



Substance Abuse

RESOURCES

The National Institute on Drug Abuse provides up-to-date information on all commonly abused drugs and drug treatment, and features materials for parents and young people.
www.drugabuse.gov

The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) provides education, information, help and hope to the public.
www.ncadd.org

The Substance Abuse and Mental Health Services Administration (SAMHSA) was created as a services agency to focus attention, programs, and funding on improving the lives of people with or at risk for mental and substance abuse disorders.
www.samhsa.gov

impact EAP & Work/Life Program at 1-800-227-6007 or www.impactemployeeassistance.com

We all know the images of a chemically dependent person - someone who can't live without alcohol or drugs, who is often drunk or stoned, who uses every day, and is immoral, irresponsible, weak-willed and evil. But in fact, a person can be chemically dependent without showing such obvious signs, even though the dependency is causing serious problems. Experts now believe that a person's genetic make-up may affect his or her chances of becoming dependent, and that dependency is an illness that cannot be cured by willpower alone.

Not everyone who uses alcohol or experiments with illegal drugs ends up chemically dependent. In fact, alcohol can be enjoyed by many people without serious negative consequences. Unfortunately, it is not possible to tell early on whose use may lead to dependency.

Although overall rates have not increased over the past several years, alcohol and drug abuse continues to afflict American society with estimated 14.8 million Americans currently using illicit drugs.

No business, regardless of size or location, is immune to the countless problems that alcohol and drug abuse can cause. Most individuals who abuse alcohol and other drugs are employed, and when they arrive for work, they don't leave their problems outside the door. Alcohol is the most widely abused drug among working adults. An estimated 6.2 percent of adults working full time are heavy drinkers. More than 60 percent of adults know someone who has reported for work under the influence of alcohol or other drugs.

Everyone suffers when there is workplace alcohol and drug abuse. Some costs are obvious, such as increased absences, accidents and errors. Others, such as low morale and high illness rates, are less so, but the effects are equally harmful. Up to 40 percent of industrial fatalities and 47 percent of industrial injuries can be linked to substance abuse.

If you think you or someone you know might have a problem contact *impact*, your EAP & Work/Life Program, or seek professional help from doctors or therapists who deal with chemical dependency and recovery.

Information from www.dol.gov and www.nida.nih.gov/

This publication is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

For further help or to access the *impact* EAP & Work/Life Program call 1-800-227-6007.