

Satisfaction Survey Results

Thank you to those who completed the recent satisfaction survey. Our response rate was 12%, which is a decrease from years' past. **We value all thoughtful feedback - positive, neutral, and negative - and encourage everyone to complete the surveys each January and July.**

Some of the highlights from the responses include:

- Strong agreement that program requirements are clearly explained and understood
- Agreement that the program treats participants with dignity and respect
- Strong agreement that the program offers a significant amount of structure and accountability
- Agreement that questions and concerns are responded to quickly and clearly, and that Agreement Monitors are knowledgeable about one's case
- 75% of respondents rated overall services as average or better.

We also received a number of written comments, each one of which will be carefully reviewed over the coming weeks. Several of these de-identified comments will be shared in future newsletters, along with responses.

Video Check Ins Available

Did you know you can complete your regular check ins with your Agreement Monitor via videoconference? If you would ever like to have a "face to face" meeting, just ask. Your Agreement Monitor will be happy to schedule a video check in via Microsoft Teams on a regular or ad-hoc basis.

Sober Fitness

Regular physical activity is an important part of many people in recovery's wellness plans. The benefits of exercise are well-known, for body and mind. If you're in the Portland area, there are a few classes and programs designed specifically for, and led by, people in recovery.

[The Recovery Gym](#)

[Lift Sober](#)

[Recovery Yoga](#)

Testing Holidays

There will be no toxicology tests scheduled on the following days:

- Monday, September 4

We strongly recommend that you continue to check in for testing seven days a week, 365 days a year, in order to maintain your routine. Missed testing check ins, and missed tests, are common after holiday or vacation exemptions.

A full list of testing holidays for 2023 can be found here:

[Oregon State Holidays](#)

Continuing Education Opportunities

August 23, 2023
Virtual Live Webinar

Registration Information

Oregon Public Health Association
79th Annual Conference & Meeting
October 16-17, 2023
Corvallis, OR
Registration Information

October 12-13, 2023
Osaka, Japan

Conference Information



Uprise Health | PO Box 8668, Portland, OR 97207 hpspmonitoring.com

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