

ADDICTION RECOVERY

SUBSTANCE ABUSE AMONG CONSTRUCTION WORKERS

HOW DOES CONSTRUCTION COMPARE

Those of us who are blue collar workers in the construction industry, are almost twice as likely to have problems with substance abuse than the national average. According to the Substance Abuse and Mental Health Administration, substance abuse affects 15% of construction workers nationally. That's 3 out of every 20 workers! Compared to the 8.6% overall adult national average, it's obvious that we in construction need to make a change.



WHY DO WE TURN TO SUBSTANCES

Working in the trades is physically demanding. It's a challenging job and a lot of us (me included) turn to drugs and alcohol to help relieve us from stress and physical pain.

What are some of the reasons we may use substances?



- Extended work hours
- Stress
- Injury and physical pain
- Work related disabilities

In addition, there can be non-worksites related issues, such as marital problems, family dysfunction, loss of loved ones, financial problems and mental illness.



LEAN ON A PEER FOR HELP

If you or anyone you know is experiencing addiction to drugs or alcohol, or is simply having stress or anxiety, help is available. There are numerous resources at our fingertips, just reach out (as I did). Find someone with a 393 Peer Supporter green hardhat sticker. They have been trained to listen with confidentiality can assist you in with choosing a path to the resources that you need.

An example of these resources is Health Advocate, which is covered under our 393-health plan. Health Advocate is an Employee Assistance Program (or EAP). They are staffed by licensed clinicians 24/7/365 days a year and can be reached at 1-877-240-6863. Clinicians are trained to offer confidential guidance in choosing the options that you need to get you through substance abuse and or root issues, such as emotional and behavioral issues, stress, depression, grief, marital counseling, financial health, career growth, childcare, eldercare & caregiver support, pet care and more. It is a great tool that will help us maintain happy lives through our work years and into retirement.

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RESOURCE GUIDE: HEALTH ADVOCATE



Phone: 1-877-240-6863 (24/7/365 days a year)

Email: answers@healthadvocate.com (Email Response Monday to Friday 8am-8pm ET)

Website: HealthAdvocate.com/members

Log-in ID: UA Local 393

Description:

As part of UA Local No. 393 Health and Welfare Plan, partnering with Health Advocate to provide active participants and early retirees with support from Employee Assistance Program (EAP) Professionals, you get confidential access to licensed clinicians to help you with emotional, behavioral, and other issues that you may be experiencing. The range of services that an EAP consultant can connect you with include: stress, depression or grief, marital counseling; financial health; career growth; substance abuse; pet care; elder care and caregiver support, and more. An EAP telephone consultation is available 24/7/365 via phone-based service designed to: Help you clarify concerns; Help you with problem solving; Connect you to appropriate resources, EAP services are available to anyone in your household and include referrals for providers that provide three free counseling sessions per person, per issue, per year.

How to Access Help:

1-877-240-6863 (24/7/365) or email answers@healthadvocate.com (Email response Monday to Friday 8am-8pm ET)

What to Expect:

When you call the Health Advocate EAP number, you will be connected to a behavioral representative. You will be asked your name and company (to confirm program access). The representative can connect you with resources associated with the many life support topics listed above. The representative can provide you with a list of service providers who qualify for both the x3 free EAP counseling sessions and your insurance, in the case of a medical or behavioral provider request. They can also help you find available appointments.

What are the Strengths and Weakness:

The strength of this program is the 24/7/365 phone access. For example, while you may be on hold for a few minutes, we had a very helpful, calm RN answer within 7 minutes on a Saturday call.

A weakness noted was that the website requires quite a bit of information to be provided and only directed you to access via email or text and would not guarantee a response until the above listed response hours.