TIPS FROM ORGANIZATIONAL SOLUTIONS

The right care, at the right time, for the right outcome.™





Addiction is a chronic disease characterized by drug seeking and use that is compulsive or difficult to control, despite harmful consequences. This can lead to physical and/or psychological dependence. Addictions can be substance-related (such as the problematic use of alcohol or cocaine) or process-related, also known as behavioural addictions (such as gambling or internet addiction).

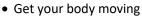
QUESTIONS TO ASK

Be your own advocate and ask questions! An important one is, what is the trigger for substance abuse? Possible factors include:

- Genetics
- Environment
- Concurrent mental health problems
- Peer pressure

ACTIONS TO AID IN RECOVERY

- Stick with your treatment plan
- Seek help follow up with the help line support centres
- Talk to your close friends and develop a positive support network



• Make use of a journal



ESTIMATED RECOVERY TIME

- Recovery often starts with detoxification, the body's process of clearing drugs and alcohol from the system
- Depending on the drugs used and individual differences of the person, detox can take anywhere from a few days to many months
- Inpatient treatment is the most intense level of addiction care and tends to have a shorter duration than outpatient treatment
- Residential treatments offer a balance of intensity and brevity, with durations lasting between a few weeks to one year
- While outpatient treatment is the least intense level of addiction care, it typically lasts for several months
- Support groups provide a long-term, nonprofessional treatment option to sustain lifelong recovery

PREVENTION

- Continue support therapy with licensed counsellor
- Follow up with the self-help groups they assist
- to cope with your drug cravings
- Suggest strategies to avoid drugs and prevent relapse
- Talk about issues regarding your job, legal problems, and relationships with family and friends
- Include family members to help them develop better communication skills and be supportive
- Address other mental health conditions
- Take up a new hobby
- AVOID STRESS

Try Mind/Body relaxation, Yoga, Mindfulness meditation, Acupuncture, Massage therapy

- AVOID PEOPLE OR
 PLACES CONNECTED TO
 ADDICTIVE BEHAVIOUR
 - BE AWARE OF YOUR PERSONAL TRIGGERS

Get plenty of sleep, eat well and don't get overly tired.

RTW IDEAS: TEMPORARY WORK RESTRICTIONS

• Eliminating activities in which the safety of the self or others is contingent upon a constant and/or high level of alertness, such as driving motor vehicles, operating complex machinery, or handling dangerous chemicals; introducing the individual to new or stressful situations gradually under individually appropriate supervision.

- Allowing some flexibility in scheduling
- Additional training if you have been off for longer time
- Buddy support for the initial return to work