

Alcohol Deaths Exceed Opiate Overdoses

First it was cocaine, then heroin, then prescription painkillers, combined with heroin and the even deadlier fentanyl. These are ALL substance use addiction problems that affect the workplace. No question!

However, due to widespread media coverage of these highly addictive and dangerous drugs, it can be easy to overlook that drinking has never gone away as a serious addiction issue. The *Washington Post* reports that one in eight Americans, or 12.7% of the US population, meets the diagnostic criteria for alcohol use disorder.

Put another way, alcohol abuse is a more common problem than many people might think. In fact, the Centers for Disease Control and Prevention estimates that 88,000 people a year die of alcohol-related causes, that's *more than twice the annual death toll of opiate overdoses!*

It can be risky to bring these issues to someone's attention, but it may also be what the person needs to help them begin to make some changes.

Many Drinkers Also Use Other Drugs

This is certainly not to say that opiates and other illicit drugs aren't a problem. The National Institute of Alcohol Abuse and Alcoholism (NIAA) points out that *drug and alcohol dependence often go hand in hand*. Research shows that people who are dependent on alcohol are much more likely than the general population to use drugs, and people with drug dependence are much more likely to drink alcohol. For example, of 248 alcoholics seeking treatment, 64 percent met the criteria for a drug use disorder at some point in their lifetime.

Consequently, while this article focuses on alcoholism, it is important to point out that a problem drinker (or suspected problem drinker) may also be using illicit drugs, and to take that into account when seeking assistance for this individual.

The Workplace Suffers in Significant Ways

According to the Hazelden Betty Ford Foundation, a leading treatment center and recovery community, one-third of employees thought a co-worker's job performance was affected by drug or alcohol abuse.

Co-workers may feel compassion for the individual and cover for him, especially at first, but ultimately they may come to resent this person. Interestingly, co-workers are *not* likely to bring up the subject with the individual. In fact, Hazelden Betty Ford reported that fewer than one in five had discussed the problem with the employee and his or her manager or supervisor.

This doesn't mean that supervisors don't have a clue what is going on. According to a Hazelden Betty Ford workplace addiction survey, over 60% of HR professionals said they believe addiction significantly affects employees in their workplaces.

In fact, the National Institute on Health estimates that alcohol use costs companies **\$27 billion** annually in lost productivity, and some estimates are even higher than that. Put another way, CEOs estimate that the use of alcohol and other drugs cost them 1% to 10% of payroll.

Alcohol also has a tremendous impact on individuals. For instance, the non-alcoholic family of an alcoholic employee use 10 times as much sick leave as families in which alcoholism is not present. In addition, individuals with alcoholism or other drinking problems suffer lost wages ranging from 1.5% to nearly 19% compared to non-drinkers. Alcohol also plays a role in nearly half (41%) of traffic fatalities and 50% of homicides.

Signs and Symptoms

Despite the problems that alcohol and other drugs can cause in the workplace, there remains a surprising lack of information about steps that can be taken to help resolve the situation. For example, over half (54%) of respondents to the

previously mentioned survey reported not knowing how to identify addiction.

It should be pointed out that *work performance*, not the clinical diagnosis of a drinking or other drug abuse problem, is the responsibility of the manager or supervisor. A key part of every supervisor's job is to remain alert to changes in employee performance and to work with the employee.

Therefore, the following signs and symptoms should only be considered as guidelines to a *possible* alcohol or other drug problem – not as proof. Conclusions should always be based on *facts*, not assumptions.

Performance

- Increase in mistakes or inconsistency in quality of work;
- Poor concentration;
- Decrease in productivity;
- Increased absenteeism;
- Unexplained disappearances from work;
- Poor judgment;
- Increased risk taking;
- Disregard for safety;
- Extended lunch and other breaks; and
- Leaving work early.

Five Myths about Alcohol Abuse

Myth: I can stop drinking anytime I want to.

Fact: Maybe you can; more likely, you can't. Either way, it's just an excuse to keep drinking. The truth is, you don't want to stop. Telling yourself you can quit makes you feel in control, despite all evidence to the contrary and no matter the damage it's causing.

Myth: My drinking is my problem. I'm the one it hurts, so no one has the right to tell me to stop.

Fact: It's true that the decision to quit drinking is up to you. But you are deceiving yourself if you think that your drinking hurts no one else but you. Alcoholism affects everyone around you—especially the people closest to you. Your problem is their problem.

Myth: I don't drink every day OR I only drink wine or beer, so I can't be an alcoholic.

Fact: Alcoholism is NOT defined by what you drink, when you drink it, or even how much you drink. It's the EFFECTS of your drinking that define a problem. If your drinking is causing problems in your home or work life, you have a drinking problem—whether you drink daily or only on the weekends, down shots of tequila or stick to wine, drink three bottles of beers a day or three bottles of whiskey.

Myth: I'm not an alcoholic because I have a job and I'm doing okay.

Fact: You don't have to be homeless and drinking out of a brown paper bag to be an alcoholic. Many alcoholics are able to hold down jobs, get through school, and provide for their families. Some are even able to excel. But just because you're a high-functioning alcoholic doesn't mean you're not putting yourself or others in danger. Over time, the effects will catch up with you.

Myth: Drinking is not a "real" addiction like drug abuse.

Fact: Alcohol is a drug, and alcoholism is every bit as damaging as drug addiction. Alcohol addiction causes changes in the body and brain, and long-term alcohol abuse can have devastating effects on your health, your career, and your relationships. Alcoholics go through physical withdrawal when they stop drinking, just like drug users experience when they quit.

Source: HelpGuide

Behavior

- Financial problems;
- Avoiding family, friends, and co-workers;
- Complaints about personal problems;
- Deterioration in physical appearance;
- Changes in attitude;
- Borrowing money from friends or co-workers;
- Stealing items from work or friends;
- Vague physical complaints; and
- Association with known drug users.

Additional Signs

The following are some additional signs of possible alcohol abuse:

- Odor on breath;
- Difficulty focusing, glazed eyes;
- Uncharacteristically passive behavior;
- Combative or argumentative behavior;
- Unexplained bruises and accidents;
- Absence on Mondays;
- Irritability;
- Flushed skin and slurred speech;
- Loss of memory or blackouts;
- Impaired personal relationships;
- Consumption of alcohol becomes main point of social and professional activities; and
- Drinking alcohol to get over a hangover.

Accessing Treatment

Even if the individual and his or her supervisor are aware of drinking or other drug problems, directing the employee into treatment is yet another barrier. More than one third (36%) of respondents to the previously mentioned survey said they don't know how to get treatment. This is surprising since most (89%) of survey respondents believe that addiction treatment programs are effective in helping employees beat addiction.

What can be done to help bridge this gap? The following are some ideas:

❖ **Don't assume that the individual will seek treatment.** Surveys reveal that many employees won't seek treatment on their own. One possible reason lies in the fact that men typically derive a great deal of their self-esteem from work. As a result, many men will try to keep any work-related

problems a secret. Therefore, it's important that the employees know that help is available. Ask something like, "Can I tell you about EAP benefits?"

❖ **Increase awareness.** Do managers and supervisors understand that EAPs are available to help employees with addiction problems? Tell them what the EAP is about and how it can help.

❖ **Use absenteeism as an opportunity to speak with the employee.** Since absenteeism is common with addicted employees, take advantage of this opportunity to confront the individual in a straightforward, yet caring manner. Ask questions such as: "You don't look well. Are you seeing anyone about it?" Or you might try, "Your productivity has really slipped lately. This is serious."

Is Treatment Too Expensive?

Let's assume you've identified an employee with an alcohol or other substance abuse problem, and he or she is willing to seek treatment. What then? It's crucial to note that as opposed to firing the individual, treatment can actually *save* companies money.

The Chevron corporation estimates that it **saves \$10** for every dollar it spends to treat employees with substance abuse problems. First there is the high cost to employers caused by lost productivity, absenteeism, etc. Treatment also benefits society. Before treatment, roughly 37% of patients report having been arrested, but after treatment, the number drops substantially, to about 6%.

"People sometimes make bad decisions, but if they have the right skill sets and work ethic, they could be an asset to a business if they get professional help," notes Helen Jones-Kelley, executive director of the Alcohol, Drug Addiction and Mental Health Services Board of Montgomery County, Ohio.

Summary

Alcohol has a huge impact on individuals' lives and companies' bottom lines. Organizations that haven't addressed the issue need to do so, and businesses that have should reassess what they're doing to ensure that their programs and/or policies are working. In either case, the EAP is in a perfect position to help.

Additional sources: National Association of Addiction Treatment Providers; and Robert Wood Johnson Foundation.

Common Drinking Problems



The following are the most common types of drinking problems:

❖ **Binge drinking** – This is typically defined as the consumption of five or more drinks at one sitting for men, and three or more drinks at one sitting for women. Binge drinking is most common among young adults 18-21.

❖ **Alcohol abuse** – Abuse often results in impaired performance on the job, neglect of childcare or other responsibilities, legal difficulties, and alcohol consumption in dangerous circumstances such as while driving.

❖ **Alcohol dependence** – This is a chronic and often progressive disease that includes a strong need to drink despite repeated social or interpersonal problems such as losing a job or deteriorating relationships with friends, family, and co-workers. Alcohol dependence – or alcoholism – is the most severe alcohol problem and is characterized by three of the seven symptoms listed below, over a one-year period:

➤ **Neglect of activities** – Important social, occupational, or recreational activities are eliminated or reduced because of alcohol use.

➤ **Excessive use** – Alcohol is consumed in larger amounts over a longer period than intended.

➤ **Impaired control** – Ongoing, unsuccessful efforts to cut down or control alcohol consumption.

➤ **Persistent use** – Alcohol consumption is continued despite having a persistent or recurrent physical psychological problem that is likely caused or made worse by alcohol.

➤ **Large amounts of time spent in alcohol-related activities** – A great deal of time is spent in activities to obtain, use, or recover from the effects of alcohol.

➤ **Withdrawal** – Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety are present when alcohol use is stopped after a period of heavy drinking.

➤ **Tolerance** – This is the need for increasing amounts of alcohol in order to feel its effects.

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