

CODAC CONNECTS

October 2020



Message from Linda Hurley, CEO

As you might have noticed I've been introducing you to our board members. These individuals are tireless volunteers in their support of CODAC staff and in their commitment to our patients. Each board member holds a competence as well as a level of institutional history that is remarkable. I'll be introducing the board members in order of length of time on our board. This month I am introducing you to Ian Knowles, I know you've probably seen the phrase "tireless advocate" written over and over in describing individuals in our field. Ian is the ultimate unceasingly remarkably committed advocate. He has worked for the State of RI to assure quality of care and adherence to regulations in his effort to assure those healing from substance use disorder are receiving optimal services. He was a founding member of RICARES and continues to support that important organization. He writes frequently and his work can be seen in Convergence RI and in other editorials reflecting an outstanding understanding of the disease from which we assist people in healing, as well as the systems that support those efforts. So thank you Ian for a lifetime of caring, compassion and competence. I'm sure that all of our staff join me in thanking you for all that you have brought and continue to bring to CODAC. The following page introduces you further.

Meet Ian Knowles



Ian and Jacques

I am a person in long term recovery from Severe Alcohol and Polydrug Use Disorders. I am also a husband, a brother, and an uncle, an immigrant, a dog lover, and a Marine Corps veteran. I like to read, write about recovery, garden, watch the Patriots and too much Netflix, and I exercise pretty much daily. I am a faux vegetarian - I don't eat mammals or fowl, but eat fish. I attempt to practice mindfulness in my life, with varying levels of success.

My previous work experience in the field includes direct care staff at the State Detox, a Case Manager interfacing between DOC and treatment providers, a Certified Dependency Professional at a community-based treatment program in Pawtucket, the Administrator of the Licensing Office at BHDDH, the Executive Director of RICARES, and my present position as Program Director at RICARES.

At this stage of my recovery, my focus is on meaningful and fulfilling life activities that includes my work. RICARES

provides me the opportunity to join with other staff to intentionally work at the intersection of recovery, trauma, and social justice. The benefits of my work includes the need to continue to learn new information, experience new convergences, and to continually interface with a range of community partners. I shun the idea of 'retirement.' I have worked with past and present leadership and management folks at CODAC in different capacities over the past decades, and am presently the Vice-Chairperson of the Board of Directors. There are no behavioral health treatment program leaders, with whom I have worked, who have been, and are now, more informed and more professional and rewarding to work with than you at CODAC. The innovative initiatives and program development of the last few years have evolved to meet community needs and are a continual marvel to me. Clearly, the work of CODAC is defined by the direct care staff at the various sites throughout the state. I know that your work is challenging, and I

hope that you find it rewarding. There are no behavioral health workers in the state doing better work than you. I wear CODAC t-shirts from the Rally4Recovery (s) in the community to show that I am proud to be associated with you all.

Well-functioning people are able to accept individual differences and acknowledge the humanity of others

Bessel Van Der Kolk, 2014

Computer Corner



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In an effort to create efficiencies with IT support, we are working with a Computer Emergency Room. Should you need computer assistance please email help@computeremergencyroom.com. Please include your first name, last name, computer name (if you know it), the issue you are having and a contact number where you can be reached.

The phone number to their offices Monday - Friday 8:30-5:00 is 607-785-HELP (4357). An email should be sent first so a ticket may be opened.

Maria will be available to provide onsite support and assist with emergencies.



Over the Pass few weeks, you will find Maria , with assistance from Ben from Computer Emergency Room ,working tirelessly updating laptops.





Seasonal Flu Information

Submitted by Barbara Trout, Director of Healthcare Services

Influenza Season is Fast Approaching.

As in past years, CODAC Behavioral Healthcare will be providing flu shots to staff and patients. It is especially important, in this year of COVID-19, that we as healthcare providers protect ourselves and our patients from the flu by getting a flu shot.

Health care workers each have a potential for spreading the disease of influenza to their patients, and it is the right of patients in health care facilities to be as safe as possible from the spread of this and other infectious diseases. The reasonable precaution of having each health care worker receive annual seasonal influenza vaccination is expected to significantly reduce the incidence of seasonal influenza in health care facilities. In accordance with section 5.4 of the Rhode Island Rules and Regulations Pertaining to Immunization, Testing, and Health Screening for Health Care Workers [R23-17-HCW], a health care worker may refuse the annual seasonal influenza vaccination requirement provided that he or she provides annual written notice of such refusal prior to December 15 of each year to the health care facility in or at which he or she is employed. (216-RICR-20-15-7) Please note: If you have concerns about getting the flu shot due to its contents or manufacturing, please consult with your PCP or local pharmacist about Flu-Blok.

If you would like to receive a flu shot at CODAC, please consult with your Health Home Nurse or Lead Nurse at your site. Most sites should have their shipments of vaccines in by October 19, 2020. If you would like to obtain your flu shot at your PCP or local pharmacy, please bring in a copy of the documentation that you received your vaccine and give it to your Lead Nurse or Health Home Nurse at your site. We are aiming to have as many staff vaccinated by mid-November. The sooner you get vaccinated, the better protected you may be from a potential early wave of influenza in the community.

Below is information from the Rhode Island Department of Health regarding Flu (Influenza).

Flu (Influenza)

Flu is a contagious respiratory illness caused by viruses. People get sick from seasonal flu viruses every year. Flu can cause illness ranging from mild to severe. In some cases flu can lead to hospitalization and even death. Most people who get the flu will have a fever and cough or sore throat. They may also have a runny or stuffy nose, body aches, a headache, chills, fatigue, vomiting, or diarrhea. [IS IT THE FLU OR A COLD?](#)





Seasonal Flu Information

Submitted by Barbara Trout, Director of Healthcare Services

What you should do if you think you have the flu

Seek appropriate care

First, check with your primary care provider. Milder cases of the flu are often better treated by a primary care provider or in an [urgent care facility](#) than in an emergency department.

However, some cases of the flu should be treated in an emergency department. Go to an emergency department if you have difficulty breathing or shortness of breath, pain or pressure in the chest, or are experiencing flu-like symptoms that improve but then return with fever and worse cough.

If you are not sure if you need to go to the emergency department, contact your primary care provider. He or she will be able to guide you through the next best step for you or your child. (Most offices have physicians on call after hours.)**Manage symptoms**

Stay home if you are sick. If you have flu-like symptoms (fever plus a cough or fever plus a sore throat), stay home from work, school, or child care until you have been fever-free (temperature less than 100.4 degrees F/38 degrees C) for 24 hours without the use of fever-reducing medications.

Rest, drink plenty of fluids, and avoid using alcohol, caffeine, and tobacco.

Consider using over-the-counter medicines such as Tylenol, ibuprofen, or aspirin to relieve symptoms. Children younger than 19 years old should not be given aspirin to treat the flu.

Check with your healthcare provider about any special care you might need if you are [pregnant](#) or have an [underlying health condition](#).

Tell your doctor if you've had flu-like symptoms or felt ill after returning from destinations with health [travel advisories](#).

Consider antiviral medications. Antivirals are prescription medicines used to treat the flu when people are very sick or at [high risk](#) of flu-related complications. In order to work, they must be started within 2 days after getting sick. During a pandemic, antivirals may be prioritized for people at high risk of serious flu complications. [MORE](#)

What you should do to avoid the flu

Get vaccinated

Flu vaccine is [safe](#) and is the best defense against the flu. The [Office of Immunization](#) provides flu vaccination for at no cost for students in kindergarten through grade 12 at school-based clinics. Most evening school clinics are open to the public (age three and up). For the most up-to-date list of school clinics and to register for a school clinic, visit [schoolflu.com](#). There are also a number of community clinics open to the public which offer enhanced flu vaccine for people 65 years of age and older.





Seasonal Flu Information

Submitted by Barbara Trout, Director of Healthcare Services

Everyone 6 months of age and older should get a flu shot every year, and it is especially important for people in the following groups to be vaccinated:

- [Pregnant women](#)
- Children 6 months to 19 years of age
- [People with chronic medical conditions such as heart, lung or kidney disease, diabetes, asthma, anemia, blood disorders, or weakened immune systems](#)
- People 65 years of age or older
- Nursing or group home residents
- [Healthcare workers](#)
- [People who live with or care for those at high risk of flu-related complications](#)

Practice good health habits

Flu viruses spread when an infected person coughs or sneezes near another person. They may also spread when people touch something covered with infected droplets and then touch their eyes, mouth, or nose.

- Wash your hands often throughout the day. Use warm water and soap. If soap and water are not available, use alcohol-based hand gel. [MORE](#)
- Cough or sneeze into your elbow. Flu is spread through coughing or sneezing on other people or into your hands. Cover your coughs and sneezes to prevent others from getting sick.. Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.
- Keep surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant.

For more information about Flu (Influenza) please visit the Rhode Island Department of Health website at: <https://health.ri.gov/flu/>





Congratulations to **Tori Panzarella** , East Providence on passing her LMHC examination .
Great job!!

Best wishes to **Beata Bertoldo** on her retirement. Beata has been with CODAC for over 12 years. Her most recent position was as an OTP Counselor in East Providence .
CODAC thanks you for your service to our patients. You will be missed !!



East Providence's Security guard, **Bob**, brought some Halloween fun to our patients . Bob set up an animated, musical Halloween display to greet patients as they entered the clinic. Staff relayed that our patients enjoyed this special TREAT !!

Well wishes to **Ed Rondeau**, for a speedy recovery

Recently members of CODAC's nursing team participated at a Narcan distribution event at the RI Annual Recovery Rally, held at the Warwick Mall, Special thanks to **Anne Arlan, Tamar Bishop** and **Diane Plante**.



Anne Arlan, Michelle McKenzie (PONI). Diane Plante and CECE





Carolina Alvarez	Office Assistant	Cranston
Kaley Burkholder	CMA/Health Home Liaison	Wakefield
Jessica Dalnas	Office Assistant	Providence
Basheera Jihad	Nurse Care Manager	Hampden County
Patrick McCarty	Facilities Manager	Corporate
Jody Weinreich	OTP Counselor	Wakefield
A SPECIAL WELCOME BACK to: Edward McGuil		GOP Counselor Newport



NEW and UPDATED POLICIES

Leadership has been working on updating some old policies and developing some new policies. Employees are encouraged to read the new policies. They are located on the **Share Drive – Policies and Regulations Folder – New Policies Folder**. If you have any questions regarding any of the policies, you can reach out to Jason Alexander, Director of Quality Improvement : jalexandre@codacinc.org or 401-275-5037

CARF



CARF Surveys are scheduled for November 6 through November 8 and November 16 through November 18.

If you have any questions, please contact :

Jason Alexander. Director of Quality Improvement:

jalexandre@codacinc.org





ELECTION DAY IS NOVEMBER 3, 2020

Not sure if you are registered to vote or where to vote?? You can find that information at the following sites:

<https://vote.sos.ri.gov/> (Rhode Island)

or

<https://www.sec.state.ma.us/wheredoivotema/bal/myelectioninfo.aspx>

(Massachusetts)

****Due to COVID restrictions , some voting locations have changed****



Human Resources



- ⇒ Full Time OTP Counselor Opportunities in East Providence, Newport and Wakefield
- ⇒ Full Time Medication Nursing positions in Newport, Wakefield and Pawtucket
- ⇒ Part time Health Home Nurse in East Providence
- ⇒ Part Time Office Assistant in Wakefield
- ⇒ Full Time Assessment Clinician at the ACI
- ⇒ Full Time Bi-lingual Clinician at Hampden County
- ⇒ Nursing Opportunities at Hampden County



It is that time again for Open Enrollment for 2021 Health Insurance. Benefits
Watch your emails for further updates.

If you have any questions, please contact Mary Torres at mtorres@codacinc.org.

