

## Satisfaction Survey Results

Every six months, HPSP sends out a satisfaction survey to participants who have been in the program for four months or more. Here are some of the highlights from January's survey:

- There is strong agreement that HPSP requirements are clearly explained and understood, and that the program offers accountability and structure.
- 100% of respondents endorsed that their Agreement Monitor is knowledgeable about their case.
- There was a significant increase in satisfaction with timely communication from Uprise Health staff over the last survey (July, 2022).
- More than 87% of respondents rated HPSP overall as "excellent," "above average" or "average."

The next survey will be conducted in July, 2023 - please consider participating in this important opportunity to provide your feedback.

We also received a number of written comments and wanted to address one frequently asked question here:

### "Why doesn't the testing check in line open at 12:01 am instead of 3:00 am?"

We recognize that it can be a challenge to coordinate your schedule on testing days, and we do want to allow as much time as possible and practical to be able to plan - but we must balance that with our responsibility to ensure the integrity of a professional monitoring program. As we support you through your recovery, we never want to create loopholes that can be engineered to place you at risk of lapse or relapse. That's why tests are randomized, including back-to-back tests, and why urine tests must be completed on the same day they are scheduled.

During our internal discussion of this question, we also asked our partner, RecoveryTrek, for their input. RecoveryTrek works with many other state monitoring programs, and as such, is familiar with other programs' policies and procedures. RecoveryTrek confirmed that no other program to



## Honoring Black History Month

We celebrate the accomplishments of Black pioneers in healthcare and mental health. Take a moment to learn about just a few:

### Dr. Rebecca J. Cole (1846-1922)

One of the earliest female African American physicians in history was **Dr. Rebecca J. Cole**. Born into slavery in 1846, Cole became one of the first Black woman to graduate from medical school when she completed her education in 1867. She worked as a physician at two hospitals for women and children—the Women's Hospital of Philadelphia and The New York Infirmary for Indigent Women and Children—and was an advocate for equal rights for women during her career.

### Dr. Charles R. Drew (1904-1950)

Often referred to as "The Father of Blood Banking," **Charles R. Drew** was an early pioneer for blood transfusions during World War II and laid down much of the groundwork for blood donation procedures used today, such as donor screening, blood typing, refrigeration techniques, and more efficient ways of storing plasma over red blood cells, which saved

their knowledge opens their testing line just after midnight. Simply put, it is not a best practice and the room for exploitation is not conducive to supporting recovery.

## Portland Caduceus Meetings

We were pleased to recently learn that **in-person** Caduceus meetings in Portland have resumed.

**When:** Every Wednesday at 7:00 pm

**Where:** Good Samaritan Portland Building 2 - Suite 200 (1040 NW 22nd Ave)

You are also able to continue to join meetings virtually. If you would like the Zoom information, please contact your Agreement Monitor.

## Testing Check-In Methods

You may have noticed a brief disruption in service with MobileTrek on February 4th and 6th (this seems to have affected only Android users, and has been resolved). Just a reminder that there are three ways to check in for testing. If your preferred way is not working properly, please try one of the other two ways. The Program ID is 3701, which you will need for all methods.

1. MobileTrek (free app, available for iPhone and Android)
2. Call 757-414-6039
3. Check the participant portal:  
[www.recoverytrek.com](http://www.recoverytrek.com) -> Participant Login



## Continuing Education Opportunities

**ACSM Northwest Chapter  
Annual Meeting**  
February 24-25, 2023  
Portland, OR

**2023 OHCA Spring Expo**  
April 20-21, 2023  
Salem, OR  
[Conference Information](#)

thousands of lives during wartime operations abroad.

## Bebe Moore Campbell (1920-2006)

**Bebe Moore Campbell** was a tireless advocate for the mental health needs of underrepresented communities, particularly the Black community. As a writer, journalist, teacher, and advocate, she founded NAMI-Inglewood in a predominantly Black neighborhood to provide a safe space for discussing mental health concerns. After she passed in 2006, her legacy lived on—on June 2, 2008, Congress recognized her efforts by formally designating Bebe Moore Campbell National Minority Mental Health Awareness Month to raise awareness of the unique challenges faced by marginalized groups concerning mental illness in the US.

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## Testing Holidays

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

- Monday, February 20

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](#)

## Conference Information

### Oregon Dental Conference

April 13-15, 2023

Portland, OR

## Conference Information



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