

1996 • Celebrating 25 Years • 2021

Our Vision: To Champion Paruresis Awareness.

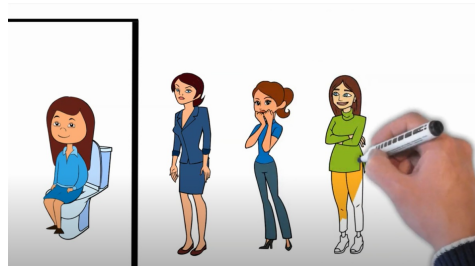
IPA "Freedom Press" eZine

June 2021

**Great New Vids - now for Women, too! | Men's Health Week
DOT Drug Testing Process | Click "Calvin Peeing" for a Bonus Story
Workshops Continue!**

New Women's Video

You may recall from last month's issue that we highlighted a new playlist of "whiteboard-style" videos posted on YouTube by Martin Burrige. Martin is a trained counselor with experience working with anxieties and phobias who now works in the space industry. Martin has added a seventh video geared toward women with Paruresis. Check it out [here!](#) (6 min. video) Keep 'em comin' Martin!



One more note, you'll see below that we are planning on another Virtual Workshop in late September. Interest in the workshops has been growing with our women members, and we're planning on special women's only breakout groups. So ladies, let us know if you are interested in this event! Click here for the [Workshop Interest Form!](#)



Better Late than Never: Men's Health Week

Now, on to the Men: Ok, so it was last week, but we won't pass up the chance to spotlight that June 14-20 was **Men's Health Week** - typically the week prior to Father's Day. Check out [this article](#) from Harvard regarding routine medical screening tests for men. (There's a "subscribe" pop-up, but you can 'X' it out.) Also, the sponsor of Men's Health Month and Week is the nonprofit **Men's Health Network**. Click their logo to learn more about them and their resources.

- *Quick Fact: A survey by the American Academy of Family Physicians found that 55% of men surveyed had not seen their doctor for a physical exam in the previous year, even though 40% of them had at least one*

While we're on the subject, Dr. Steven Soifer, IPA Co-founder and Senior Advisor, noted that although there have been Harvard Health Publishing articles about Paruresis in both 2007 and 2012, it is not to be found in their "comprehensive" list of 500 conditions called [Health A-Z](#). Instead, head over to WebMD which graciously gives the IPA a shout out in [their description of Paruresis](#).



Pardon the Interruption: During the month of June, we'll be transitioning our website hosting for [paruresis.org](#), [members.paruresis.org](#), and [americanrestroom.org](#). Thank you for your patience during this period should we experience any interruptions in availability. We now return you to your regularly scheduled programming . . .

DOT Drug Testing Process - "Know Before You Go!" or can't go . . .

The IPA continues to work in several arenas to change regulations regarding Drug Testing Screening - including the right for an employee to choose the sampling method. Our position is *"Test us for drugs, not for our ability to pee!"* For someone with paruresis, the thought of a monitored urine test brings waking nightmares. Also, people who have never "locked up" before suddenly find themselves unable to "perform" when subjected to the urine collection process. *[Ed. note: click Calvin for an "easter egg" bonus story!]*



Nowhere is the challenge more difficult than in a screening that is required to follow Department of Transportation (DOT) rules. Should you be preparing for a urine test, or if there is the possibility of a random one, **it is essential to know how the collection is required to proceed** - and what the subsequent steps are if you can't provide a sample. For the DOT, no sample counts as a "refusal" and is a negative mark on your record which could lead to termination.

To get an insight on what's going through the mind of the person on the other side, check out this [training video](#) and [link](#) from one collection vendor. "Know Before You Go!" or in our case - probably, most likely, no way in hell - can't go. If you need support, please [contact us](#) for our resource list - we want to know your story and assist you if possible.

Help us level the playing field for all “Steves” and “Stephanies” with a federally required alternative drug testing option.

Learn how at paruresis.org/steve



Test for drugs –
not my ability to pee!



How do I "join" the IPA?

Simply make a donation of \$50 or more, and you're in! Click the graphic and become a member today. Our 2022 fundraising efforts begin July 1. Keep an eye out for membership reminders and help us continue growing our support offerings next year.

DONATE NOW THROUGH



REMINDER: It's not too late to make a gift to our long-term endowment fund or contact us regarding estate planning gifts.

For Your Reference: Upcoming Meetings and Reminders



Workshop Updates

The calendar is updated regularly. Visit the [Workshop Schedule](#) page for the latest dates and links to registration through the Eventbrite portal when available.

Next Virtual Workshop
TBA - Late September
10 a.m. to 6 p.m. ET

Want to be added to the workshop announcements list? Fill out our [Workshop Interest Form!](#)

Live workshop logistics are being finalized now. Which of these cities are nearest to you?



Virtual Support Meeting:

Sunday, July 11
9 PM ET

Whether you are a support group leader looking for ideas or an individual looking to connect for virtual or in-person practice times, this is the meeting for you! Hosted by our incomparable group and virtual support leader,

Baltimore: September 10-12
Detroit: October 1-3
Winston-Salem, NC: Oct/Nov TBA
So. Cal: Nov. TBA

Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! Fill out the [Contact the IPA](#) form for the link or check the [members site](#) [support page](#).

Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET
800-247-3864 or 443-315-5250
getinfo@paruresis.org

See what's happening on our social sites



Our Mission: The IPA is dedicated to supporting people with Paruresis; providing information, recovery strategies and advocating in the mental health, medical and legal communities.

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See the click thru story for credits on "Calvin Peeing".