

Outdoor Adventures for HCWs

First Descents, a Colorado-based non-profit organization, offers **FREE** adventure camps for healthcare workers between the ages of 18-45. These multi-day experiences include kayaking in the Smoky Mountains, white water rafting in Hood River or Rogue River, and surfing in Santa Cruz. The only cost to participants is travel to and from the adventure location. While not affiliated with any substance use treatment program, these camps are drug and alcohol free.

From their website: "Healthcare workers endure significant stress, trauma, and psychosocial challenges and we're dedicated to caring for those who care for us by providing trauma-informed adventure programs aimed at respite and renewal. First Descents will continue to serve young adult healthcare workers through weeklong adventure programs offered each year. Healthcare Worker Programs are designed to improve mental health, nurture supportive peer relationships, and better position providers to carry out their important work. Left unaddressed and without effective opportunities for respite and renewal, our healthcare system may face long-term disruption."

For more information, visit their website: [First Descents HCW Programs](#)

Mental Health Support is Available

We are noticing an increase in program participants who are struggling with mental health concerns, and we want to offer some resources for free and confidential support that is specific to healthcare professionals.

- [Oregon Wellness Program](#) promotes healthcare professionals' well-being through free counseling, education, and research. Up to eight complimentary, confidential counseling sessions are offered per year
- [Professional Recovery Network of Oregon](#) is a collaborative, volunteer program, linking licensed healthcare professionals struggling with substance use



Honoring AAPI Heritage Month

This month, we acknowledge and celebrate Asian American, Native Hawaiian, and Pacific Islanders who have broken barriers in medicine. Here are stories of just a few:

David Ho, MD

Taiwanese-American researcher and virologist [Dr. Ho](#) was named Time Magazine's Man of the Year in 1996 for his groundbreaking work in AIDS prevention. He, along with his team, is responsible for demonstrating the efficacy of combination antiretroviral therapies, which has transformed HIV infection into a manageable disease rather than a terminal illness.

Margaret Chung, MD (1889-1959)

[Dr. Chung](#) is recognized as the first American-born woman of Chinese descent to become a physician. After graduating from USC's medical school in 1916, she established one of the first healthcare clinics in San Francisco's Chinatown.

Anandibai Gopalrao Joshi, MD (1865-1887)

Although she died from tuberculosis shortly after completing her studies, [Dr. Joshi](#) is regarded as the first known female Indian physician of western medicine. After graduating from Woman's

or mental health disorders to critical recovery information and resources. Free support groups are held throughout Oregon and Vancouver, WA.

- **Oregon Dental Association's Peer to Peer Ambassador Program** offers a robust network of compassionate colleagues, armed with resources to help support dentists and dental students who are dealing with wellness issues including: stress management, practice issues, debt, fraud, family obligations, illness, isolation, injury, depression, loss, grief, and addiction.

Your employer (or your partner's employer) may also offer free, confidential counseling services through an Employee Assistance Program (EAP). EAPs typically cover the cost of 3-6 counseling sessions per issue, per year. Employees' family members are also typically eligible for this benefit. For more information, reach out to your employer's HR or benefits department.

Finally, if you are in distress and need to speak with someone immediately, call **988** for urgent mental health support and resources.

All of the above options are confidential within the parameters of the law and none are associated with HPSP. If you need help identifying other resources, your Agreement Monitor can help.

Medical College of Pennsylvania in 1886, Dr. Joshi practiced as an obstetrician in India until her death the following year.

Testing Holidays

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

- Monday, May 29
- Monday, June 19

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

Rainier Springs

It's Not Just About Fentanyl: Dealing with Multiple Addictions

May 5, 2023

Virtual Live Webinar

[Registration Information](#)

West Coast Symposium

Educational Event for Addiction Treatment & Behavioral Health Experts

June 1-3, 2023

Palm Springs, CA

[Conference Information](#)

13th Int'l Conference on Addictive Disorders and Alcoholism

October 12-13, 2023

Osaka, Japan

[Conference Information](#)



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