

State Peer Assistance Advisor (SPA) Getting Help: Are you aware that CRNAs have the highest rate of substance use disorder amongst all healthcare providers?

AANA/MANA Peer Assistance provides support for CRNAs and SRNAs for all aspects related to drugs/alcohol impairment, suspicion of drug diversion, substance use disorder (SUD), adverse event support, and questions related to fitness for duty. SPAs are part of the AANA peer support network led by the Peer Assistance Advisors Committee (PAAC). SPAs expand educational outreach, build awareness, and participate at the state and local levels. SPAs monitor satisfaction and treatment outcomes.

IMPORTANT: For a crisis with potential immediate risk for harm to self or others, call 911 or the American Foundation for Suicide Prevention (AFSP) American Foundation for Suicide Prevention suicide hotline, **800-273-TALK**.

AANA Peer Assistance Helpline for drugs/alcohol concerns: 24/7 confidential live support and resources for CRNAs/SRNAs (**800-654-5167**). The AANA Peer Assistance Helpline is a live confidential response with support, information, and helpful resources. The Helpline offers an invaluable service to those suffering from SUD providing AANA intervention, treatment, and re-entry recommendation specific to anesthesia professionals. Support is confidential. Information provided by a person contacting the Helpline will be shared only with the caller's knowledge and for the purpose of helping facilitate support. Only anonymous demographic data is collected for reporting purposes. However, please note that all AANA staff and volunteers are required to comply fully with all applicable state laws regarding mandated reporting.

If You See Something, Do Something

Early identification of the signs and behaviors associated with substance use disorder and drug diversion reduces the risk of harm to patients and providers. Co-workers play an important role by recognizing and reporting suspicion to supervisors/appropriate chain of command. As Ira P. Gunn, CRNA, MSL, FAAN said in a 1986 editorial, "until there are better methods for preventing, controlling, and treating chemical dependency, we must remember that we all are our colleagues' keepers and, as such, are in the best position to protect the patients we all serve." If signs and behaviors

are noticed or you have questions or concerns, assistance is available at [\(800\) 654-5167](tel:8006545167).

RAINN National Sexual Assault and Sexual Harassment Hotline Support, resources and referrals by trained support specialists [800-656-4673](tel:8006564673)

The AANA has offered substance use disorder (SUD) related support since 1983. This program has grown into a robust network of State Peer Advisors (SPAs) facilitated by the Peer Assistance Advisors Committee (PAAC) and AANA staff. Features of this support include:

- AANA Peer Assistance Helpline [\(800-654-5167\)](tel:8006545167) for confidential assistance, informational support, and referral resources to nurse anesthesia professionals and the public on issues regarding well-being as it pertains to risk for substance use disorder and other issues such as experiencing adverse events and fitness for duty.
- Commitment to address the occupational risk for substance use disorder through educational endeavors for prevention and early recognition of substance use disorder and drug diversion.
- Formulation of guidelines, workplace resources, and policy considerations for safe intervention, reporting, treatment specific to anesthesia professionals, long-term recovery, and appropriate re-entry

Introducing the Massachusetts State Peer Advisors

Jennifer Jett, CRNA, MS
Northborough, MA 01532-2069
p: [301-751-4831](tel:3017514831)
e: jlynnjett@gmail.com

Linda Kovitch, CRNA, RRT, MSN
Bedford, MA 01730-1023
p: [617-633-6698](tel:6176336698)
e: zzzzcrna@icloud.com

Maria van Pelt, CRNA, MSA, MSN
Westborough, MA 01581-3606
p: [215-888-9950](tel:2158889950)
e: mariamagro@yahoo.com

Anesthetists in Recovery (AIR)

AIR is a national moderated virtual community of CRNAs and student nurse anesthetist in (or in need of) recovery from [substance use disorder](#) (SUD). AIR is an organization involved with both education and networking to help one another achieve and maintain sobriety/clean time and reach out to those who still suffer. Members can post at their personal comfort level of sharing. It is absolutely confidential and anonymous without affiliation to any organization, including the AANA; no reporting function with any certifying or licensure body.

Anesthetists in Recovery: A Lifeline for Recovering CRNAs and their Families [https://www.aana.com/docs/default-source/wellness-aana.com-web-documents-\(all\)/saving-lives-air-pair.pdf?sfvrsn=f3264bb1_2](https://www.aana.com/docs/default-source/wellness-aana.com-web-documents-(all)/saving-lives-air-pair.pdf?sfvrsn=f3264bb1_2)

To request membership please call
Larry **435-901-1197** or Bridget **203-996-1322**