

Guidelines

A Quarterly Newsletter

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Training Opportunities:

New from EDPM: WEBINARS

Need cost-effective drug and alcohol training for your personnel?

Get them trained right in their own office with the convenience of EDPM Webinars – our brand new, easy to use online training service. EDPM Webinars allow you to save valuable time and reduce travel expense while still benefiting from live, professional training. Our Webinars are compliant with DOT training requirements as well as state-specific training guidelines.

EDPM Webinars are:

- Live
- Convenient
- Cost-efficient
- Easy to use (no software)
- Customizable
- Perfect for companies with multiple locations

EDPM Web Conferencing allows EDPM's trainers to come into your office via any computer with an internet connection without having to incur additional expense associated with business travel.

Save the Date: On-Site Training

EDPM also offers established on-site training courses that ensure your personnel are up-to-date on reasonable suspicion protocols, state and federal rules and regulations, as well as industry-wide best practices when it comes to drug and alcohol testing. Sign up for one of our training courses today!

Designated Employer Representative Training:
Next Training Date: May 28, 2008, Birmingham, AL

If you are responsible for handling any component of the drug testing program, then as the DER, you have an opportunity to:

- Learn the roles and responsibilities of a DER for the Company
- Learn how to handle unique or unusual situations (e.g., refusal to test)
- Ensure compliance with federal (DOT) and state rules and regulations
- Learn and implement best practices in testing management in your industry

Signs, Symptoms, & Indicators of Drug & Alcohol Use:

Next Training Dates: May 22 and June 18, 2008 (choose one),
Birmingham, AL

If you are a supervisor or manager that may be in a position to determine whether an employee poses a safety risk, this session will enable you to:

- Learn how to identify, document, and manage reasonable suspicion testing
- Satisfy Drug-Free Workplace requirements in many states for annual 2-hour supervisory training
- Comply with federal DOT regulations requiring 2-hour reasonable suspicion training for all supervisors

Drug Screen Collector Training:

Next Training Date:

June 19, 2008, Birmingham, AL

The Collector Training course is designed to certify collectors to perform DOT urine specimen collections in accordance with DOT rules and regulations.

Breath Alcohol Training:

Next Training Date:

June 26, 2008, Birmingham, AL

EDPM's BAT Training is designed to certify Breath Alcohol Technicians on administering DOT breath alcohol tests using the Intoximeters RBT IV.

EDPM forms partnership with SMART

EDPM has recently partnered with The Sports Medicine and Athletic Related Trauma Institute (SMART Institute), a regional center for the advancement of sports medicine created to promote safety among recreational, high school, college, and professional athletes.

EDPM currently manages many drug testing programs for high school and collegiate athletes throughout the Southeast.

Dr. Lawrence J. Lemak, founder of SMART, spearheads an innovative sports medicine model that's objective is to transform sports safety through integrated education, research and community outreach.

"The SMART Institute's goal is to raise awareness for injury prevention for athletes. We feel very strongly that deterring drug use through drug testing will be a critical part of protecting athletes throughout the state," said Dr. Lemak.

Dr. Howard Strickler, EDPM's President and Medical Review Officer, currently serves on SMART Institute's Advisory Board with a specialty in Addiction Medicine.

"We are very proud of our new affiliation with Dr. Lemak's SMART Institute," said Dr. Strickler. "As drug use in sports continues to make headlines nationwide, increased awareness on drug abuse and drug testing programs can only serve to aid in helping keep athletes healthy and safe."

EDPM is committed to the safety and well-being of athletes at all levels. As a member of the SMART Institute, EDPM's role will be to serve as the premier drug screen provider for athletes and school systems throughout the state of Alabama.

Student Athletes and Steroids

The use of anabolic steroids is currently increasing among young student athletes. "According to the National Institute on Drug Abuse, 3.4% of high school seniors have used anabolic steroids at least once, and 1.9% of eight graders admitted to trying steroids." Recent reports state that between 65 to 89% of intercollegiate athletes are using some sort of nutritional supplement.

Student athletes today are looking for the easiest and fastest way to be leaner, bigger, stronger, faster, and they also want to be the best. The fastest way they think to do this is to use steroids.

“Statistically, one in twenty student athletes have tried or are trying anabolic steroids,” says Alan Bowyer with Anti-steroid National Assembly Tour. Over half of the users of anabolic steroids say that they use them to improve their athletic performance.

The fight against high school steroids is working its way into play with Florida and Texas now joining New Jersey in mandating the testing of high school student athletes for steroid use. Also, officials at the Illinois High School Association plan to move ahead by putting in their own program with or without legislative assistance.

EDPM currently conducts steroids testing for school systems and employers. If you are interested in learning more about steroids testing, please contact Hunter Strickler at hstrickler@edpm.com.

Great Promise in China Trade Mission Trip

EDPM CEO Chuck Ash participated in a week long trade mission to China led by Alabama Governor Bob Riley and the Alabama Development Office that aimed to increase business opportunities for Alabama companies. Approximately 50 leading business and educational organizations throughout Alabama participated and had the opportunity to meet with Chinese officials representing government, educational institutions, and business.

"The global economy we are in today makes it imperative that we form these relationships with China," Governor Riley said. During the trip, the Governor signed an economic development pact with Jiangsu province, one of China's fastest-growing districts.

"China is already Alabama's third largest trade partner and that provides great opportunity," Ash said, "and many of EDPM's clients are currently doing business within China. EDPM must be prepared to offer our services wherever our clients have the need."

"Gov. Riley believes in free trade and his success has been proven," said Todd Stacy, the Governor's spokesman. "This trip is about allowing Alabama business owners to showcase their products and build relationships with the people in China."

During the trip the Alabama Development Office organized site visits to local economic zone/technology parks with the objective of introducing Alabama economic development, higher education, and research and service to Chinese companies to aid in establishing and expanding relationships.

Ask Dr. Strickler — MRO Spotlight

What does it mean to have a dilute specimen?

A dilute specimen is typically caused by the donor drinking an excessive amount of liquid before the collection occurs. This dilution can be unintentional or it can be a result of a diuretic taken in hopes of beating the test.

If the test is determined by the laboratory to be dilute it can be a positive dilute or a negative dilute. A positive dilute is treated as a positive result.

There are two types of negative dilutes:

- 1) Mandatory recollection— if the specimen's creatinine is greater than or equal to 2 mg/dl and less than or equal to 5 mg/dl, the MRO will notify the employer that the employee must undergo an immediate recollection under direct observation.
- 2) Optional recollection— if the specimen's creatinine level is greater than 5 mg/dL and less than 20 mg/dL, the MRO will report the result as a negative dilute, but will not require a recollection. The employer can decide whether to require a recollection. EDPM recommends that an employer have a set policy and act consistently in these situations. The test will be reported to the employer as "dilute" and the employer may then proceed in accordance with company policy.

Inside EDPM

- **Welcome** Hunter Strickler, Brooke Turner, Crystal Doran, Mechelle Worthy, and Brenda Campbell, all recent additions to the EDPM team!
- Congratulations to proud new grandparents EDPM CEO Chuck Ash and his wife, Ruth.

Their daughter Amy and her husband Bruce Cooper of Birmingham, Alabama welcomed Emma Ruth, born at 11:47 A.M. February 13, 2008. She weighed 6 pounds, 14 ounces and measured 19 1/2 inches at birth.

- Congratulations to EDPM Sales Rep Jason Dailey on his wedding to Teal McDermott on May 3rd. All of us at EDPM wish them the best!

EDPM is a proud member of both DATIA: Drug & Alcohol Testing Industry Association and SAPAA: Substance Abuse Program Administrators Association.

