



## RECOVERING ADDICTS, A POWER FOR GOOD?

**I have supervised people who have abused drugs and alcohol for over 30 years. I don't think people ever get over addictions - Once a drunk always a drunk.**

Please take a moment to attend to Don's story...

*"In my mind nobody knew about my drinking, and I was great at hiding it, or so I thought. What a fool. The talk behind my back was always there from my family, co-workers, friends, and ultimately, of course, the guys at the firehouse. I chose to believe that nobody would suspect me to be a drunk. I was, after all a firefighter, Station Lieutenant, Assistant Chief, and then Chief of Department, and we are all supposed to know better than to drink on the job or anytime else that it isn't appropriate.*

*The addiction and the progression of the disease brings all things to an end sooner or later, and, more times than not, it's a bitter end. Things like marriages, families, jobs, friendships, and ultimately for me my fire service career, are lost or at least strained to breaking points. Having been asked to resign after 17 years of service because of my addiction and lack of desire to get help, I continued to drink and it progressed to the point of me going into detox and treatment for the first time.*

*I was not successful with my sobriety after my 28 days there as I was still not ready or willing to accept that I simply could not drink like other people and I relapsed... After two very dark years in my life that included more detoxes, seizures, hospital stays, legal issues, and living as a non-person, I was finally able to see that if I continued*

*on this path of destruction, I was going to die. Alcohol had defeated me and I had to admit to that. I finally reached out for help and got into a residential treatment facility and did six months inpatient treatment which I completed successfully and have not found it necessary to drink since July 13, 2011.*

*It's an amazing feeling of freedom and spirituality that I have never felt before in my life."*

Thank-you for considering Don's story. There are over 23 million addicts in long term recovery in the United States. They are a power for good in their communities and the most likely person to help neighbors and colleagues who also may struggle with addictive disease. Your EAP will be happy to consult with you to a healing approach for any employee who may be struggling with chemical abuse issues.

### Leadership Orientation Session B

Thurs. Nov. 16, 2017  
8:30am - 11:30am  
Algona, IA

### CONTACT US TODAY:

Please contact our office by calling 800-779-6125 or e-mailing Joy (joy@connectionseap.com) for more information or register online at:

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

### ATTENTION: SUPERVISORS, MANAGERS, ADMINISTRATORS:

**Session A:** "Leadership Orientation to the EAP", is always available on the website - for new leadership employees or as a refresher course.

Each employer has their own unique user name and password for the leadership section and also a username and password for the employee section. Please check your wallet cards or contact your HR department for your username and password.

Website Information – Webinars, skill builders, articles and much more are available in the Work/Life Services site. Log in on Connections website, and you will find this site in the drop down menus under Employee or Leadership Resources. (To access webinars, continue to scroll down on the Work/Life Services opening page. All webinars are archived for later viewing.)

Information provided in this newsletter is for general information purposes only and is not intended to be specific guidance for any particular supervisor or human resource management concern. For specific guidance on handling individual employee concerns, consult with an EAP counselor.

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