



HELPING



Consequences of Drug Use

Drugs don't just hurt the person taking them. Everyone connected to the person can get hurt:

- husbands, wives, boyfriends, girlfriends
- teens and children
- babies
- other family members and friends

Drug use can hurt people at any age, from any background, rich or poor.

Drug use can cause many problems:

- fighting and violence inside and outside the home
- money problems
- trouble at school
- trouble at work, losing a job
- trouble in relationships
- child abuse, neglect
- driving crashes
- arrests and jail



When you or a loved one uses drugs, everyday life can feel out of control.

When a person has a drug problem, they have a disease that can hurt the family.

Drug use puts a lot of stress on parents, brothers and sisters, grandparents—anyone who is part of the home.

When family members take drugs:

- You can't count on them to do what they say they will do.
- They may forget or get distracted because their focus is on getting and taking drugs.
- They might lie or steal money to buy drugs.
- They might get fired from their jobs.
- They might not come home at night.
- They may do bad things they would never do if they weren't using drugs.

Family members might fight a lot because of the problems the drug use is causing. The person who is using drugs might do and say things that upset neighbors and friends, and make the family ashamed.

Some people who are addicted don't believe that they are sick and out of control, so they don't look for treatment. They don't see the problems they are causing themselves and those around them.

Other people who are addicted are aware of the problem, but may be so upset and confused that they don't know how to ask for or get help.



Experiencing difficulties due to drug use/abuse? Contact your EAP representation - listed on the next page

Family resources for drug abuse

(Excerpts from DrugAbuse.gov)

Trying to locate appropriate treatment for a loved one, can be a difficult process. There are some resources to help with this process. For example, NIDA's handbook Seeking Drug Abuse Treatment: Know What to Ask offers guidance in finding the right treatment program. Numerous online resources can help locate a local program or provide other information, including:

- The Substance Abuse and Mental Health Services Administration (SAMHSA) maintains a Web site (www.findtreatment.samhsa.gov) that shows the location of residential, outpatient, and hospital inpatient treatment programs for drug addiction and alcoholism throughout the country. This information is also accessible by calling 1-800-662-HELP.
- Faces & Voices of Recovery (facesandvoicesofrecovery.org), founded in 2001, is an advocacy organization for individuals in long-term recovery that strategizes on ways to reach out to the medical, public health, criminal justice, and other communities to promote and celebrate recovery from addiction to alcohol and other drugs.
- The Partnership at Drugfree.org (drugfree.org) is an organization that provides information and resources on teen drug use and addiction for parents, to help them prevent and intervene in their children's drug use or find treatment for a child who needs it. They offer a toll-free helpline for parents (1-855-378-4373)..
- NIDA's DrugPubs Research Dissemination Center (drugpubs.drugabuse.gov) provides booklets, pamphlets, fact sheets, and other informational resources on drugs, drug abuse, and treatment.
- The National Institute on Alcohol Abuse and Alcoholism (niaaa.nih.gov) provides information on alcohol, alcohol use, and treatment of alcohol-related problems (niaaa.nih.gov/search/node/treatment).

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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IAM EAP Calendar

2017

EAP I

Oct 1-6

William W. Winpisinger Education
and Technology Center

**Employee Assistance
Professionals Association
Conference**

**Westin Bonaventure
Los Angeles, California**

October 3-6

EAP IV

NEW DATE

October 29 - Nov. 3

William W. Winpisinger Education
and Technology Center