



# Substance Use Disorder in Our Community & Industry

Help Is Available



**PHOENIX**  
PARAMEDIC SOLUTIONS  
Occupational Health

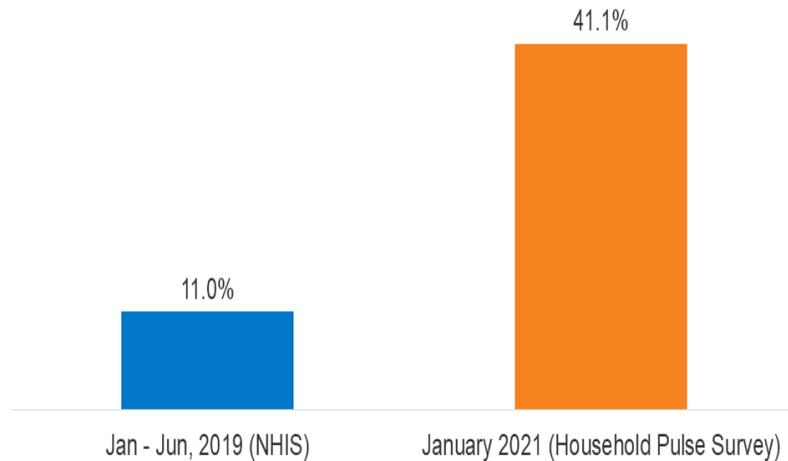


Mental health and substance use disorders affect people from all walks of life and all age groups.



Figure 1

### Average Share of Adults Reporting Symptoms of Anxiety Disorder and/or Depressive Disorder, January-June 2019 vs. January 2021



NOTES: Percentages are based on responses to the GAD-2 and PHQ-2 scales. Pulse findings (shown here for January 6 – 18, 2021) have been stable overall since data collection began in April 2020.

SOURCE: NHIS Early Release Program and U.S. Census Bureau Household Pulse Survey. For more detail on methods, see: <https://www.cdc.gov/nchs/data/nhis/earlyrelease/ERmentalhealth-508.pdf>



- Mental health issues have increased during the COVID-19 pandemic. On average, more than one in three adults in the U.S. has reported symptoms of anxiety and/or depressive disorder since May 2020. In comparison, from January to June 2019, approximately one in ten adults reported symptoms of anxiety and/or depressive disorders.



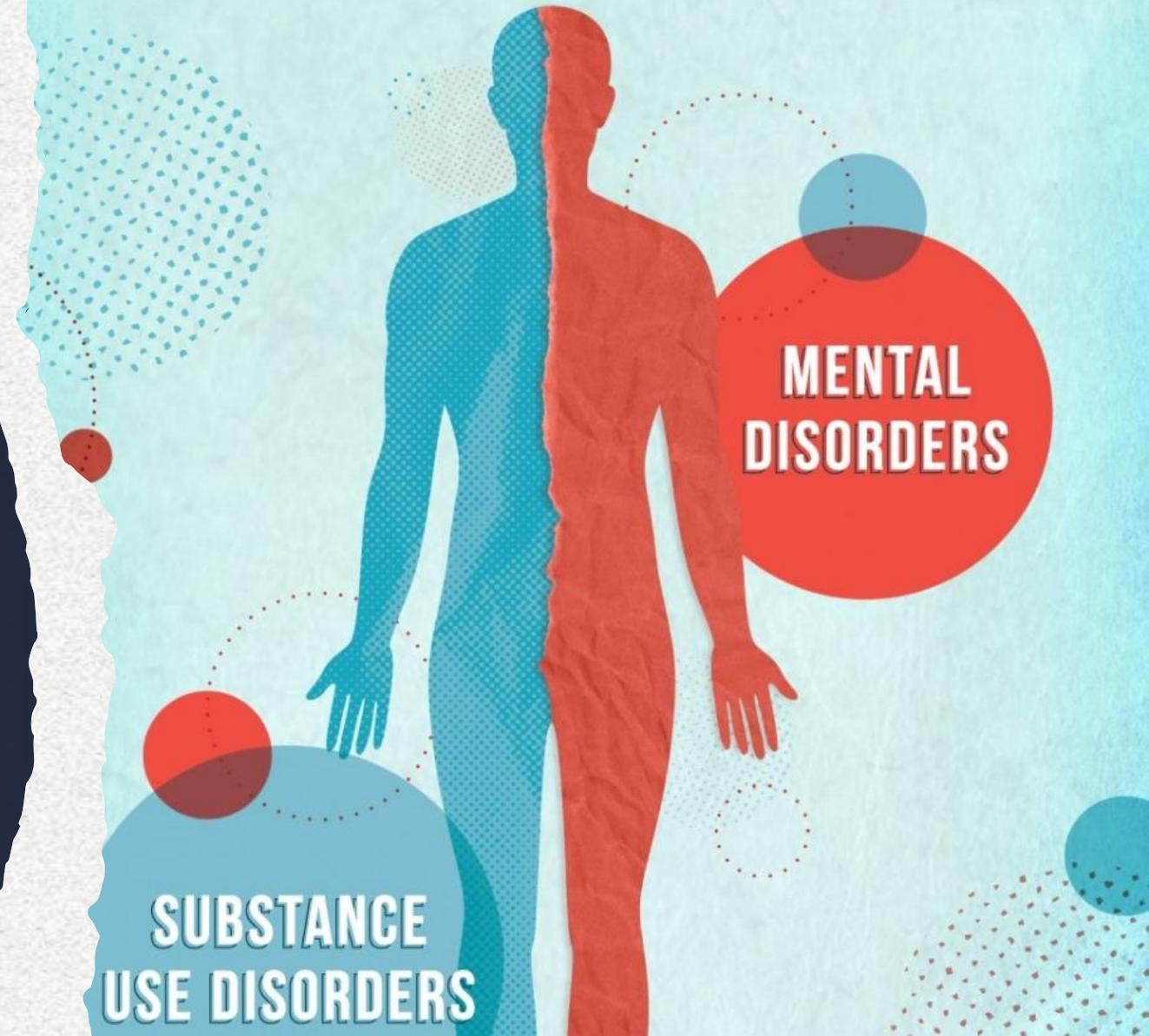
# Drugs and Alcohol?



# Comorbidity

# COMORBIDITY

*Substance Use and Other Mental Disorders*



# WHO IS AFFECTED?

**7.7**  
**MILLION**

Adults have co-occurring mental and substance use disorders. This doesn't mean that one caused the other and it can be difficult to determine which came first.

Of the 20.3 million adults with **substance use disorders**,

**37.9%**

also had **mental illnesses**.



Among the 42.1 million adults with **mental illness**,

**18.2%**

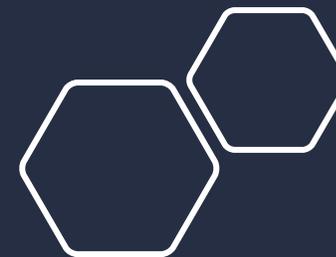
also had **substance use disorders**.



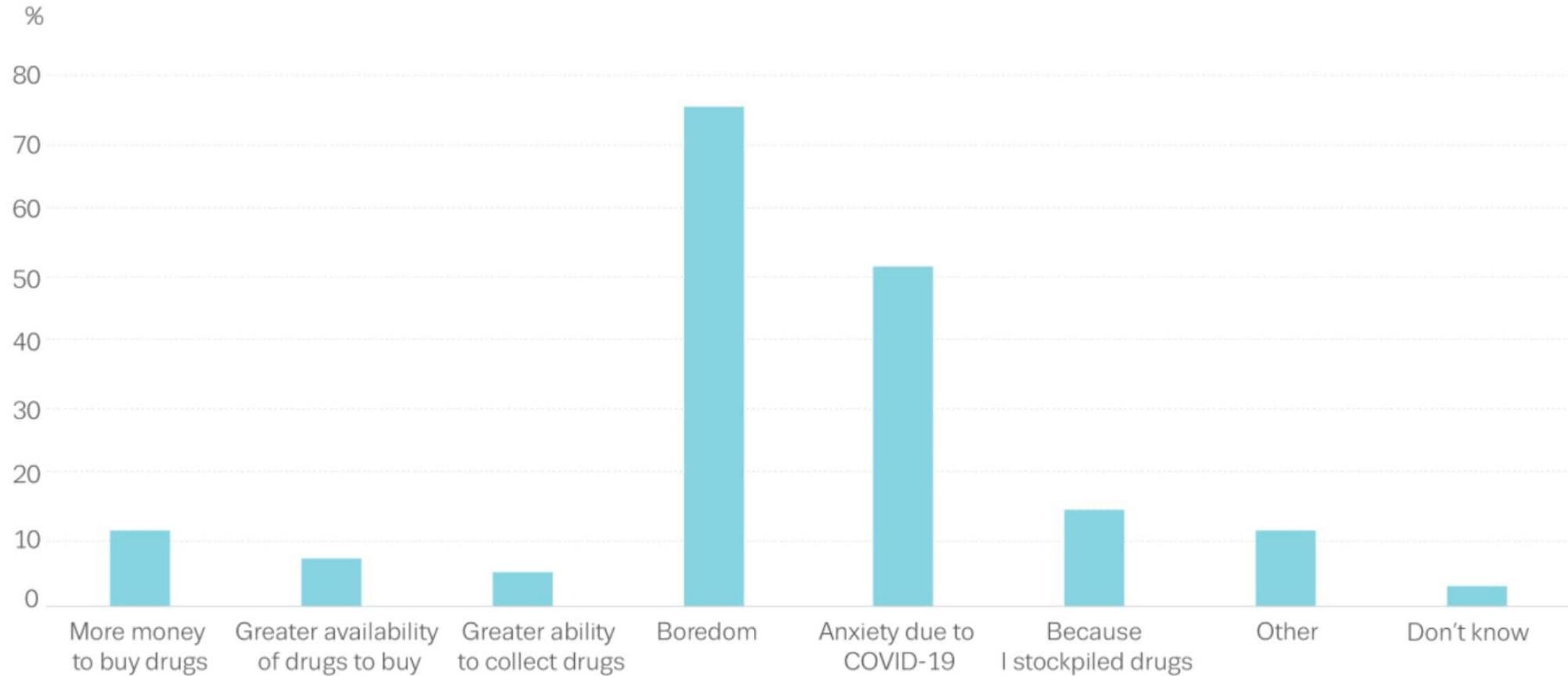
Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.



For more information about finding treatment for yourself or a loved one, visit [drugabuse.gov/related-topics/treatment](https://www.drugabuse.gov/related-topics/treatment).



## Reasons for increased drug use after the implementation of COVID-19 containment measures: reported by EWSD-COVID respondents



Note: number of respondents = 1 709.

The Mental  
Health Issues  
of Today Are  
The Substance  
Use Issues of  
Tomorrow





# Americans Are Building Up Their Liquid Reserves

U.S. Alcohol Sales Spiked on March 13, 2020 vs. YOY Levels

## BEER



**+51%**

Spending

## WINE



**+55%**

Spending

## LIQUOR



**+35%**

Spending

According to the Centers for Disease Control and Prevention, as of June 2020, 13% of Americans reported starting or increasing substance use as a way of coping with stress or emotions related to COVID-19.



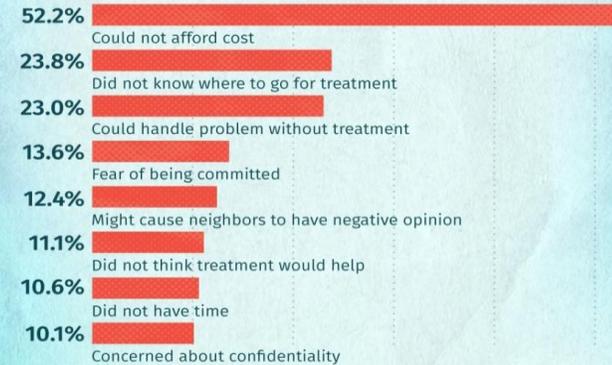
the American Medical Association reported in December 2020 that more than 40 U.S. states have seen increases in opioid-related mortality along with ongoing concerns for those with substance use disorders.

# What's Keeping People From Getting Help?

## WHAT ARE THE BARRIERS TO GETTING TREATMENT?

Even among people who want to find help, barriers exist to receive it.

Among adults with co-occurring disorders who did not receive mental health care, their reasons for not receiving it were:



Annual average weighted percentage

Among adults with co-occurring disorders who did not receive substance use care, their reasons for not receiving it were:



Annual average weighted percentage

Please note, respondents could provide more than one response.

Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.



No Insurance – Couldn't Afford  
It



GET HELP

GET EDUCATED

GET INVOLVED



ABOUT US

CONTACT US

DONATE



## GET IN TOUCH WITH MENTAL HEALTH AMERICA

Call us at 765-742-1800 or email us at [mha@mhawv.org](mailto:mha@mhawv.org)

# Contact Us

NAMI-WCI

913 S Columbia St

Lafayette, IN 47901

(765) 423-6939

office@nami-wci.org



HOME SERVICES ABOUT MEMBERSHIP AND GIVING GET INVOLVED RESOURCES

CALENDAR



## Community Outreach

Help us fight the stigma surrounding mental illness.

## Support Groups - Your Roadmap to Recovery

We have already traveled many of the paths in front of you – we're ready to serve as your guide.

## Classes

Finding hope in knowing you're not alone.

NAMI – The National Alliance on Mental Illness

We'd love to hear from you!

We will get back to you as soon as possible.

**330 Fountain St.**

**Lafayette, IN 47902**

rclinfo@webloom.org



RECOVERY CAFE  
LAFAYETTE

HOME

ABOUT

EVENTS

GET INVOLVED

DONATE

RESOURCES

SPONSORS

CONTACT

# Recovery Café, Lafayette

# 24 Hour Warm-Line (765) 490-0381

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[TAKE ACTION](#)

## PHOENIX RECOVERY SOLUTIONS QRT

Our Mission: To provide multiple pathways to recovery solutions through peer-based services and lived experiences with empathy and compassion.

Recovery Matters

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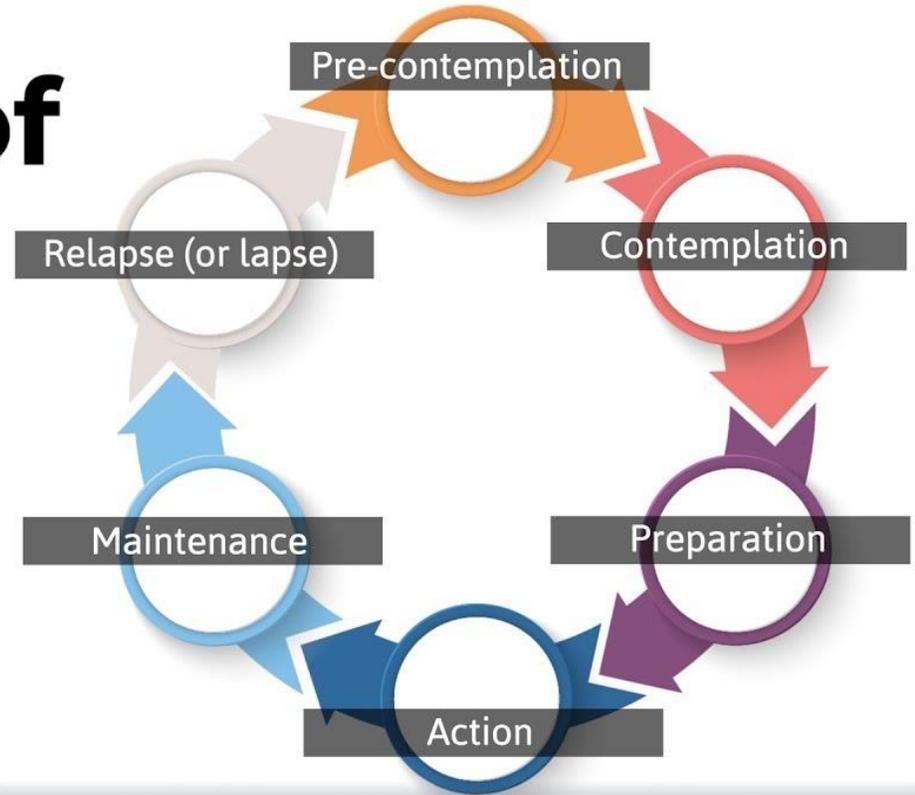
# Peer Support



A peer is a companion in your recovery journey who has been through some of the challenges you may be facing and come out on the other side. They are there to help you discover what recovery means to you, what it looks like to you, and to help you move toward those goals. A peer has both training and lived experience and can coach you through the process of finding recovery resources to meet your specific needs. A peer is a coach, a mentor, an advocate, and an ally.

Don't Know  
Where to Go  
& Not Ready  
To Stop  
Using

# Stages of change



What would recovery look like for you and how can we support you on that journey?

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## Indiana Workforce Recovery Employer Guidelines



[www.in.gov/recovery/work/](http://www.in.gov/recovery/work/)

Might Have A Negative Effect On My Job

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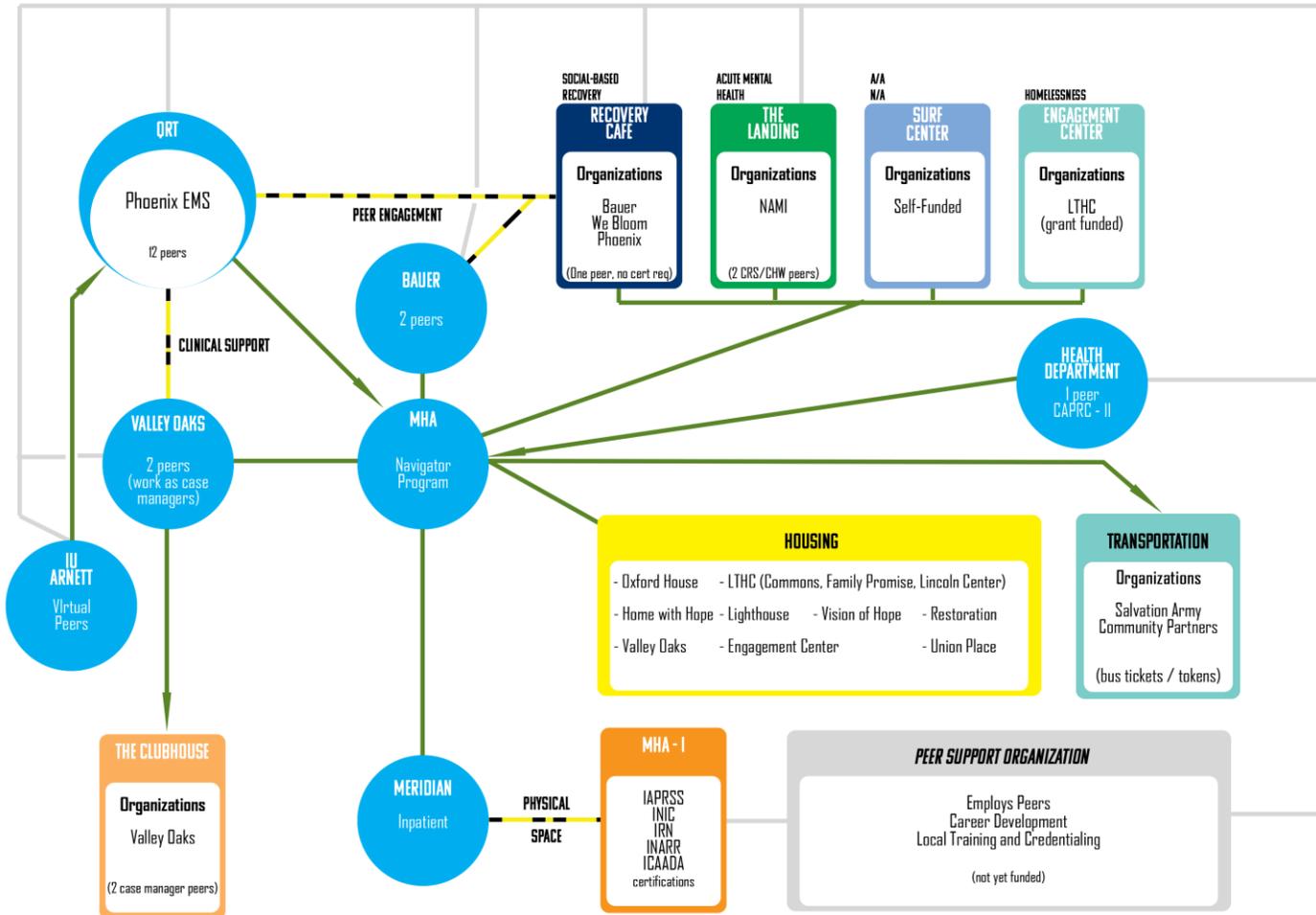
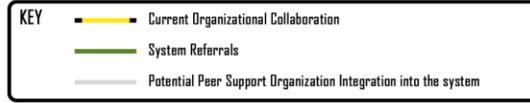
For updates and invites please email Amy O'Shea at [aoshea@uwlafayette.org](mailto:aoshea@uwlafayette.org)

## Resilience & Recovery Network



The Tippecanoe County Opioid Taskforce is a community collaboration to address substance use and mental health needs in our community. The community is focusing around four key areas: prevention, treatment, recovery, and law enforcement. There have been some key projects that have come out of the collaboration such as the Quick Response Team, and various collaborations on grant proposals to benefit the community. We have implemented the Strategic Doing approach to complex community collaborations in order to continue moving forward as a community to address this difficult issue.

# THE TIPPECANOE COUNTY RECOVERY LANDSCAPE



\* THIS MAP DOES NOT DISPLAY RELATIONSHIPS FOR MEDICAL TREATMENT

WE ALL NEED HELP  
SOMETIMES

PEER  
SUPPORT IN  
THE  
WORKPLACE



# WHERE DO YOU FIT IN AS AN EMPLOYER?

## PRINCIPLES

### Recovery Principles

- Personhood (hope, respect, individuality)
- Basic Needs (housing, income, transport)
- Social connectedness
- Citizenship (connected to the community)
- Empowerment (power and control over lives)
- Best practice culture
- Resources

### Strengths Principles

- Focus on strengths not pathology
- Community is an oasis of resources
- Self determination
- Relationship with Key Worker
- Assertive outreach
- People can learn, grow and change



**EMPLOYEES  
ARE OUR MOST  
VALUABLE  
ASSET**

# **WE DON'T THROW AWAY THE WELDER WHEN IT HAS PROBLEM!**

**WHY WOULD WE THROW  
AWAY AN EMPLOYEE WITH  
A PROBLEM?**





# MENTAL HEALTH AT WORK



**64%**  
of employees  
described their  
jobs as  
**stressful.**



**52%**  
believed their  
**mental health**  
**interfered**  
with their work.



Only **a quarter**  
felt comfortable asking  
to take a mental health day.



**24%**  
have had a  
**panic attack**  
at work.



**41%**  
have been  
**diagnosed**  
with a mental  
health issue.

Source: Survey of 1,012 Full-Time Employees

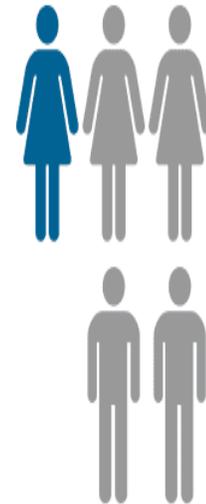
netQUOTE



**25%** of your employees  
are experiencing a  
**mental health**  
or **substance use** problem



Untreated addiction in the  
workplace costs you  
**\$1,700**  
per employee, per year



Only  
**1 in 5**

HR professionals say their company  
openly and proactively deals with  
employee addiction issues.

# WE INVEST IN TRAINING WHY NOT RECOVERY?

IN 2018, EMPLOYERS SPENT APPROXIMATELY 1,299 U.S. DOLLARS PER EMPLOYEE ON LEARNING AND DEVELOPMENT.



**RETENTION IS  
CHEAPER THAN  
REPLACEMENT!**

- The cost of replacing an employee ranges from 25% to 200% of that employee's annual salary, not including losses in company knowledge, continuity and productivity. (Indiana Chamber of Commerce Workforce Recovery)

# BECOME RECOVERY CAPITAL TO YOUR EMPLOYEES

- Invest in a peer-based solution for your employees.
- Become invested in the employee's recovery.
- Be an integral portion of your employee's recovery capital.



# THE PHOENIX WAY



- Phoenix has developed a program that is a cooperative of two divisions working to provide recovery to individuals suffering from Substance Use or Mental Health Disorders in the workplace

# RECOVERY IS POSSIBLE! OUR MISSION:

- TO PROVIDE MULTIPLE PATHWAYS TO RECOVERY SOLUTIONS THROUGH PEER-BASED SERVICES AND LIVED EXPERIENCES WITH EMPATHY AND COMPASSION



# PHOENIX EMPLOYEE RECOVERY PROGRAM

- A modern approach to Employee Assistance Program, with a focus on an overall approach to recovery.





# WHAT DOES RECOVERY LOOK LIKE FOR THE EMPLOYEE?

- Our peers embrace the multiple pathways to recovery and help guide the employee to the pathway that will make them successful!

# THE PHOENIX TEAM

- Our peer-based team is made up of individuals who have experienced substance and mental health recovery themselves. Their training provides connections to recovery resources and the ability to assist others in exploring a personalized recovery pathway option.

# BY DESIGN

We perform our services by design, a positive drug screen at a participating clients workplace leads to a consultation with one of our peers.





# **SUPPORT FOR THE LONG HAUL**

**OUR PEERS ARE IN IT FOR THE LONG  
HAUL. WE PROVIDE CONTINUED  
SUPPORT WHEN THE ROAD GETS  
CURVY OR BUMPY.**

**PEERS IN THE WORKPLACE IS THE  
FUTURE OF RECOVERY AND BUSINESS  
SUCCESS**





**PHOENIX**  
PARAMEDIC SOLUTIONS  
**Occupational Health**



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