

March 2021

This month I am so very happy to introduce you to Rosemarie Ingegneri. Ro is a founding staff member of our East bay and Newport offices. As you will see below she then moved on to lead DATA (Now the Substance Use and Mental Health Leadership Council). We are so very pleased that she circled back to CODAC to be an intrinsic part of our Board of Directors . She brings institutional history to our discussions and decisions as well as her insight, pragmatism, and commitment to our staff and to those we serve. Please meet our strong advocate and leader.

*With lots of gratitude
Linda*



Rose Marie Ingegneri

“As I listen to today’s issues facing the substance use treatment community’s of lack of proper reimbursement of services, access to services for some and the stigma still encountered, I feel that not a whole lot has changed in the 23 years since I have left the field”

After studying at URI, I never envisioned where my vocational “journey” would take me. I started working for CODAC in 1978 at their outpatient alcohol treatment program in East Providence. At that time there were real distinctions between drug treatment and alcohol treatment programs. CODAC was probably one of the only programs in the State that had programs for both. CODAC was my “work” home until the early 1990’s. When I left as Associate Director, I

was proud to have been responsible for growing the East Bay office and opening Newport which was one of the only MAT programs to offer drug free and alcohol use treatment.

The State of RI awarded the Drug and Alcohol Treatment Association, DATA, a grant to develop an educational training program for individuals wanting to become accredited in the chemical dependency field. I was asked to join DATA and develop and direct that endeavor. After years of work with the RI Department of Health they agreed to license chemical dependency professionals thus providing the ability to seek reimbursement for services we were already providing. Today’s LCDP (Licensed Chemical Dependency Professional) and the LCDCS (Licensed Chemical Dependency Clinical Supervisor) were a direct product of that program in conjunction with IC&RC. I was honored to have received the first Rhode Island LDGP license #001.

In 2000 my career took a different path and I joined my husband in his financial planning practice and became licensed to sell and service life insurance and mutual funds.

Now being fully retired, affords me the opportunity to do some volunteer work and spend more time with family. In retrospect I could not have asked for rewarding “journey”

VIDEO TELEHEALTH CAPABILITIES FOR STAFF

Submitted by Aldrine Ashong-Katai, Director of Project Management



At the leadership level, we have been meeting regularly to discuss the continued role of telehealth, including “Video” telehealth, for the remainder of the COVID pandemic (and yes, we do believe this will end someday!). We have also been planning for the continued use of telehealth beyond COVID, knowing that we will most likely be incorporating telehealth into our array of service delivery for many of our patients. We have been creating policies and procedures to guide our telehealth practices to ensure we are meeting the needs of our patients safely.

We also want to ensure that CODAC staff benefits from the opportunity that the development of video telehealth counseling competencies can bring to your own growth in your profession. In the coming month you can expect to see the following activities as we roll out telehealth advancements to CODAC staff:

- ♦ Improving our VPN capacity for remote work
- ♦ Purchasing Zoom for Healthcare licenses to support audio-visual telehealth
- ♦ Increasing the number of CODAC-issued portable devices (e.g. Smart Phones and Laptops) to better support non-office-based telehealth services
- ♦ Developing best practice training for staff on principles of delivering effective telehealth services
- ♦ Incorporating on-going clinical supervision and discussion to enhance the service delivery process for patients and staff

As we begin to come out of the pandemic period, hopefully by the end of the year, we recognize that video telehealth may not be an option for all CODAC patients; however, many of our patients will continue to benefit from the greater flexibility self-determination that video telehealth can offer. Look out for more updates to come!



SECURITY CORNOR

Submitted by Jason Alexandre,
Director of Quality Improvement

Security Tip: CEO Fraud/BEC

Cyber attackers continue to evolve an email attack called CEO Fraud, or Business Email Compromise (BEC). These are targeted email attacks that trick their victim into taking an action they should not take. In most cases, the bad guys are after money. What makes these attacks so dangerous is cyber attackers research their victims before launching their attack. It is also very hard for security technologies to stop these attacks because there are no infected email attachments or malicious links to detect. Here is how the attack works.

The cyber attacker uses the Internet to research their intended victim and people their victim interacts with. For example, if they target you, they would research who your boss is at work, or perhaps a member of the Leadership Team. The cyber attacker then crafts an email pretending to be one of these people and sends it to you. The email is urgent, requiring you to take an action right away, such as processing an invoice, changing who you make a payment to, or convincing you to reply with sensitive documents. The email works by pressuring you into doing what they want. Here are two examples of how just such an attack could work:

Wire Transfer: A cybercriminal is after money. They research the company you work for, such as identifying who works in accounts payable or anyone responsible for transferring funds. The criminals then craft and send an email to these individuals pretending to be their boss or a senior executive. The email tells them there is an emergency and money needs to be transferred right away to a new bank account. The email pressures them into making a mistake, and in reality, they are sending money to the cybercriminal.

Tax Fraud: Cybercriminals are after people's personal information to use for tax fraud. One of the fastest ways to get this is to steal the information of all the employees at a company. The cybercriminals research and identify who works in Human Resources. They then send fake emails to these individuals, pretending to be a senior executive. The emails create an urgent story, that the tax information on all the employees has to be submitted right away. The people in Human Resources think they are sending the sensitive documents to the senior executive, when they are really sending them to a cybercriminal.



SECURITY CORNOR

Submitted by Jason Alexandre,
Director of Quality Improvement

Protecting Yourself

So, what can you do to protect yourself? Common sense is your best defense. Here are the most common clues to look for:

The email is very short (often only a couple of sentences), urgent, and the signature says the email was sent from a mobile device.

There's a strong sense of urgency, pressuring you to ignore or bypass your employer's policies. Always follow work-related policies and procedures, even if the email appears to come from your boss or the CEO. **If unsure, pick-up the phone and call the individual initiating the request for confirmation.**

The email is work related but uses a personal email address, such as @gmail.com or @hotmail.com. In some cases, a display name may be spoofed (faked). Do not trust the display name just because it is a colleague or company you may be familiar with. Look at the email address and verify where this information came from. If you do not see the email address, try clicking on "Reply" in Outlook to see this information and discard the draft once you have seen the sender's email address.

The email appears to come from a senior leader, coworker, or vendor you know or work with, but the tone of the message does not sound like them.

Payment instructions are provided, but these instructions differ from ones you already received, such as requesting immediate payment to a different bank account.

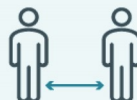
If you suspect you have been targeted at work, stop all interaction with the attacker and report it to your supervisor and forward the message to help@computeremergencyroom.com so they can investigate the matter further.



COVID-19

ACT NOW!

WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

Improve How Your Mask Protects You

Updated Feb. 13, 2021

[Print](#)

Correct and consistent [mask use](#) is a critical step everyone can take to prevent getting and spreading COVID-19. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has.

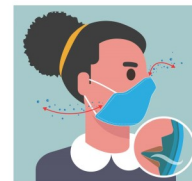
Two important ways to make sure your mask works the best it can

1

Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask

2

Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.



For more information on science behind improving how your mask protects you, see [Improve the Fit and Filtration of Your Mask to Reduce the Spread of COVID-19](#).

For more information on wearing a mask and personal protective equipment in healthcare workplaces, see [Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#).

Do



Choose a mask with a **Nose Wire**

- A nose wire is a metal strip along the top of the mask
- Nose wires prevent air from leaking out of the top of the mask.
- Bend the nose wire over your nose to fit close to your face.



Use a **Mask Fitter or Brace**

- Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.

WEAR A MASK THAT PROTECTS YOU AND OTHERS

Wearing a face covering in public places helps protect you and anyone near you from COVID-19. Your mask should fit snugly but comfortably over your nose, mouth, and chin without any gaps.



RECOMMENDED

- Face mask worn the right way and at least two layers thick

**N-95 respirators are critical supplies that should be reserved for healthcare providers and other first responders*



NOT RECOMMENDED

- Face shield alone
- Loose-fitting bandana
- Face mask with valve
- Face mask worn the wrong way
- Neck gaiter only one layer thick



New CDC Quarantine Guidelines, if you have been vaccinated

Submitted by Barbara Trout, RN, MSN

Director of Healthcare Services

You will not have to quarantine if you meet the following criteria:

- **Are fully vaccinated (i.e. greater than or equal to 2 weeks following receipt of the second dose in a 2-dose series, or greater than or equal to 2 weeks following receipt of one dose of a single-dose vaccine)**
- **Are within 3 months following receipt of the last dose in the series**
- **Have remained asymptomatic since the current COVID-19 exposure.**

Any questions, please contact Barbara Trout, RN, MSN, Director of Healthcare Services.

CODAC Monthly Policy Round-Up

Submitted by Jason Alexandre, Director of Quality Improvement

During the months of February/March, three revisions/additions were made to CODAC policy and procedure. They include the following:

1.18: Community Relations (new policy created 3/5/2021) describing how CODAC works toward establishing positive community relations when opening or relocating a clinic.

2.4: Disposal of Illicit/Suspected Illicit Drugs, Paraphernalia and/or Returned Medication Policy was written 5/2019; however, not formally disseminated.

CODAC Personnel Handbook – Section 15: Code of Ethics and Ethical Standards

Page 47, item 43: CODAC personnel are prohibited from witnessing legal documents (e.g. powers of attorney, guardianship, advance directives, etc.) on behalf of patients, both current and former.



The revised documents can be found on the CODAC Shared Drive at: Y:\Policies Procedures and Regs\Current Policies (please note the change) and Y:\Policies Procedures and Regs\P&P Manuals\CODAC Personnel Handbook FINAL.pdf, respectively.

Please take the time to review these documents as they contain important information that may directly impact CODAC operations and patient care.

For questions, comments or suggestions related to these items, please contact:

Jason Alexandre – Director of Quality Improvement by email at jalexandre@codacinc.org

Thank you!

Yoga in the news!

The following is a research project awarded to Dr. Taylor from NIH. You will see how important this is to our patients. So once again thank you Dr. Taylor for your unending competence, creativity and compassion.

Stay safe, Be well !! **Linda Hurley** , President and CEO



What is the purpose of this study?

- * Research shows that yoga can help people successfully cope with chronic pain. It is likely that one needs to practice a few times a week in order for yoga to have an impact on chronic pain.
- * Our previous research has shown that people enrolled in a methadone clinic (at Fall River SSTAR) found yoga to be useful, but they struggled to make it to classes and practice on their own.
- * **The purpose of this study is to test several different methods for supporting yoga practice in people enrolled in a methadone clinic with chronic pain.**
- * The study is funded by the National Institutes of Health and approved by the Butler Hospital IRB.

What is the study design?

- * We are recruiting people who are clients at a methadone clinic and experience chronic pain.
- * Participants will be in the study for 3 months.
- * All participants will receive:
 - An invitation to attend Zoom-based study yoga classes once per week. These are taught by trained and experienced yoga teachers
 - A smartphone to use during the study, a yoga mat to keep, and a booklet describing yoga practices
 - Gift cards when they complete research assessments (\$80 total compensation for completing these surveys completed over the phone)
- * Each participant will also receive some combination of additional intervention components. We use a randomization process to determine who receives each component. Examples of these include:
 - Two 1:1 meetings with study yoga teachers (via Zoom)
 - Daily text messages designed to support personal yoga practice
 - Access to pre-recorded videos of yoga practices created by study yoga teachers

What are the inclusion criteria?

- * In methadone maintenance treatment at CODAC for over 3 months
- * Has chronic pain
- * 18 and over, with proficiency in English (enough to participate in classes taught in English)
- * Not pregnant; not homeless

Study Staff:

Lynn E. Taylor, MD, Site Director, and Sophie Sprech-Walsh, LPN, Study Nurse

Lisa Uebelacker, PhD, and Michael Stein, MD, Principle Investigators

Nell Van Noppen and Shannon Kirshy, Research Staff

For CODAC staff wanting more information, or if you would like to refer a participant, please contact Dr. Taylor or Nurse Sprech-Walsh. Interested participants may call research staff members Nell Van Noppen or Shannon Kirshy directly at 401-430-0034.



BUTLER HOSPITAL
a Care New England Hospital



Yoga MAT

a research study



Do you have chronic pain?
Looking for new ways to cope
with your pain?

Researchers from Butler Hospital are
looking at how yoga can help people in
methadone treatment manage chronic pain.

Classes are online and last 12 weeks.

You will also complete 4 research
interviews (by phone or video), and will
receive up to \$80 in gift cards for those
interviews.

You will be given a smartphone while in the
study to use for classes and interviews.



To learn more, contact:
401-430-0034
YogaMAT@CareNE.org



IRBNet #: 1543716

Employee Wellness News

Virgin Pulse

If you are enrolled in our health insurance plan, then you are eligible to participate in the Wellness Program through Virgin Pulse! If you have not done so already, then please follow the instructions to register online. Once you sign up for the program, then you can be awarded up to **\$300** (\$75 per quarter) by Virgin Plus.

1. **Health Check (formerly known as Health Assessment)** – This is a questionnaire that a member will fill out. The organization will not receive the results of this assessment or know how a member answered. However, we will know who has completed it or not. The importance of the assessment is so the app can assist with activities and goals based on the member's answers. For example, if I stated that I need to drink more water, then I will be prompted to set a goal to ensure I drink 8 glasses of water per day.
2. **Tobacco Attestation** – This is a simple yes or no “do you smoke” verification. New for 2021, this is a question asked during the Health Check and no longer a separate survey. Answer no and the task is complete. Answer yes and the member will have the ability to complete a cessation program, if he or she so chooses. For this step, again, we will not know how a member answers, but rather did he or she complete the task.
3. **PCP Visit** – This visit will automatically upload to Virgin Pulse once a claim goes through the Blue Cross system. Virgin Pulse is accepting in-person claims as well as telemedicine visits coded as an **annual well visit**. To reiterate one last time, we will not know the outcomes of these visits, but, rather, did a member simply have one in 2021.

3 simple steps to get started!

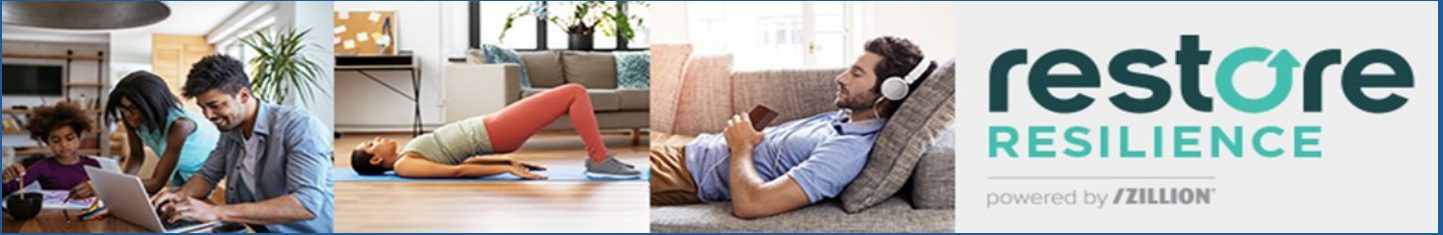
1. **Sign up** at join.VirginPulse.com or download the app* to get started.
2. Choose **Blue Cross & Blue Shield of Rhode Island** as your sponsor.
3. Connect your **Fitbit** or **other wearable device** to track and sync steps with the app.



Once you've created an account, you can set your goals and interests, establish and maintain a snapshot of your well-being progress, and do other fun stuff, like invite friends, join challenges, and discover healthy tips.

The more you get involved, the more points you'll earn. Each quarter your points reset, giving you another chance to meet or surpass your healthy living goals and earn real rewards.

More Wellness News



As the strain from COVID-19 continues to linger—the thought of facing the months ahead can be daunting. Trying to adapt—can be quite stressful and challenging. That’s why we are happy to offer you Restore Resilience—a program designed to guide you to a healthy routine so you can be at your best.

With a primary focus on helping you **manage your stress and improve your sleep, Restore Resilience provides the support you need the most.** It is designed just for you and delivered through the combination of personalized content, a best-in-class app, live coaching, and community engagement. **This is a private program; no personal data or personal experience will be shared.**

What is included with Restore Resilience:

- **Access relevant content to deal with situations created by COVID-19:** help to increase productivity, improve stress outlets, and anxiety management.
- **Work with a live coach on your terms:** use texting and calls for added support and guidance – you decide how often. They become your lifeline during this time.
- **Address the four pillars of health** (stress, sleep, exercise, and nutrition): for healthier minds and bodies. Focuses on the area(s) you need most.
- **Engage in community support:** (peer-to-peer) for social interaction and shared experiences.

Access the easy-to-use app: simple goal tracking, food logging and recipes, and program content.

...AND MUCH MORE!

Sign up for FREE now

www.restoreresilience.com/horizonresilience



Congratulations to :

- ◇ ***Emilia Carter*** on her new position as Program Director at BH Link
- ◇ ***Jaimie Gutierrez*** on her new position as Program Director at Thrive
- ◇ ***Unique Pelletier*** on new position as Team Supervisor in Providence
- ◇ ***Melissa Tourgee*** for passing the test for her LDCP



EMPLOYMENT OPPORTUNITIES

- OTP Counselors in Cranston, Providence, East Bay, Newport, and Wakefield
- Medication Nurses in ACI, East Bay, Hampden County Jail, Newport, Pawtucket, Providence and Wakefield
- Office Assistant in Providence
- GOP Counselors in Cranston and Newport

Stay positive.

The things you're waiting and hoping for, tend to arrive at the most unexpected moments.



ID cards are not needed with VSP.

Members simply identify themselves as a VSP member—the doctor does the rest. Your VSP number is your social security number without the dashes. (Your VSP number is the same for all your dependents)

Members who prefer to have a benefit card can print a personalized one from the member site on vsp.com.

If you have any questions, please contact our Client Support Team at [800.216.6248](tel:800.216.6248). Option 4

Welcome our new staff!

INTRODUCING THE NEWEST MEMBERS OF OUR TEAM!

Victoria Blake-Per Diem Medication Nurse at Hampden County Jail

Cristina Ferri-Peer Specialist at HOPE

Julie Lindquist-OTP Counselor in Wakefield

Bonnie Martin -Lead Nurse in Newport

Stevens Robillard -OTP Counselor in Wakefield