



Outpatient Services

"Create the life you want."

Operation PAR Outpatient services provide effective evidence-based screening, assessment, intervention and counseling for adults and adolescents with substance use and mental health conditions.

Our services begin with a screening. This screening helps determine which services will best meet your needs along with an ongoing in-depth assessment. The services we recommend are based on your unique set of circumstances. We will create a plan with steps you can take towards living the life you want. Counseling and Intervention services are provided in various formats: Group, Individual and/or family sessions. These sessions may take place in our offices, by telehealth, and/or in the community. The length of time individuals are enrolled with PAR can, and does, vary from person to person. Right from the beginning of treatment, we will plan for your recovery after PAR.

We use culturally-competent, person-centered treatment and interventions. Each program builds on the strengths you already have. Some of the programs we found helpful are Motivational Enhancement Therapy/Motivational Interviewing, Cognitive Behavioral Therapy, Seeking Safety, Living in Balance, The Matrix, Parenting Wisely, and Strengthening Families. For eligible individuals, psychiatric medication management services are available.

Contact our Access Center, 727-499-2335, Mon-Fri 7am-11pm, Saturday 8am-4:30pm to choose recovery with Operation PAR. We accept many insurances and offer a sliding fee scale for eligible individuals. We look forward to serving you!

Outpatient office hours are M-F, 8:30am-7pm (Beginning at 7am by appointment)

South Office

(727) 893-5444

2000 4th Street South

St. Petersburg, FL 33705

Central Office

(727) 545-7568

6655 66th Street North

Pinellas Park, FL 33781

North Office

(727) 538-7245, x312

13800 66th Street North

Largo, FL 33771

www.operpar.org



ID #: _____ NAME: _____

OUTPATIENT SERVICES AGREEMENTS

Hours: Monday-Friday 8:30am-7pm

CONFIDENTIALITY:

We strive to provide a safe and secure therapeutic recovery environment. We ask your help in keeping information shared in groups and the identities of all other clients confidential. Recovery at PAR may include sharing a minimum amount of necessary treatment information between PAR programs you are actively enrolled in.

_____ I agree to keep client names and group discussions confidential, and understand that other PAR programs I am enrolled in may receive a minimum amount of necessary treatment information.

_____ I acknowledge that there are legal and ethical limits to confidentiality, and understand that staff must disclose concerns of abuse, neglect, suicidal and/or homicidal thoughts.

_____ I understand that PAR staff cannot accept social media friend requests and cannot interact with me through social media.

ABSTINENCE:

Operation PAR, Inc. follows an abstinence-only recovery model. This includes abstinence from alcohol and other drugs for the duration of your treatment. We'll also ask for you bring in all currently prescribed medications, they will be documented in your medical record. Negative drug screens & successful discharge both require the absence of alcohol & federally illicit substances in drug screen results.

_____ I understand that PAR programs are abstinence-based, and that this means abstinence from alcohol and other drugs. Negative drug screens cannot contain alcohol, non-prescription drugs or federally illicit substances, and that for a successful discharge, my drug screens cannot contain these substances. I agree to bring in medications I am currently prescribed.

DRUG SCREENS:

We randomly screen all of our clients for mind/mood altering substances. Additional screens may be requested periodically. A negative drug screen cannot contain alcohol or marijuana, even if the marijuana is prescribed by a legally licensed entity.

_____ I understand providing drug screens is a requirement of this program and that an altered/refused sample may be considered positive by my referral source.

ATTENDANCE:

Consistent attendance is important in recovery. If you are unable to attend a group or individual session, please let us know. After 30 days without contact, you may be discharged from our program.

ID #: _____ NAME: _____

_____ I agree to attend group and individual sessions as scheduled and will provide advance notice if I am late or unable to attend a scheduled session.

_____ Phone calls and messages will be answered during our operating hours of 8:30am-7pm.

TIMELINESS:

INDIVIDUAL COUNSELING:

Individual sessions are scheduled for 45-60 minutes. If you arrive late for an individual session, you will be seen for the remainder of your scheduled time. In some circumstances, you may be asked to reschedule.

GROUP COUNSELING:

To respect the time and schedules of other participants, we are unable to admit individuals beyond 5 minutes after group starts. If you know you will be late, please call ahead so that we can consider making an exception for you.

_____ I agree to arrive on time for group and individual sessions. I also understand that I may be asked to reschedule if I arrive late and that late arrivals may be recorded as an absence.

BEHAVIORAL TELE-HEALTH (BTH):

Receiving counseling services through video conferencing (Zoom) includes instructions for downloading the Zoom application, as well as information regarding HIPPA compliance.

_____ I understand I can stop receiving services via BTH at any time, and resume face-to-face counseling through PAR or receive a referral for services in my area.

_____ I understand that my counselor may recommend face-to-face sessions at any time during my treatment episode.

DISCLOSURE:

We will disclose information to external parties if you give us written consent. Some disclosures may include: Drug Screen Results, Attendance, Participation, Treatment Recommendations. Within PAR, your treatment may include sharing a minimum amount of necessary treatment information between programs you are actively enrolled in.

_____ I understand that disclosures are permitted to parties for whom I have given written consent and that within PAR, a minimum amount of necessary treatment information may be shared between programs.

ID #: _____ NAME: _____

VIOLENCE/WEAPONS:

We want to maintain a safe environment for all clients and staff. Weapons of any type are not permitted on property. Violence against any staff or client is not permitted.

_____ I agree not to bring weapons on Operation PAR property, and that violence is not permitted.

DRESS CODE:

We ask that you refrain from wearing form-fitting clothing or short skirts, dresses, shorts. Clothing with alcohol, drugs, lewd images and/or wording is not permitted. Shirts, shoes, and undergarments are required.

_____ I agree to dress appropriately, and understand that I may be asked to follow the dress code before services are provided. I'll reschedule if I am not dressed appropriately, and understand it may be considered a missed appointment.

OTHER:

_____ Visitors are not permitted on property

_____ Pets are not permitted in treatment/waiting areas

_____ Loitering is not permitted

_____ Recordings of any kind (audio, video, and/or pictures) are prohibited on PAR property. We may ask that cell phone calls be made outside of the common waiting area. Please silence cell phones and place them out of sight during group/individual sessions unless prior approval was obtained.

_____ Smoking/vaping is prohibited on Outpatient PAR property

I have read, understand, and had the opportunity to discuss these guidelines for Outpatient services. I agree to follow these, and the guidelines of other PAR programs, in which I am enrolled. If guidelines are not followed, an unplanned/administrative discharge may result.

Client Signature

Date

Staff Signature

Date

SPEAK UP

Help Prevent Errors in Your Care

Client First Name										M.I.		Program/RU#				Client ID#					
Last Name																Today's Date					

Speak up if you have questions or concerns, and if you don't understand ask again.

- Your well being is too important to worry about being embarrassed if you don't understand something that your direct care staff tells you.
- Don't be afraid to ask about safety.
- Don't be afraid to tell your direct care staff if you think you are about to receive the wrong medication.
- Don't hesitate to tell the behavioral health care professional if you think he or she has confused you with another individual.

Pay attention to the care you or your loved one is receiving. Make sure you're getting the right treatment, or services by the right behavioral health care professional. Don't assume anything.

- Tell your direct care staff or their supervisor if something doesn't seem quite right.
- Know what time of day you normally receive a medication. If it doesn't happen, bring this to the attention of your direct care staff.
- Make sure your direct staff confirms your identity, that is asks your name, before he or she administers any medication.

Educate yourself about your, your family member's or significant other's treatment, care or service plan.

- Ask direct care staff about their qualifications.
- Gather information about your, your family member or significant other's condition or problem from people who have had similar experiences. Good sources include direct care staff, the library; respected websites and support groups.

Ask a trusted family member or friend to be your advocate.

- Your advocate can ask questions that you may not think of while you are under stress.
- Your advocate can also help remember answers to questions you have asked, and speak up for you if you cannot.
- Review consents for treatment, care or service with your advocate before you sign them and make sure you both understand exactly what you are agreeing to.
- Make sure your advocate understands the type of treatment, care or services you will need when you get home. Your advocate should know what to look for if your needs change and whom to call for help.

Know what medications you take and why you take them.

Medication errors are the most common health care mistakes.

- Ask about the purpose of the medication and ask for written information about it, including its brand and generic names. Also inquire about the side effects of the medication.
- If you do not recognize a medication, verify that it is for you. If you're not well enough to do this, ask your advocate to do this.
- Whenever you are going to receive a new medication, tell your doctor about allergies you have, or negative reactions you have had to medications in the past.
- If you are taking multiple medications, ask your doctor or pharmacist if it is safe to take those medications together.

Use a behavioral health care facility, program or service that has undergone a rigorous on-site evaluation against established, state-of-the-art quality and safety standards, such as provided by JCAHO.

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- Ask about the behavioral health care organization's experience in serving people with your needs, problem or condition.
- If you have more than one behavioral health care facility, program or service to choose from, ask your primary provider which one offers the best care for your needs.
- Before you leave the behavioral health care facility, ask about continuing treatment, care or services and make sure you understand instructions on how to access follow-up treatment, care or services.
- Go to Quality Check at www.jcaho.org to find out whether your behavioral health care organization is accredited.

Participate in all decisions about your treatment, care or service. You are the center of the behavioral health care team.

- You and your direct care staff should agree on exactly what will be done during each step of your care.
- Know who will be taking care of you, how long the treatment, care or service will last, and the expected goals or outcomes.
- Keep copies of your plan of care, treatment and services with you.
- Don't be afraid to seek a second opinion. If you are unsure about the nature of your condition and the best treatment, care or service, consult with one or two additional specialists. The more information you have about the options available to you, the more confident you will be in the decisions made.

Everyone has a role in making behavioral health care safe- including administrators, psychologists, social workers and counselors. Behavioral health care organizations across the country are working to make safety a priority. You and your family members or significant other can also play a vital role in making behavioral care safe by becoming active, involved and informed members of the care team. An Institute of Medicine (IOM) report has identified the occurrence of medical errors as a serious problem in the health care system. The IOM recommends, among other things, that a concerted effort be made to improve the public's awareness of the problem. The "Speak Up" program, sponsored by the Joint Commission on Accreditation of Healthcare Organizations, urges individuals to get involved in their care, treatment or services. Such efforts to increase consumer awareness and involvement are supported by the Centers for Medicare and Medicaid Services. This initiative provides simple advice on how you, as the individual being served, can make your care a positive experience.



Speak Up Brochure reprinted with permission of Joint Commission on Accreditation of Healthcare Organizations.

Client Signature

Date

Operation PAR # 3182; Rvdsd. 2/07

INFORMATION ON HIV/AIDS

PAR considers that understanding the basics of HIV/AIDS and how this syndrome affects our community and our world is essential for all clients. Therefore, PAR offers HIV Education as a component of all of our treatment modalities. This basic information (which includes local testing sites) is provided to all persons who come to PAR at the time of clinical assessment. It includes basic information on HIV/AIDS along with local sites which offer HIV testing. PAR encourages all persons to seriously consider getting HIV tested.

What is HIV/AIDS?

HIV is the Human Immunodeficiency Virus which causes AIDS (Acquired Immunodeficiency Syndrome). AIDS is a serious illness that harms the body's ability to fight infection. A person with HIV/AIDS becomes less able to fight infection. People with HIV/AIDS often look and feel healthy. You cannot tell if people are infected by how they look. Your risk depends on what you do---not who you are. HIV/AIDS is an equal-opportunity illness which affects persons of all ages, races, sexes, and socioeconomic status.

The Atlanta Center for Disease Control estimates that there are many more undiagnosed cases. HIV testing is of utmost importance because HIV/AIDS is manageable with appropriate medical care, however remains incurable. Prompt medical attention is extremely important for those carrying the HIV virus.

In all PAR treatment modalities, you will learn more about HIV/AIDS and how this serious syndrome affects us all. Some PAR programs offer HIV testing as an option in the treatment program. PAR will assist anyone in HIV testing.

HIV IS NOT SPREAD BY CASUAL CONTACT:

HIV is not spread in any of the following ways:

--sharing a drinking glass	--donating blood	--coughing
--mosquitoes	--sharing offices	--telephones
--toilet seats	--sharing dorm rooms	--touching
--shaking hands	--sharing schoolrooms	--water fountains
--holding hands	--sneezing	--hugging
--swimming pools	--showers	--restaurants/cafes

HOW HIV IS TRANSMITTED:

--HIV is transmitted through body fluids...blood, semen, vaginal fluids and sometimes breast milk.
--HIV is transmittable during oral, anal, and vaginal sex.
--HIV is transmittable by sharing needles (drug administration, tattoo equipment and body piercings).

HOW YOU CAN PROTECT YOURSELF:

-- Abstaining or postponing sex. Sexual abstinence is the only sure way to avoid getting or giving the HIV infection.
-- Proper use of latex condoms provide the best available protection against HIV/AIDS for sexually active people. Learn how to use a condom properly and use a condom every time.
-- Don't share needles or syringes.
-- If you use needles learn how to clean your "works" and clean them consistently.
-- If you abuse alcohol/drugs, you have enough problems---don't let HIV/AIDS be one of them. Get help for your drug problem and get HIV tested.

HIV TESTING & COUNSELING

Florida AIDS Hotlines
1- 800-FLA-AIDS (English)
1-800-545-SIDA (Spanish)
1-800-AIDS-101 (Creole)

Pinellas County Locations

St. Petersburg Health Center	500 7 th Avenue South, St. Petersburg 727-824-6900
Clearwater Health Center	310 N. Myrtle Avenue, Clearwater 727-469-5800
Pinellas Park Health Center	6350 76 th Avenue N., Pinellas Park 727-547-7780
Tarpon Springs Health Center	301 S. Disston Avenue, Tarpon Springs 727-942-5457
St. Anthony's Pinellas Care Clinic	3554 1 st Avenue N., St. Petersburg 727-321-4846
Metropolitan Charities	3150 5 th Avenue N., St. Petersburg 727-321-3854

Pasco County Locations

PCHD Hudson	1511 Denton Avenue, Hudson 727-863-2444
PCHD Land O Lakes	4135 Land O Lakes Blvd, Land O Lakes 813-558-5173
PCHD Zephyrhills	4717 Airport Road, Zephyrhills 727-782-1740
PCHD Dade City	13941 15 th Street, Dade City 352-521-1450
PCHD New Port Richey	10841 Little Road, New Port Richey 727-869-3900

Manatee County Locations

MCHD	410 6 th Avenue East, Bradenton 941-748-0747
AIDS Council of Manatee	2703 19 th Street East, Suite 2, Bradenton 941-744-9204
Manatee Glenns	P.O. Box 9478, Bradenton 941-741-3805

Hillsborough County Locations

Hillsborough County Health Dept.	1105 E. Kennedy Blvd., Tampa 813-307-8000
College Hills Health Center	2313 28 th Ave., Tampa 813-307-8071
Floyd Kelton Health Center	4704-B W. Montgomery Ave., Tampa 813-307-8053
Joyce Ely Health Center	205 14 th Ave. SE, Ruskin 813-307-8056
N Hillsborough Health Center	9827 N Sheldon Road, Tampa 813-307-8053
Plant City Health Center	3032 N Michigan Ave., Plant City 813-307-8057
Sulphur Springs Health Center	8605 N Mitchell Ave., Tampa 813-307-8054
Tuberculosis (TB) Clinic	8515 N Mitchell Ave., Tampa 813-307-8047
West Tampa Health Center	2103 N Rome Ave., Tampa 813-307-8058
Crosstown Business Center	4951 E Adamo Drive, Tampa 813-307-8000

TUBERCULOSIS:

Get the Facts!

What Is Tuberculosis?

Tuberculosis (TB) is a disease that is spread from person to person through the air. TB usually affects the lungs. The germs are put into the air when a person with TB of the lungs coughs, sneezes, laughs, or sings. TB can also affect other parts of the body, such as the brain, the kidneys, or the spine.

INFECTED: Has the germ not the disease but has the potential for the disease.

INFECTIOUS: Are ill with the disease and able to pass it on to others.



What Are The Symptoms of TB?

General symptoms may include feeling weak or sick, weight loss, fever, and/or night sweats. Symptoms of TB of the lungs may include cough, chest pain, and/or coughing up blood. Other symptoms depend on the particular part of the body that is affected.

No One Gets TB Anymore, Do They?

YES! About 8 million new cases occur each year in the world; over 22,000 cases are reported each year in the United States. There are also an estimated 10 to 15 million people in the U.S. who are infected with the TB germ, with the potential to develop TB disease in the future.

Who Gets TB?

Anyone can get TB, but some people are at higher risk. Those at higher risk include:

People who share the same breathing space (such as family members, friends, co-workers) with someone who has the TB disease;	Poor people;
Homeless people;	Foreign-born people from countries where a lot of people have TB;
Nursing home residents;	Prisoners;
Alcoholics and intravenous drug users;	People with medical conditions such as diabetes, certain types of cancers, and being underweight; and especially people with HIV infection (the virus that causes AIDS).

How Can I Tell If I Have TB?

First, get a TB skin test. If it is positive, you will probably be given other tests to see if you have TB infection or TB disease (infectious).

What Is The Difference Between TB Infection and TB Disease?

People with TB disease, who are infectious, are sick from germs that are active in their body. They usually have one or more of the symptoms of TB. These people are often capable of giving the infection to others. Permanent body damage and death can result from this disease. Medicines, which can cure TB, are prescribed for these people.

People who are infected with TB (without disease) have the germ that causes TB in their body. They are not sick because the germ lies inactive in their body. They cannot spread the germ to others. However, these people may develop TB disease in the future, especially if they are in one of the high-risk groups listed under “Who Gets TB?” Medicine is often prescribed for these people to prevent them from developing TB disease.

Where Can I Get A TB Skin Test?

You can get a TB skin test from your doctor or local health department.

How Is The Skin Test Given?

A small needle is used to put some testing material, called tuberculin, just under the skin. This is usually done on the inside of the arm. The person getting the test must return in 48 to 72 hours to see if there is a reaction to the test. If there is a reaction, the size of the reaction is measured.

What If The Test Is Negative?

A negative test usually means the person is not infected. However, the test may be falsely negative in a person who has been recently infected. It takes approximately 90 days after exposure to a person with TB disease for the skin test to react positive. The test may also be falsely negative if the person’s immune system is not working properly.

What If The Test Is Positive?

A positive reaction usually means that the person has been infected with the TB germ. It does not necessarily mean that the person has TB disease. Other tests, such as an x-ray or sputum sample, are needed to see if the person is infectious with the TB disease.

What Should I Do If I Have TB Infection or Disease?

Get required follow up tests. Follow your doctor’s advice and take the medicine as prescribed. Today, TB is easily prevented and cured with medication.

For Additional Information, Call Your Local Health Department

Operation PAR, Inc.

Client Education/Information

Pregnancy & Smoking

Non-smokers have fewer complications with pregnancy and have healthier babies than smokers. Smoking during pregnancy has negative impacts on both you and the baby.



Impact of Smoking on the Mother While Pregnant

- Higher risk of developing diabetes during pregnancy.
- 1.8 times more likely to have an ectopic pregnancy.
- 1.6 times more likely to have a spontaneous abortion.
- Can cause infertility.
- Harms nearly every organ in your body.

Impact of Smoking on the Baby during Pregnancy

- Of all babies who die less than a week after birth, up to 8% of the deaths are related to problems caused by their mothers' smoking during pregnancy.
- A pregnant woman who smokes is between 1.5 and 3.5 times more likely than a nonsmoker to have a low birth weight infant.
- Infants have 2.3 times the risk of sudden infant death syndrome.
- At the age of 2, toddlers have 4 times the estimated risk of negative behaviors (risk-taking, impulsiveness, and rebelliousness).
- Nicotine causes blood vessels to constrict decreasing the amount of oxygen the unborn baby receives.
- Nicotine may reduce the amount of blood in the baby's bloodstream.
- Higher risk of premature rupture of membranes before labor begins which can cause premature birth and possibly infant death.



Impact of Mothers' Secondhand Smoke to Infants

Secondhand smoke is harmful during every part of the development of your baby including after the baby is born.



- Infants are 3 times more likely to die from sudden infant death syndrome than infants not exposed to smoke.
- An estimated 150,000 to 300,000 cases of lower respiratory infections are attributed to environmental tobacco smoke.
- Breast milk may contain nicotine which can be harmful to the infant.

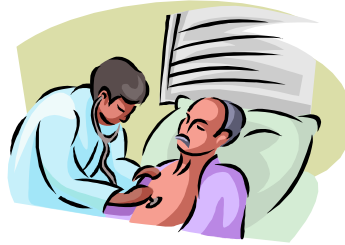
What Are the Signs and Symptoms of Hepatitis A?

- ◆ Jaundice (yellowing of skin or whites of eyes)
- ◆ Fatigue
- ◆ Fever
- ◆ Abdominal pain
- ◆ Nausea
- ◆ Diarrhea
- ◆ Loss of appetite

Persons with Hepatitis A may not have symptoms. If symptoms are present, they usually appear quickly.

Characteristics of Hepatitis A

- ◆ The time of exposure until the person is infected is the incubation period, approximately 15-50 days.
- ◆ Peak infectivity occurs during the two week period prior to jaundice
- ◆ No chronic (long term) infection – acute (short term) infection only
- ◆ Infected children generally have no symptoms, while adults can get very ill
- ◆ You may transmit the infection to another person starting a week before you show symptoms up to 2 weeks after you develop symptoms



How Can Hepatitis A Be Prevented?

- ◆ Always wash your hands after using the bathroom, changing a diaper, or before preparing food or eating.
- ◆ Practice safe sex
- ◆ Cook shellfish thoroughly
- ◆ Get vaccinated



Vaccination for Hepatitis A is available and is recommended for persons who would be seriously ill with the disease or for foreign travel to countries with high rates of Hepatitis A.

Immune Globulin is a preparation of antibodies that offers short term protection after known exposure.

Clients With Acute Hepatitis A

- ◆ There is no treatment specifically for Hepatitis A Virus – only for the symptoms
- ◆ Eat a healthy diet
- ◆ Get plenty of rest
- ◆ Avoid Alcoholic beverages
- ◆ Discuss with their healthcare provider all medications, including over-the-counter, that they may be taking



Frequently Asked Questions



What Is Hepatitis A?

It is a liver disease caused by Hepatitis A virus.

How Is Hepatitis A Virus Transmitted?

- ◆ Oral-fecal transmission
- ◆ Having close personal contact with someone who has hepatitis A
- ◆ Using poor hygiene
- ◆ Eating contaminated food
- ◆ Consuming contaminated raw shell fish
- ◆ Drinking contaminated water
- ◆ Having anal - oral sex

Most infections are the result of direct contact with an infected person. Contact is likely to be a member of a household or a sexual contact. Casual contact, such as in an office or school setting is unlikely.

How Serious Is Hepatitis A?

- ◆ It can be serious for persons who have impaired liver function from other diseases, such as chronic Hepatitis B or Hepatitis C, or cirrhosis of the liver.
- ◆ It is rarely fatal and there is no carrier state.
- ◆ It is rarely a chronic disease.



Florida Hepatitis and Liver Failure Prevention and Control Program

Phone: 850-245-4334

Fax: 850-414-0038

www.doh.state.fl.us

www.myflorida.com

Type "hepatitis" in the search area

WHAT YOU NEED TO KNOW ABOUT



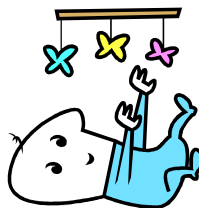
VIRAL HEPATITIS A



What Are the Signs and Symptoms of Hepatitis B?

- Jaundice (yellowing of skin or whites of eyes)
- Flu like symptoms
- Feeling tired
- Nausea
- Loss of appetite
- Dark Urine
- Abdominal pain

Some people do not have any symptoms.



How Can Hepatitis B Be Prevented?

There is an immunization for Hepatitis B. The vaccine is given in three shots in six months. Infants are now getting the vaccine with the “baby immunizations.”



Characteristics of Hepatitis B

- Incubation period: average of 120 days, with a range of 45-160 days
- Acute (short term) infection (few people show symptoms of acute Hepatitis B virus)
- Chronic (long term) infection
 - ★90% of those infected as infants (if not given HBIG & full vaccine series)
 - ★10% of those infected as adults
- The person is infected (and can give the disease to others) prior to symptoms and may continue as a carrier or infected state through life

You can protect yourself and others from Hepatitis B if you:

- Use a condom when you have sex
- Do not share drug needles with anyone
- Wear gloves if you touch anyone's blood
- Don't share a razor or toothbrush with anyone
- If you get a tattoo or body piercing, make sure the tools are clean



How Serious Is Hepatitis B?

Hepatitis B can be very serious for persons with prior liver disease or for individuals who remain infected with the virus.

Frequently Asked Questions



What Is Hepatitis B?

Hepatitis B is a liver disease caused by Hepatitis B virus.

How Is Hepatitis B Virus Transmitted?

- Blood & body fluid transmission
- Unprotected vaginal, anal, or oral sex – especially with multiple partners
- Sharing injection drug equipment
- Infected mother to her infant (delivery)
- Occupational or other needle-stick injury
- Household contact (sharing toothbrush or razor) with an Hepatitis B virus-positive person
- Getting a tattoo or body piercing with tools that were used on someone else

Clients Who Should Be Tested For Hepatitis B

- Sexually active persons with multiple sex partners
- Persons using street drugs
- Household contact of an Hepatitis B virus-positive person
- Persons with Hepatitis C virus, HIV/AIDS, or other chronic diseases
- All pregnant women



Florida Hepatitis and Liver Failure Prevention and Control Program

Phone: 850-245-4334

Fax: 850-414-0038

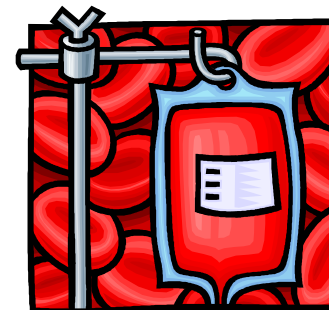
www.doh.state.fl.us

www.myflorida.com

Type “hepatitis” in the search area

{PAR #3345 – Developed: 02/04/04, Rev. 4/8/04}

WHAT YOU NEED TO KNOW ABOUT



VIRAL HEPATITIS B



What Are the Signs and Symptoms of Hepatitis C?

- ✓ Fatigue, sore muscles, abdominal pain, nausea, and poor appetite
- ✓ Less commonly, jaundice (yellowing of skin or whites of eyes)



Features of Hepatitis C

- ✓ Transmitted by transfer of infected blood
- ✓ Incubation period: 6 to 7 weeks with a range of 2-26 weeks
- ✓ Chronic infections in about 75%-85% of those infected (may be life long)
- ✓ Symptoms are rare during acute (short term) infection
- ✓ Problems from Hepatitis C virus may take 10 to 30 years to develop after infection

How Can Hepatitis C Be Prevented?

- ✓ Use a condom when you have sex
- ✓ Do not share drug needles, straws, or other sniffing equipment with anyone
- ✓ If you get a tattoo or body piercing, be sure the tools are clean
- ✓ Don't share a razor or toothbrush with anyone
- ✓ There is **NO** vaccine for Hepatitis C virus, therefore, risk of infection can only be reduced by decreasing exposure to the virus
- ✓ All adults with Hepatitis C should be vaccinated for Hepatitis A and Hepatitis B to prevent future liver damage

How Serious Is Hepatitis C?

- ✓ Approximately 75%-85% of people with Hepatitis C develop chronic infection
- ✓ Of those, 10%-20% will have severe liver scarring (cirrhosis)
- ✓ Liver cancer can also occur with a chronic Hepatitis C infection
- ✓ Hepatitis C infection is the most common reason for a liver transplant in the United States

Persons Who Should Be Tested For Hepatitis C

- ✓ Injection drug users, even once years ago
- ✓ Persons receiving clotting factors prior to 1987
- ✓ Persons receiving a blood transfusion or organ transplant prior to 1992
- ✓ Persons with Hepatitis B virus or HIV/AIDS
- ✓ Persons with persistently elevated liver function tests
- ✓ Persons who were ever on long-term hemodialysis
- ✓ Persons who have shared straws or other equipment for sniffing drugs, especially cocaine
- ✓ Children born to Hepatitis C virus positive women (risk is about 6%)
- ✓ Sexual contact with person known positive for Hepatitis C virus
- ✓ Persons 6 months after a tattoo or body piercing
- ✓ Health care worker occupational needle stick injury

Frequently Asked Questions



What Is Hepatitis C?

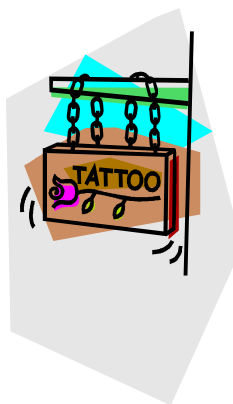
- ✓ Hepatitis C is a liver disease caused by infection with the Hepatitis C virus
- ✓ It is the most common blood-borne infection in the United States

Clients Positive for HCV

- ✓ Avoid alcoholic drinks
- ✓ Get vaccinated against HAV and HBV
- ✓ Maintain a healthy and balanced diet
- ✓ Discuss with their healthcare provider all medications, including over-the-counter that they may be taking
- ✓ Join a local Hepatitis C support group

Hepatitis C Treatment Options

- ✓ Currently, there is no public health funding for Hepatitis C treatment. Options are:
 - ✱ Private insurance
 - ✱ Veteran services
 - ✱ Medicaid
 - ✱ Clinical trials - www.centerwatch.com
 - ✱ Compassionate care treatment programs
- ✓ Certain therapies can do more harm than good, treatment is not advised for everyone



Florida Hepatitis and Liver Failure Prevention and Control Program

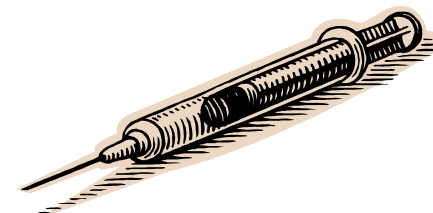
Phone: 850-245-4334 Fax: 850-414-0038

www.doh.state.fl.us www.myflorida.com

Type "hepatitis" in the search area

{PAR #3346 – Developed 06/02/04}

WHAT YOU NEED TO KNOW ABOUT



VIRAL HEPATITIS C



Prevention Strategies

What You Can Do To Prevent Infectious Diseases

1. Keep immunizations up to date. Follow recommended immunizations for children and adults. Don't forget your pets.
2. Wash your hands often. Carry alcohol hand gel in your pocket or purse for the times soap and water are not easily accessible.



- After using the bathroom
- Before preparing or eating food
- Before and after smoking
- After changing a diaper
- After blowing your nose, coughing or sneezing
- After you shake hands

3. Be aware of what you eat and be careful how you prepare it.
 - Keep hot foods hot and cold foods cold.
 - Keep a thermometer in the refrigerator, monitor the temperature daily, keeping it at 41°F Fahrenheit.
 - Wash cutting boards, counters frequently with soap and water, especially after handling poultry or meat.
 - Wash fruits and fresh vegetables before eating.
 - Cook meat and poultry to appropriate temperature. Ground meat should not be pink.
 - Discard leftovers after three days.



4. Use antibiotics exactly as prescribed. Do not seek antibiotics for colds or other non-bacterial illness. Never self-medicate with antibiotics or share them with family or friends.

5. Avoid unsafe unprotected sex.

6. Do not inject drugs.

7. Be aware tattooing and piercing may transmit Hepatitis B or Hepatitis C.



8. When you are sick with an infection stay home and allow yourself time to recover. Be courteous to others: wash your hands frequently, and cover your mouth when you sneeze or cough.

9. Be cautious around all wild and domestic animals that are not familiar to you. After any animal bite, clean the skin with soap and water, seek medical care immediately.

10. Avoid areas of insect infestation. Use insect repellents on skin and clothing when in areas where ticks or mosquitoes are common.

11. Stay alert to disease threats when you travel or visit undeveloped areas. Get all the recommended immunizations and use protective medications for travel, especially to areas with malaria. Do not drink untreated water while hiking or camping.



When to Wash Your Hands



After using the restroom.

After coughing, sneezing, or blowing your nose.

Before and after eating, particularly any finger foods.

Before any food preparation. Between handling certain foods such as after touching raw meat or fixing a salad.

When caring for children: after each contact with body fluids such as runny noses, before and after diaper changes, before and after feeding, bathing, or other personal care activities.

When there is visible dirt.

Before and after any contact with the eyes.

Before and after smoking.

Before and after using lab gloves.

Beware

Human skin is never free of germs, a.k.a. bacteria.

Skin has the right conditions for bacterial growth: warm, moist, medium pH, and has protein.

These conditions are good for bacteria to grow and reproduce.

Your normal bacteria are good for you and will not likely cause problems for you. But you and your family members, friends, and others can become sick from your bacteria or from bacteria that have contaminated you.

In addition to the skin, the mouth, nose, eyes, throat, and ears all provide a good environment for bacteria growth and your hands come in contact with these other areas at one time or another.



(PAR #3306 – Revised: 01/06/04)

Frequent hand washing is one of the most important measures of preventing the spread of infection!



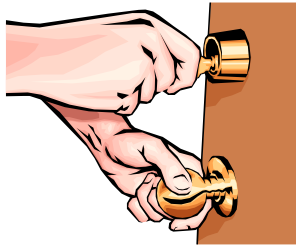
HAND WASHING & HYGIENE



General Information

Hands are warm moist places where germs live.

Hands touch other people and objects that may be contaminated with germs that can be carried to others and us.



Many infections are spread to others by direct contact: the hands!

Examples include: skin or wound infections, conjunctivitis, respiratory infections, and some food poisoning.



Operation PAR employees are also responsible for washing their hands to help prevent the spread of infection. You are encouraged to remind staff to wash their hands prior to the delivery of your care.

How to Wash your Hands

1. Push up wristwatch and sleeves.
2. Turn on water - adjust temperature.
3. Place hands under running water.
4. Apply approximately $\frac{3}{4}$ teaspoon of liquid soap to hands.
5. Lather hands with soap. Cover both hands up to wrists for 30 seconds.
6. Clean carefully under and around the fingernails.
7. Place hands pointed down under the running water; rinsing well.
8. Dry hands with a clean towel or a paper towel.
9. Turn off the faucets with the paper towel.
10. Open the door using the paper towel on knob.
11. Dispose of the paper towel in a waste can.



Pointers

Liquid soap is preferable. Bar soap can harbor germs and should not be used by more than one person.

Beware of long or false fingernails. They are known to harbor significant germs which routine washing does not remove.

The waterless alcohol based hand cleaners, readily available in grocery stores, come in all sizes including little bottles to put in a purse or pocket. (The waterless alcohol based hand cleaners are receiving rave reviews from the Centers of Disease Control).

How to Decontaminate Your Hands with Alcohol Based Hand Rub

1. Apply product to palm of one hand.
2. Rub surfaces of hands together, including fingers, until hands are dry.
3. Drying takes 15-25 seconds depending on the product.

Operation PAR, Inc.

Client First Name										MI	Program/RU#				Client ID#					
Last Name															Today's Date					

At Operation PAR, we strive to provide the best services available. If at any time during your treatment you feel that you have experienced any injustice or abuse, you may file a grievance with your counselor or the director of your program. The director will respond to your grievance within three (3) working days.

Additionally, complaints may be filed with:

Operation PAR Client Advocate:

727-456-3201

Department of Children and Families Substance Abuse and Mental Health Program

1. Pinellas/Pasco/Hillsborough/Manatee/Sarasota/Lee Counties
2. Hernando County

813-337-5700

407-317-7100

Central Florida Behavioral Health Network (CFBHN), Director of Provider Services

877-355-2377

For clients whose treatment is funded through CFBHN

If you have been a victim of abuse, or witnessed abuse on a child or elderly person, contact the state Abuse Registry Hotline:

800-96-ABUSE

(800-962-2873)

TDD 800-453-5145

Fax 800-914-0004

URL <http://reportabuse.dcf.state.fl.us>

Client Signature & Date

Parent/Guardian Signature & Date

Witness Signature & Date