

# Employee Enhancement Newsletter

Helpful Resources from your Employee Assistance Program

April 2013

Page 1

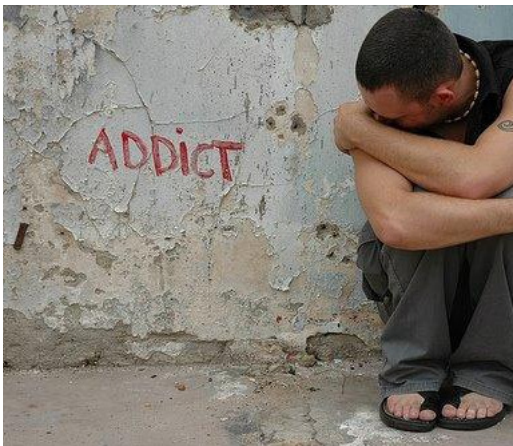
## How to Help an Addicted Person: Points to Remember

To help a drug addict, any addiction counselor can tell you, the first hurdle is to get the addict's agreement to receive help. No amount of advice or friendly mannerisms are going to make a difference if there is no willingness to quit drugs.

Intervention can be difficult, but not hopeless. However, quite often it can be the most difficult part of an addict's recovery. The good news is that there are things you can do and say to help bring them to the realization that help is needed. Here are some very important points to keep in mind:

### ***They must see a good enough reason to quit.***

Drug intervention is a very delicate process. It is important to remember that the drug addicted person is not fully aware of their condition. Their assessment of their own condition is almost always much rosier than what people around them perceive. Abusing drugs, such as heroin, cocaine, alcohol, methamphetamine, or even marijuana leaves users with lowered self-awareness while leading them to believe they are in full control. For this reason they seldom take their own addiction as seriously as do loved ones. It is imperative that they receive help to see the damage drugs are doing to them and to others.



### ***You must keep your cool.***

When emotions flair, the thought processes dwindle. There will likely be more than enough emotional baggage and turmoil while you're talking to the addicted person. Make sure that you are not adding to it. If you remain calm and stick to your plan of action without being pulled off into some blind alley, you can keep the discussion on track.

## *Chat Reminder*

### *Helping a Loved One with Addiction*

Connect with Deer Oaks and a counselor for a live confidential chat.

#### **When:**

April 17, 2013

#### **Where:**

[www.deeroaks.com](http://www.deeroaks.com)

#### **Session Times (CST):**

- 12:15 PM to 12:45 PM

- 6:00 PM to 6:30 PM





## How to Help an Addicted Person: Points to Remember

Continued...



If you choose to have other family members or loved ones present during your intervention, realize that they may not be able to keep their emotions in check. Just make sure that you are in control and staying calm. Your composure will act as a point of stability which will help everyone focus.

### ***Keep the attention on the future.***

Going through drug withdrawal and rehabilitation is not an easy process. For the addict, the mere prospect might be terrifying. It is, however, necessary.

So the attention must be on the purpose of that process, the goal of treatment, namely, a repaired, capable and able individual who no longer uses or needs drugs to function. This is, after all, what the addict and all those who care enough to help him or her through this process are after- rehabilitation from the destruction of drug abuse and addiction.

### ***Get the addict into treatment. Now.***

You should have the addiction treatment center chosen and ready. People on drugs are often unstable and can change their minds completely in a matter of hours, so once the user is ready to accept help, don't waste any time. Have things ready to go and even the flight booked if possible. Get him/her into a treatment center now and let the rehabilitation process begin.

Article Source: <http://EzineArticles.com/5987580>

# Go Red to Manage Pain



Tart cherries may help reduce chronic inflammation, especially for the millions of Americans suffering from joint pain and arthritis, according to research from Oregon Health & Science University. The researchers suggest tart cherries have the “highest anti-inflammatory content of any food” and can help people with osteoarthritis manage their disease.

In a study of women ages 40 to 70 with inflammatory osteoarthritis, the researchers found that drinking tart cherry juice twice daily for three weeks led to significant reductions in important inflammation markers—especially for women who had the highest inflammation levels at the start of the study.

Often thought of as “wear and tear” arthritis, osteoarthritis is the most common type of arthritis. Athletes are often at a greater risk for developing the condition, given their excessive joint use that can cause a breakdown in cartilage and lead to pain and injury, according to the Arthritis Foundation.

Along with providing the fruit’s bright red color, the antioxidant compounds in tart cherries—called anthocyanins—have been specifically linked to high antioxidant capacity and reduced inflammation, at levels comparable to some well-known pain medications.

Available every day of the year in dried, frozen, and juice forms, tart cherries are a versatile ingredient to include in any training or inflammation-fighting diet.

Health-e headlines™

## *Trying to save money?*

Ask for crisp new bills at the bank. Consumers will spend more to get rid of worn bills because they evoke feelings of disgust but are more likely to hold on to crisp new currency, according to a study in the Journal of Consumer Research.

Health-e headlines™

## *Want to add steps to your day*

but find yourself tied to your desk? No longer. Get a wireless phone headset and walk around (or at least stand up) when you’re talking on the phone (at work and at home). If you can add 1,500 steps to an otherwise sedentary day, you may be able to burn up to 500 calories a day.

Health-e headlines™

## *An EAP Reminder*

*Life Can Be Hectic. The EAP Can Help You Find Your Balance.*

Deer Oaks, your EAP, is always available to you and your household members.

If you are struggling with children, finances, or just want some practical advice on health or the mind-body connection, contact Deer Oaks by calling the Helpline.

Counselors are available 24/7 to provide you with immediate care.





## Calleen's Corner...

*Monthly Advice from Calleen Friedel, LMFT, SAP, CEAP  
Deer Oaks Clinical Manager*



Often in dissatisfying relationships, whether that's with coworkers, partners, friends and family, we wonder, "What went wrong?" In Dr. John M. Gottman's book "The Relationship Cure," he studies spouses in a lab for a weekend and conducts a longitudinal study of why marriages last or don't last. His findings are not only helpful for marriages; skills can be transferred to relationships at work, with friends, siblings, etc.

You would think his findings would be something like, financial issues, addictions, and sexual problems; however, it was something as simple as "connecting." Even though financial issues, addictions, etc, are parts of common conflicts in relationships, people can get through them if they respond to a connection or what Dr. Gottman terms "the bid." A "bid" is the fundamental unit of emotional communication. We need to share emotional information that can help us feel connected. A bid can be a question, a gesture, a look, a touch.

People typically respond to another's bids for connection in one of three ways: 1) they turn toward, 2) they turn against, 3) they turn away. Turning towards means if someone shares a comment with you, a gesture, or question, you respond in kind positively. This keeps relationships stable and connected on an ongoing basis. Turning against means people respond to a bid but in a hostile, sometimes, sarcastic way. For instance, a wife shares that she wants to buy a TV and the husband responds, "What do you know about TVs." This type of non-connection usually ends up in divorce later on or break-ups of friendships, etc. Turning away is simply someone ignoring your bid, which usually ends up in early divorce or a diffusing of any other type of relationship.

So reach out and respond. Treat others how you want to be treated or attended to and your relationships should last. And if not, it's probably because your bid was ignored or met by a hostile response. If this is the case, you need to make the decision to find others that do respond in kind!



## Three Steps for Dealing with Significant Medical Bills



If you or someone in your family has had a medical emergency or long-term medical situation, you may be dealing with physical recovery and significant medical bills. Many Americans who find themselves owing thousands of dollars to medical facilities and doctors struggle to balance physical and fiscal recovery.

### **1. Review medical bills for accuracy.**

If you are facing significant medical debt, the first thing you should do is to review all of the medical bills to make sure they are completely accurate. Check dates of service, as well as the services performed and the doctors performing them. If you find anything that's incorrect, contact the billing company to make sure it's investigated and taken care of promptly.

### **2. Double check your insurance policy to see what bills they will cover.**

Next, for all accurate charges, review everything to see if your health insurance should have covered it. There are some simple errors, such as incorrect billing codes, that can cause your insurance to reject the claim. This step can actually take quite a bit of time, but it's worth it in the end, if you are able to reduce some of your debt. You may have to call the billing company as well as your insurance company, to find out how much the insurance covered and why they didn't cover more.

### **3. Contact your medical providers to see if you are eligible for an assistance program.**

Once you know exactly what your true financial obligation is, contact the medical providers to see if there is any assistance available. Many hospitals have access to assistance programs, and you usually have to ask to find out if you are eligible. Also discuss payment options—you may be able to negotiate a payment plan that will work for your family.

While you may consider paying off your medical debt with a credit card, that's usually not your best option. Not only will you just be switching the debt from one creditor to another, you'll also no longer be eligible for financial assistance or payment options from your medical billing company.

#### **About Money Management International**

Money Management International (MMI) is a nonprofit, full-service credit-counseling agency, providing confidential financial guidance, financial education, counseling and debt management assistance to consumers since 1958. MMI helps consumers trim their expenses, develop a spending plan and repay debts. Counseling is available by appointment in branch offices and 24/7 by telephone and Internet. Services are available in English or Spanish. To learn more, call 800.432.7310 or visit [www.MoneyManagement.org](http://www.MoneyManagement.org).