

CT Statewide Drug and Alcohol Testing Consortium Newsletter

JULY 2025

Consortium Random Selections

The random selections for the 3rd quarter were generated and distributed on June 25, 2025, in preparation for the start date of July 1, 2025. The final deadline for completing the selections is September 30, 2025. Employees subject to Department of Transportation (DOT) random drug and alcohol testing should be notified of their selection just prior to the testing event. If you are requesting an onsite testing event, it is best practice to inform the employee when the testing vehicle arrives at your location. It is important to note that testing is required to spread throughout the quarter as well as around holidays that you are in service for.

Please reach out to the scheduling team to schedule your onsite testing events at scheduling@disa.com.

INSIDE THIS ISSUE	Page
Consortium Random Selections	1
Oral Fluid Testing Update	1
Participant Lists	2
MRO - University Services Has Moved	2
Lexington Group - Company Update	2
SAP Evaluation Form	3
Practicing Patience	4 - 6
Enhance Awareness of EAP	7
Third Party Administrator - Contact Info	8
Contact & Resource Info	9

Oral Fluid Testing Update

The DOT approved the use of oral fluids effective June 1, 2023. However, before an employer can start to utilize oral fluid for testing, the U.S. Department of Health and Human Services (HHS) / DOT must certify at least two laboratories for oral fluid testing. As of today, the DOT has still not approved the use of any laboratory for Oral fluid testing. This method of testing for oral fluids, although DOT-approved is still unable to be completed. DISA is closely monitoring all updates coming from the Office of Drug & Alcohol Policy & Compliance (ODAPC) and will keep the Consortium updated on all news concerning the approval of the laboratories.

Participant Lists

Please ensure that all active and covered employee rosters are regularly updated on a monthly basis. Only employees who are capable of performing safety-sensitive duties should be included in the selection pool.

DISA also requests that you review your lists quarterly, as it is considered best practice to ensure that the active and covered employee lists for each member are as accurate as possible prior to the random selection process. It is important to note that DISA generates the consortium selections around the 25th of the month preceding the start of each quarter, allowing time for members to schedule random selections on the 1st of the month if they choose to do so.

MRO - University Services Has Moved

As of July 1, 2025, University Services, DISA primary Medical Review Officer (MRO), has relocated. Their new address is:

MRO - University Services Has Moved - Continued

University Services
Four Neshaminy Interplex - Suite 207
Trevose, PA 19053

All phone numbers, fax numbers, and email addresses remain the same.

What You Need to Know: For electronic Custody and Control Forms (eCCFs):

- MRO information has been automatically updated—no action required.

For paper Custody and Control Forms (CCFs):

- Updated forms with the new address have been ordered and shipped directly to your offices. If more CCFs are needed, please email CTFTA@disa.com or submit a supply order request within the D360 portal.
- Until new forms arrive, you may cross out the old address and write in the new one.

* Mail sent to the previous address will be forwarded to the new location for at least 6 months.

Update from The Lexington Group – Company Contact

Krista Ferrelli, Clinical Director – (860) 573-7345 ferrellik@the-lexington-group.com
Nina Ball, Program Director – (860) 573-6890 balln@the-lexington-group.com

As of July 1, 2025, Krista Ferrelli is the new Clinical Director and she is the main point of contact for any positive drug tests.



TheLexingtonGroup

Your Employee Assistance Program

A Woman Owned Enterprise Since 2000

Drug and Alcohol Positive Notification for Substance Abuse Profession (SAP) Evaluation

Once the fact finding has been completed, please have the employee contact Krista Ferrelli, LMSW, CEAP, SAP directly for a referral (860) 573-7345.

Please provide the information below and return it along with a copy of the positive test result.

Email: ferrellik@the-lexington-group.com Fax #: 860-643-5471

Name of Employee:

Phone Number:

Employee Terminated: Yes or No

Company Name:

Test Date:

Test Type: Random Reasonable Suspicion Follow Up Post Accident

Substance Donor Tested Positive For:

Previous Positives:

Suspension Dates:

Date of Hire:

DER Contact Info/Name/Position:

Address:

Phone: Fax:

DER Signature/Date:

PO Box 8087; Manchester, CT 06040

860-573-7345

www.the-lexington-group.com

Providing Employee Assistance and Organizational Development Services CT DAS Certified Small
Business and Women Owned Enterprise



Practicing Patience

It's often challenging to be patient due to a combination of factors, including our desires for immediate gratification, a culture that emphasizes fast-paced living, and the impact of stress and worry. Our expectations of quick results, coupled with the speed of technology and the constant connectivity it enables, can lead to increased impatience.

Practicing patience involves developing the ability to calmly accept delays, frustrations, or challenges without becoming easily upset or annoyed. It's a skill that can be cultivated through various techniques like mindfulness, stress management, and reframing negative thoughts. In a world where instant gratification is the norm, you can train yourself to be more comfortable waiting patiently. But why has practicing patience become so difficult?

There are so many things that have become available at our fingertips. Instant access means that our expectations have gone up, which means that to our level of patience has gone down. Modern society often prioritizes speed and efficiency, leading to a culture that doesn't always value patience. The good news is that you can learn to be more patient. It will take some work to rewire your thinking, the change will not likely happen overnight, but after putting these practices into motion you may come out with a new and refreshed outlook.

How to practice patience

Try implementing these six perspectives on patience into your daily life. Be mindful, know what you can control, welcome discomfort, be present, take it one step at a time, and lighten the mood. It may sound simple, but it can be a challenge to actually pay attention to what you're doing, how you're feeling and what's happening. The key is to get out of your head and engage your senses. Take the time to actually see, feel, hear, smell, taste, and truly exist in the world around you.

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Be Mindful

Mindfulness is the practice of being present in the moment. It's easy to lose your patience when your thoughts start spiraling. When you disengage from the here and now, your mind can create elaborate stories about the consequences of what's happening. We get so caught up in what's next on our to-do list that we lose track of the moment we're in. Try keeping a journal, focus on your breathing, start doing yoga or take up meditation so you can relax and focus on being mindful.

Know What Can You Control

Whether you're stuck in traffic or stuck standing in a long line, your patience can wear thin. However, it can help you to recognize when you can and can't change your circumstances. It's a matter of acknowledging what's within your control and what's not. You may not be able to change the traffic but you do have the ability to change how you react. Sometimes it's best to accept it for what it is and get out of your own way.

Welcome Discomfort

Practicing patience during life's little setbacks can help build your tolerance when the bigger issues arise. Getting into the habit of letting a car go in front of you in traffic can be a small gesture that will help you get used to the idea of slowing down. Step outside your comfort zone and you may be surprised how it makes you feel.

Be Present

It can be tough to actually listen to what other people are telling you, especially when you are feeling impatient. When your head is swimming with distracting thoughts about what you have to do next, you lose the present moment, including keeping up the conversation you're having. Impatience during a conversation can look like formulating your response to what is being said before it's your turn to speak. Remind yourself to stay present with that person. Put your phone down, look at them in the eyes, and focus on understanding what they're saying.

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One Step at a Time

If you're feeling impatient about a larger goal, break it down into smaller, manageable tasks. Celebrate small achievements along the way. You may feel overwhelmed by the huge project you've recently been tasked with. Instead of panicking about the magnitude of the project as a whole, try to focus on breaking it into smaller parts, giving yourself reasonable goals along the way. This shift in focus can help alleviate feelings of impatience.

Lighten the Mood

Laughing can lighten any mood and it can help you find patience when it seems you don't have much. Laughing is good for you. It relieves stress, strengthens social bonds, and increases oxygen to your body. Habits like regular self-care, exercise and meditation can have similar effects on your nervous system and can set the stage so that when something funny happens, you'll be in a laughing kind of mood. Try to help lighten your load and let yourself be in the moment.

We can all agree that practicing patience is not easy but with daily practice, you may find yourself being more calm, less frazzled and more willing to give others the benefit of the doubt. Maybe you'll even give yourself a break, too. You deserve it.

How The Lexington Group Can Help

The Lexington Group can help set up confidential Online or Face-to-Face Counseling.

Request service and find out additional information at: The-Lexington-Group.com

For 24/7 support call:

UNITED STATES
1-800-676-4357

TTY
1-800-955-8339



Disclaimer: The opinions and representations expressed in this newsletter are solely those of The Lexington Group, Inc. and are not intended to provide any medical or legal advice.

Enhance Awareness of the Employee Assistance Program (EAP)

Note: This letter from The Lexington Group should be made available to safety-sensitive employees and posted in the break room



TheLexingtonGroup

Your Employee Assistance Program
A Woman Owned Enterprise Since 2000

Dear CT Drug Consortium Employees and Family Members:

The Lexington Group Employee Assistance Program (EAP) provides CONFIDENTIAL face-to-face and virtual counseling services to assist employees in identifying and resolving personal problems. Examples include marriage and family issues, job stress, alcohol and drug abuse, depression and other emotional concerns. The Lexington Group services also include referral resources for legal, financial, eldercare, and childcare through the Life Care program.

Because employee lives may be affected by problems with a spouse or other family members, this program is extended to household family members as well. You or your household family members may contact your EAP directly at any time. No matter what your situation, any assistance you seek through the EAP is held in the strictest confidence. Involvement will not jeopardize your job security, future promotional opportunities or reputation.

For confidential and immediate access, you may call The Lexington Group 24/7 at:

1-800-676-HELP (4357)

You may also request services or read more about the program online at:

www.The-Lexington-Group.com

Your unique employee password is "CTDrugConsort"

We hope you will share our enthusiasm for The Lexington Group, Employee Assistance Program, and the opportunity it presents to help you and your family.

Sincerely,
The Lexington Group



Drug and Alcohol Testing Program Third Party Administrator (TPA) DISA Global Solutions, Inc. COMPANY CONTACTS

Mobile Operations

Scheduling Department

Jason Allen – Main Telephone #800-211-4469 Extension 6051. Email: Jason.Allen@disa.com

Taylor Leblanc - Main Telephone #800-211-4469 Extension 6041. Email: Scheduling@disa.com

Collectors

Nathan Rice

William Mauhs

Noelle Iglesias

Christopher Fitzpatrick

Senior Client Account Representative / Consortium Program Administrator

Candice Rouisse - Telephone #800-211-4469 Extension 6021

Email: CTFTA@disa.com

Fax: 413-283-6945 or 413-284-0022

Accounting

Auberey Ramon - Main Telephone #800-211-4469. Email: Auberey.Ramon@disa.com

Senior Manager, Client Services

David Alexander - Main Telephone #281-673-2400. Email: David.Alexander@disa.com

24-Hour Drug & Alcohol Testing On-Site

Post-Accident

Reasonable Suspicion

1-800-967-3135 Toll-Free Emergency Line

Be prepared to provide the following information:

Your Name & Agency Name

Phone Number

Location of Incident

Reason for Call (Post-Accident or Reasonable Suspicion)

Medical Review Officer (MRO) Department

University Services

Richard Weinstein, MD

Four Neshaminy Interplex

Suite 207

Trevose, PA 19053

Phone: 800-624-3784

Fax: 215-637-6998

Contact & Resource Information

DISA Global Solutions, Inc.

Formerly Occupational Drug Testing (ODT)

www.Disa.com

Toll Free # 800-211-4469

The Lexington Group

www.The-Lexington-Group.com

Toll Free # 800-571-0197

Employee Assistance Program

1-800-676-HELP (4357)

Request clinical services online directly from the web site at:

www.The-Lexington-Group.com

To log on, your customer name is "CT Drug Consortium"

And your unique employee password is "CTDrugConsort"

Are you aware of the availability of program forms and resource documents on

GHTD's website? Go to:

<https://www.hartfordtransit.org/about/drug-alcohol-testing-consortium/>

Also, checkout the following materials:

What Employers Need to Know About DOT Drug and Alcohol Testing

What Employees Need to Know About DOT Drug and Alcohol Testing

Resources for The Designated Employer Representative (DER)

Lexington Newsletters

FTA Regulation Update Issues

The following FTA website provides a wealth of information such as trainings, newsletters, etc. on the Drug and Alcohol Testing Program that you might find very helpful:

www.fta.dot.gov/12533.html

You may also find Title 49 Parts 40 and 655 (FTA regulations on the drug and alcohol testing program) by using the Search engine.