

Dear NOAP Members,

We are in unprecedented times and as such we want to utilize our national vantage point to provide information that may help programs in their drug testing decisions at this time.

This message contains information about

1. The drug testing industry in general (the clinic and laboratory infrastructure)
2. Options to consider for testing flexibility (Dr. Ferguson's recommendations)
3. What actions other programs are taking (Physician, Nursing and other healthcare programs)
4. Online support group meeting resources (attachment 1)

Drug Testing Industry

We are currently monitoring a network of more than 15,000 collection sites. Most of the users of this network perform activities regulated by the Department of Transportation. Currently, the Federal guidance is for continued drug testing. Our transportation clients are working overtime to meet the increased demand for goods throughout the country, which means continued random testing as well as pre-employment drug testing and physicals throughout all 50 states. We also have a healthcare staffing department that utilizes the clinic network for titers, vaccines and physicals. There is currently a high demand for nurses and other medical professionals. These activities give us daily insight into the operations of all of the collection sites in the country that are utilized by your programs. We are monitoring this daily. Please reach out to me if you would like to be included in these updates (no matter who your vendor is). So far, the collection site network continues to meet the needs of all of our clients.

Also, we have confirmed business continuity plans with all major laboratories.

Testing Recommendations and options to consider

We understand that balancing your participants' safety with your programs' mission for public safety potentially presents some challenges. Below are possible changes you can make or encourage your participants to make to reduce the risk of exposure while continuing to test adequately.

Collection sites

- Participants should call ahead to verify clinic operation hours. Collection networks are taking steps to reduce waiting area numbers. [Here](#) is the link to LabCorp's current guidance. We expect others to follow.
- Utilize clinic networks that offer appointments, reducing the number of individuals in the waiting room.
- When possible, utilize sites that only do collections, rather than clinic networks, that may be servicing sick patients.
- Require collectors to follow the CDC guidelines for hygiene best practices during collections.
- All monitored and observed tests should be conducted in spaces that allow for 6 feet of distance between collector and participant. Most facilities meet these requirements.

Testing Frequency and type

- Detection windows for different specimen types can allow for full coverage while providing flexibility when needed:
 - Urine tests have a detection window of 2-4 days. A participant could be permitted a testing window of 48 hours.
 - Hair tests provide a detection window of up to 90 days.
 - PEth provides a testing window from 3 days to 2-4 weeks.
 - Utilize portable Breathalyzer technology when appropriate.

Healthcare Professional Programs - actions so far

We are seeing a range of responses from our programs. Over 90% of programs have made small or no changes to testing.

Some of the changes that have been made:

- Prioritizing working participants, requiring continued urine testing when working but setting up larger hair panels for participants who are not actively employed.
- Moving all tests for a period of days or weeks without notifying participants and reassessing daily.
- Allowing more flexibility in the testing window for working Healthcare professionals.
- Taking testing protocol changes on a case by case basis.
- Utilization of skype and zoom for participant check-ins.
- 100% Virtual support groups and 12 step meetings (see the following page for a list of resources)
- Only using collection networks with established COVID – 19 procedures allowing social distancing.

We hope that your staff and families are and remain healthy and safe.

Please feel free to reach out with questions or any way that we can help.

Kind Regards,

Shane and the FSSolutions Team

Shane Moes, MA, LPC, CAADC
Executive Vice President
C 215.500.4353
E smoes@fssolutions.com

James Ferguson, DO, DFASAM,
MRO Medical Director
D 800.732.3784 ext 6109
E jferguson@fssolutions.com

Suzanne Alunni-Kinkle MSN, RN, CARN
Director, Business Development
C 609.706.4160
E skinkle@fssolutions.com

Mark D. Lutz, MA, LCDR III, ICADC
Director, Business Development
C 614.306.5021
E mlutz@fssolutions.com

Online Support Group Meetings

AA Online Meeting Directory: <http://aa-intergroup.org/directory.php>

AA – Online: http://12stepforums.net/alcoholics_anonymous_online_meeting.html

AA COVID-19 Informational Page: https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf

Al-Anon – Online - http://12stepforums.net/alanon_family_group_online_meeting.html

IDAA - <https://www.idaa.org/>

In The Rooms: An Online Addiction Recovery Community AA, NA, Dual Diagnosis, SAA (sex addiction), CPA(chronic pain): www.intherooms.com

NA Online Meetings “Addicts helping Addicts Recover”: <http://na-recovery.org/>

NA – Online - http://12stepforums.net/narcotics_anonymous_online_meeting.html

NA COVID-19 Informational Page:

https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus_web_message_12Mar.pdf

Recovery Dharma: “Healing from Addiction with Buddhist Practice”, daily meetings via computer, smartphone or dial-in: <http://recoverydharma.online/>

Smart Recovery:: <https://www.smartrecovery.org/community/>

WEconnect and Unity Recovery are partnering together to offer 4 daily all recovery meetings to anyone in the world. Meetings will follow an open format and are available to anyone in or seeking recovery. 7 days a week: 9am ; 12pm; 3pm; 9pm ; All times are EDT.

Join by navigating to: <https://unityrecovery.zoom.us/j/2656499375>

GAMBLING - Jeffrey P. Wasserman, JD, ICGC-1, CPRS -Judicial Outreach and Development Director is offering daily online support group meetings for problem gamblers on Zoom. Anyone who is interested in learning more can email Jeff at nobetdelaware@gmail.com.