

MENTORING

Approximately 15 million children in the United States currently need mentors.

Do you have quality employees? One way to further utilize their skills and interests is to become involved with local mentoring projects. Your employees can make a world of difference in the life of a child in as little as one lunch hour a week!

We can provide information to your business and employees:

- Advantages and methods for businesses to support their employees' mentoring efforts
- Benefits of mentoring a young person in our community
- How to get involved with local mentoring programs

COMMUNITY COALITIONS

Your business can play a valuable role in local community coalitions and projects addressing substance abuse.

Contact us to learn more about:

- Local groups addressing substance abuse issues
- How to become involved with community efforts

It's About Businesses . . .

Substance abuse and the issues associated with it dramatically affects loss in productivity and profits in your workplace.

It's About Employees . . .

Many of your employees are currently dealing with or will eventually encounter substance abuse in their immediate family.

It's About Communities . . .

Your business can play an integral role in helping your employees give back to their community. Support your employees as mentors and community advocates for healthy living.

The Area Substance Abuse Council provides drug prevention services to individuals, businesses, and communities in East Central Iowa

Serving Benton, Clinton, Jackson, Jones and Linn Counties

Workplace Prevention Services

Helping Businesses Employees and Communities be Drug Free

Drug Free Workplace Policy Development

Employee Assistance

Drug Testing Information

Tobacco Policy Development and Cessation Programs

Educational Services

Mentoring

Community Coalitions

A Program of the Area Substance Abuse Council

DRUG-FREE POLICIES

Over 77% of drug abusers are employed. (Bureau of Labor Statistics)

Statistics prove that your business is likely to encounter employee substance abuse. Be prepared by creating and maintaining an updated drug-free workplace policy. ASAC can provide technical assistance services to help a company write, review or revise a drug-free workplace policy.

Why a policy is important:

- Substance abusers are 33-50% less productive. (NIDA)
- Abusers are 3-4 times more likely to have an accident and 5 times more likely to file a worker's compensation claim. (U.S. Chamber of Commerce)
- 21% of workers report being injured or put in danger, having to re-do or cover for another employee, or needing to work harder due to others' drinking. (JSI Research & Training Institute)
- State & federal law requires a policy for all agencies that receive federal funding or companies that wish to administer employee drug testing.

Besides workplace policy development, ASAC can also provide other technical assistance to businesses:

- Help for employees abusing substances
- Information regarding drug testing

TOBACCO CESSATION

Employees who smoke cost an employer at least \$1,300 in excess direct and indirect healthcare costs and productivity each year. (CDC)

On an average, smokers are absent from work 50 percent more often than non-smokers. Considering these statistics, many businesses want to help their employees quit smoking.

One of the most effective ways to help employees quit smoking is to implement a tobacco free workplace policy. Statistics show that tobacco users employed at workplaces with a tobacco free policy are 38% more likely to quit smoking. ASAC can provide technical assistance services to help company's write, review or revise a tobacco policy. Before implementing a tobacco free workplace policy, it is helpful to offer smoking cessation classes. There are two class formats that ASAC can provide to help employees:

One Time Quit Clinics

An one-time, one-hour class designed to empower smokers who are thinking about quitting with information, strategies for success and resources available within the community.

8-Week Cessation Classes

Freedom from Smoking includes eight one-hour sessions to help people successfully quit smoking. These classes focus on evaluating triggers, creating a plan to quit, and providing ongoing support and they continue their quit attempt.

EDUCATIONAL SERVICES

Approximately 10% of the U.S. population over 12 years of age is currently abusing drugs or alcohol. (SAMHSA)

According to this statistic, many of your employees are being affected by substance abuse among their friends and family. We provide the education they need to effectively deal with these situations. Supervisors also need information on how to handle employee situations concerning substance use and abuse.

Topics may include:

- Effects of substance abuse on the family and community
- Education on substance abuse prevention and low-risk decision-making
- Signs & symptoms of abuse
- Steps to addressing one's own substance abuse

For more information or to schedule a program, contact your local prevention office:

Benton County 319 472-2443
Clinton County 563 243-2124
Jackson County 563 652-2215
Jones County 319 462-4327
Linn County 319 390-1884

Visit our website at www.asac.us