

# Dealing with Addiction?

## 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
- Get your body moving
- 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