

Learn How to Help Someone You Care About During Recovery Month

Governor Gregoire has proclaimed September as Alcohol and Drug Addiction Recovery Month in Washington. The DSHS Health and Recovery Services Administration - Division of Behavioral Health and Recovery (DBHR) is joining the federal Substance Abuse and Mental Health Services Administration in recognizing the impact that real people and real stories have on recovery, and celebrating those who have worked to advance treatment and recovery.

DBHR will be hosting an informational forum for state employees to learn more about treatment and recovery for drug use disorders:

- **Sept. 22nd, noon to 1pm, at the DSHS OB-2 Auditorium.**

Treatment can make a significant difference in the workplace. In 2006, 61 percent of U.S. adults with a substance use disorder were employed full time - nearly 13 million people. Job problems, including incomplete work, absenteeism, tardiness, work-related injuries, mistakes, and disagreements with supervisors, are cut by an average of 75 percent among employees who have received treatment for substance use disorders.

Just like treatment for many other health conditions, employees can seek treatment for drug use disorders with minimal impact on their jobs. If outpatient treatment is advised, people can continue working during treatment. The state's Employee Assistance Program can help find a suitable treatment and recovery support program and provide confidential problem identification, short-term counseling, and follow-up services.

For free, confidential information about treatment and recovery programs in Washington, how to help someone begin treatment, and state-funded treatment, you can also contact the 24-Hour Alcohol and Drug Help Line at 1-800-562-1240 or www.adhl.org. For Medicaid-eligible people, there has never been a better time to seek treatment, as more state-funding is now available.

Hope, Help and Healing: A guide to helping someone who may have an alcohol or other drug problem, is available on the DBHR website in English and Spanish:

<http://www.dshs.wa.gov/pdf/hrsa/dasa/HHHBrochure.pdf>

<http://www.dshs.wa.gov/pdf/hrsa/dasa/HHHBrochSpanish.pdf>

For more information about Recovery Month, and to read personal recovery stories, visit www.RecoveryMonth.gov.