering what it was like to need, want and ask for help enables us to be sensitive to the desires and needs of others - and also aware of our own vulnerabilities.

2) Be aware that there are many different ways to cope with problems.

Some people like to talk about their problems with others. There seem to be two types of people who cope by *sharing*. There are those who want feed-back and who are interested in developing insight, a broadened perspective, and possible answers. And there are those who just want to vent.

Some people, however, like to keep their troubles to themselves. The *silent* type can also be divided into two sub-types. There are those people who won't or can't admit they have a problem. And there are those people who know they have a problem, but who have one or more of the following beliefs that prevent them from sharing their problems with others:

Talking about problems doesn't help.

Nobody is capable of understanding my problem.

I shouldn't burden others with my problem.

People might think less of me because I have a problem.

People might take advantage of me because I have a problem.

Dwelling on problems makes them worse.

Continued on page 3 helping

President Tim Grenemyer D.O.; President Elect Robert Lucero DDS; Secretary/Treasurer Randy Marshall
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Clinical Director Connie Merrell-McDonald LADAC, LPCC, LPAT, CEAP
Program/outreach Assistant Nancy Lewis; Records Coordinator Robyn Kusiciel

DRUG SCREEN UPDATE

#1. Random drug screen testing is an integral part of the monitoring program for MTP, Nurse Diversion Program, and Board of Nursing Probation program. Because of the possible consequences for not being compliant in this area, it is important that you be invested in the drug screen process. *Please observe the drug screen collector as he or she completes your drug screen collection. Please make sure that person seals the specimen and places the specimen in the appropriate transfer container.* Please review the Chain of Custody prior to the completion to make sure your MTP number is on the form and that the date and other information is correct. A rejected specimen can result in consequences for you. So please be an active participant.

#2 MTP is considering adding the drug Tramadol to drug screens. This is due in part to the number of participants who have been found to be using Tramadol without notifying MTP and following the appropriate protocol. We are working with SED to try to obtain the lowest price possible for the drug screens including Tramadol. We will provide advance notification of the price increase if we decide to make this change. Additionally, we have had several participants who have had dangerous seizures secondary to taking Tramadol and SSRI or tricyclic antidepressants. Some of these seizures have been life threatening resulting in further review of adding Tramadol to the panel.

#3 Ethyl Glucuronide (EtG) is a test that is done randomly for participants enrolled in MTP (not for nurses involved in Diversion or Board of Nursing Probation). EtG testing, although controversial, provides both MTP and participants another source of compliance. MTP has a specific policy for dealing with a positive EtG since it can result from alcohol in several different means. It is very important to be aware of what you are consuming and using, however. If you do have a positive EtG Dr. Collins will want an inventory of what you have consumed and used over a five to seven day period.

EtG testing is done more often for those MTP participants who have alcohol as his or her drug of choice. Also when there are more than two missed tests, or there is a pattern of missed tests and/or concerns are acknowledged from MTP staff or providers.

When MTP is asked to write letters to various organization asking for participation and compliance, there is often a request to know if MTP tests for EtG, how often and what those results are.

If you have questions concerning EtG testing, please feel free to contact Dr. Collins.

#4 Testing for Integrity. Anytime your integrity is questioned by anyone, you have the option of going to your collection site and giving at test. It is important, however, that you let Jon Thayer know that you have done a test that has not been called, and to whom the result needs to be sent to.

#5 Witnessed collections. MTP requires that all participants be witnessed when giving a drug screen test. If you are not being witnessed, please make sure that MTP staff is aware of this. If MTP staff finds out after the fact that you have not been witnessed, it can cause the test to be voided. The boards who have contracts with MTP require the testing to be witnessed, and MTP assures those boards that participants have witnessed tests.

#6 Always keep your copy of the chain of custody. This is your receipt that you provided a specimen. If you do not keep a copy and MTP says they did not get a result for a random call, and you say you gave a specimen, MTP will ask for your copy of the chain of custody. If you do not have one, MTP will assume you did not do the test. Signing in at the collection site does not prove that you gave a specimen, it just proves you showed up. MTP recommends that you keep your copies for the entire period of participating in MTP, just in case you ever need to prove you gave a certain number of tests.

#7 If you ever have any questions about the drug screen program, do not hesitate to contact Jon Thayer at MTP at 505-271-0800 or outside of Albuquerque metro at 800-431-0090.



**MTP RANDOMLINE 271-0800 #3 or 1-800-431-0090 #3
or 341-8320 direct
RANDOM DRUG SCREEN MESSAGE IS RECORDED BY 6 A.M.
And
On www.monitoredtreatment.com by 6 am**

Financial Policy

The MTP Board of Directors oversees the finances of MTP. In order to not raise fees each year, MTP has to be able to have a balanced budget and pay the expenses of the program. One of the problems over the past several years has been the number of participants who are practicing and still not paying his or her bill each month. The MTP Board requires that participants who are working must pay for services each month in total.

No outstanding balances are allowed.

For those who were given a break because of inability to practice but are now practicing are required to pay their monthly fees in total and pay toward their outstanding balance. The goal of the board is that anyone paying on an outstanding balance will have that balance paid off within one year. The only way a participant can get a break in his or her payments is to ask for a financial hardship form and provide the information necessary for the MTP Board of Directors Finance Committee to review and act on. Rarely will a hardship be granted to someone who is practicing or working.

A \$25 late fee is billed for anyone whose payment is not received by the 25th of the due month. Payments are due on the 15th of the due month and there is a grace period of 10 days. If payment is not received for a second month the participant will be discharged for non-payment and the account sent to collections.

ANNOUNCEMENTS & REMINDERS

- Always call the MTP office prior to coming by for reasons other than scheduled appointments.
- All participants need to call MTP with out of town dates prior to going out of town.
- All payments to MTP are due on the 15th of the month unless prior arrangements have been made. A late fee is applied if payment is not received by the 25th of the month. Credit card payments are welcome.
- Be sure your **MTP number is on your drug screen requisition or it might not get processed.**
- **If you do not receive a billing statement by the 10th of the month call Jon Thayer at 505-271-0800.**

CREDIT CARD PAYMENTS

When making a credit card payment be sure to include the CWS # which is a 3 or 4 digit number on the back of the card.

MTP PROVIDES EDUCATION

MTP staff is available to provide health care organizations with lectures, presentations and training sessions relating to health professionals & substance abuse. Brochures and information packets are available. Contact MTP @ (505) 271-0800 or by e-mail @ MTP@swcp.com

NETWATCH

- There are many places on the internet and world wide web where information about chemical dependency, recovery, mental health, health and medicine can be found. Some may be of interest while some others may not. Information will be updated as it is made available to us. If you have any website information, please pass it on to us. mtp@monitoredtreatment.com
Updated 9/14/06
- **MTP:** www.monitoredtreatment.com
- **NM Medical Society:** www.nmms.org/nmms
- **State physician health programs:** www.fsphp.org
- **NM Board of Nursing:** www.bon.state.nm.us
- **NM Medical Board:** www.nmmb.state.nm.us
- **Gamblers anonymous:** www.gamblersanonymous.org
- **NIDA-What's new:** www.nida.nih.gov/whatsnew.html
- **International Nurses Society on Addictions**
<http://www.intnsa.org>
- **American Association of Nurse Anesthetists Peer Assistants Page** www.aana.com/resources
- **On line physician's support group** by Jeffrey Roth
www.workingsobriety.com
- **Joint Commission** www.jcaho.org

MTP is not responsible for information on the websites listed here. It is just providing the site address for you.



800-431-0090
OR
For Information Call (505) 271-0800

CONSULTATION

EDUCATION

FOR THE HEALTH CARE COMMUNITY MTP PROVIDES

REPORTING

MONITORING

OCCUPATIONAL REHABILITATION PLANNING

REFERRAL

ASSESSMENT

MTP PROVIDES THE FOLLOWING SERVICES FOR HEALTH PROFESSIONAL

MTP
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- **Inside this issue: Spring 2007**
- Drug Screen update
- Net watch
- **Feature: Developing Healthy Relationships**
- Other items of interest