

# September Recovery Month Resources



## Tips and Tools from Your EAP

To help raise awareness for recovery issues that you or your family may experience at work or at home, LifeSolutions® employee assistance program (EAP) has compiled a variety of resources, including tools, trainings, assessments, and more.

To watch a webinar, take a self-assessment, or visit the learning centers, **click on the bold titles below and enter your company code.**

## Webinars

- **Supporting a Loved One with Substance Misuse.** Having a loved one with addiction can be heartbreaking, frustrating, and terrifying. Choosing how to support them can be confusing—the right choice is not always obvious. In this webinar we will discuss recognizing signs of addiction and review choices of how to support your loved one. We will also review concepts such as enabling and codependency. You will walk away from this webinar with a clearer idea of how to support both yourself and your loved one.
- **What Everyone Needs to Know About Drugs and Addiction.** No one is immune from the disease of addiction. Addiction has become an epidemic that impacts the workplace, our families, friends, and community. The best defense against addiction is knowledge. This webinar will provide education on being able to identify the signs and symptoms of abuse, the progressive pattern of the addiction disease, the difference between abuse and addiction, the physical/emotional/behavioral effects of addiction, why enabling behavior does not help, and what types of treatment are available and available resources.

- **Alcohol Misuse: The New Social Drinking.** People have started to drink more, and the boundaries of moderation have been blurred. This webinar will explore how widespread trauma can impact our country's alcohol consumption, the history of the legal drinking age, suggested parameters for alcohol use, the science behind alcohol and the body, and much more.
- **Alcohol Misuse: What's the Cost?** Alcohol misuse is increasing, and the boundaries of moderation are blurred. This webinar will explore how much is too much, the history of the legal drinking age, the science behind alcohol and the body, and the impact that misusing alcohol has on our lives at work and at home.
- **Eliminating Stigma: Opening Doors for Healing from Substance Use Disorder.** This webinar explores the stigma surrounding substance use and substance use disorders (SUD) by challenging our own thoughts and beliefs.



- **Substance Use Disorder: What About the Family?** Consider the effects of substance use on the family unit. Learn about treatment options and support systems for substance users and their family members.
- **The Cannabis Conflict.** The conversation around marijuana has changed a lot in the past few decades. It is now legal for medical or recreational use in many states. This webinar will answer common questions about the history of marijuana, the difference between medical and recreational use, safety concerns, and the legalities in Pennsylvania and surrounding states.
- **Vaping: Healthy or Hazardous?** More than a million teens are vaping nicotine. In this webinar learn how this trend came to be and why it is so attractive to our youth and young adults. We will discuss the difference between smoking tobacco and vaping nicotine and other substances, health risks associated with vaping, and current trends with vaping products.

**Confidential, self-administered “tests” to offer a reading on:**

- **Depression checklist**
- **Screening for generalized anxiety disorder**
- **Alcohol use disorders identification test**
- **Drug abuse screening test**
- **Screening tools for problem gambling**

## **Learning centers**

Topical learning centers include webinars, articles, suggested apps, books, podcasts, and more.

- **Anxiety**—Anxiety disorders overwhelm people with chronic feelings of anxiety and fear, but there are many things you can do that will help.
- **Substance misuse**—Addiction has become an epidemic. The best defense against addiction is knowledge.
- **Depression**—Most people feel sad or depressed at times, but when intense sadness persists and keeps you from living and enjoying your life, it may be depression.
- **Stress**—Learning to effectively manage stress can prevent the stress from becoming a chronic state that can lead to illness.

**LifeSolutions’ employee assistance program services are private and confidential. They are available to you and members of your household at no cost. Call or email us to ask questions or schedule an appointment.**

**[lifesolutions@upmc.edu](mailto:lifesolutions@upmc.edu)**

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