



HELPING HANDS



DOT Adds Synthetic Opioids to Standard Drug Testing

(Excerpts from Association of Flight Attendants FDAP newsletter)

The Department of Transportation has issued a notice that it is proposing to add four commonly prescribed medications to its testing program. These four medications fall under a category of drugs known as opioids. They include:

- Hydrocodone (example: Vicodin, Lortab, Lorcet, Maxidone, Norco, Zydane)
- Hydromorphone (example: Dilaudid, Exalgo, Hydromorph Contin, Palladone)
- Oxycodone (example: Percocet, Percodan, OxyContin, Roxicodone, Endocet, Xtampza, OxyIR)
- Oxymorphone (example: Opana, Numorphan).

Opioid medications are typically prescribed for the management of pain after injury, surgery, dental procedures and diagnosis of a medical illness with painful symptoms.

The new DOT rule is projected to take effect sometime after October 1, 2017.

What is Addiction?

An addiction meets two criteria:

- 1 You have difficulty controlling how much you use or how long you use. For example, one drink leads to more drinks, or one line of cocaine leads to more.
- 2 You continue to use even though it has negative consequences to your life. For example, you continue to drink even though it has hurt your relationships.

Those two criteria define all addictions. They are true for alcohol and drug addiction, but they're also true for gambling addiction, eating disorders, and sexual addiction. There are different stages of addictions. The early stage is the functioning addict. They still have a job and their relationships are intact, but their life is suffering because of their addiction. That is the most common scenario. You don't have to suffer major losses to have an addiction. The late stage is the non-functioning addict. They've lost their job and have to use every day. It's what people think addiction is like, but that stereotype is rare.

The consequences of addiction get worse over time. Addiction is a progressive disease. It's never easy to quit. But if you've already suffered negative consequences and don't want them to get worse, there's never a better time to quit than now.

Contact your Employee Assistance Program Representative listed on Page 2 for support and more information

National Institute on Drug Abuse Website: Drugabuse.org

Family and friends can play important roles in motivating people with drug problems to enter and remain in treatment. However, trying to identify the right treatment programs for a loved one can be a difficult process. To help, the National Institute on Drug Abuse (NIDA) created this brief guide containing five questions to ask when searching for a treatment program:

- 1 Does the program use treatments backed by scientific evidence?
- 2 Does the program tailor treatment to the needs of each patient?
- 3 Does the program adapt treatment as the patient's needs change?
- 4 Is the duration of treatment sufficient?
- 5 How do 12-step or similar recovery programs fit into drug addiction treatment?

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The Support Group Project

(excerpts from the supportgroupproject.org)

FIND THE RIGHT Support Group

Nearly one-third of all families are affected by addiction in some way. Everyone needs support. There are support groups in your community; the supportgroupproject.org can help you find them.

About The Support Group Project:

Despite the staggering number of families affected by addiction, many families and loved ones of children struggling with substance-related problems often feel completely alone. It is the Support Group Project's goal to provide a silver-lining to what you may be missing in the form of support and guidance to families working through a loved one's addiction or recovery.

The Support Group Project brings together a strong community of support by allowing you to search through local programs in your area and find one that most fits your needs. By including important information about where, when and how the group meets, you are sure to find a group that fits your schedule. And just as all individuals dealing with a substance use problem are not alike, neither are support groups. You may need a group that emphasizes support for parents or loved ones of children who have just started using drugs or alcohol; or you may want to find solace in a group that handles the recovery process of a loved one.

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 1-3

EAP IV

NEW DATE

October 29 - Nov. 3

William W. Winpisinger Education
and Technology Center