

EAP E-NEWSLETTER

Drugs & the Workplace

Of the 17.2 million illicit drug users 18 and older in 2005, 74.8% were employed either full or part time. Research indicates that between 10 - 20% of the nation's workers who die on the job test positive for alcohol or other drugs.

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THE ROAD TO RECOVERY 2007 ASK THE EXPERT SERIES

Dr. Wilson M. Compton

Director, Division of Epidemiology, Services and Prevention Research, National Institute on Drug Abuse (NIDA), National Institutes of Health

Question: Can an individual with addiction who has received treatment ever return to social usage?

Dr. Wilson M. Compton: From both behavioral and neuroscience research, it appears very difficult for an addicted individual to control usage. Behavioral research tells us that relapse is common, thus many individuals who believe that they can limit the amount they use find out that they simply cannot - once they start they continue on a downward path back to addiction. Our neuroscience research is beginning to tell us why this is so: The effects that addictive drugs have on the brain do not go away just because one stops using drugs. They persist. And, some are strong triggers of drug seeking and relapse, including re-exposure to the drug itself (or to similar drugs), as well as people, places or things associated with drug use. So the evidence strongly suggests that any drug use can be dangerous for someone in recovery.



There are two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.

- Albert Einstein

Each year,
approximately
5,000 people
under the age of 21
die
as a result of
underage
drinking

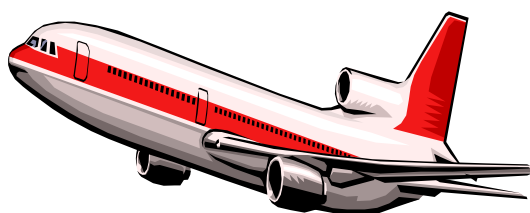
September is Fruit & Vegetable Month!

Do you get four to five servings of fruits and vegetables each day? If not, why not observe Fruit & Vegetable Month by looking for creative ways to add fruits and vegetables to your daily routine.

Try adding:

- A piece of fruit to your morning routine
- A salad (be aware of the amount of dressing added!) for lunch
- Grilled veggies for dinner

September's weather often makes for great grilling opportunities, with many areas experiencing cooler temperatures. How many ideas can you come up with for having five servings of fruits and vegetables each day?



Family of military personnel deploying overseas may contact the airline to receive a pass to accompany their family member to the gate. This pass allows military personnel and their family to spend more time together.