Smiling on the Outside.

Crying on the Inside.

Allan Kehler

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Labels

A.D.D

Schizophrenia

Alcoholic

O.C.D.

Bi-Polar Disorder

Addict

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What is the most common form of workplace substance abuse?

a) Marijuana

b) Alcohol

c) Cocaine

d) Prescription pills

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Metabolism

The following all contain the same amount of alcohol:

- 1 can of beer
- 1 glass of wine
- 1 ounce of hard liquor

A drink is a drink is a drink
You do the math...

If someone drank 12 beer between 9 p.m. and 2 a.m. how long would it take to get the alcohol out of their system?
Which country is the largest per capita consumer of prescription opiate drug use in the world?

a) United States
b) Canada
c) United Kingdom
d) Norway

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Gambling: The Hidden Disease

A game of cards vs family

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But Allan...

They *choose* to break the law.

They *choose* to drive impaired.

They *choose* to be addicts.

I am just supporting their decision to be weak and dangerous to society. When is it going to stop being about addicts and when will it start to be about the *good* people and their needs?
A Warning...

Good luck in your approach. I must warn you...

The good will break your heart, kill your family, and fill our prisons. Each one is an individual case of failure. Failures made by a person making a veiled excuse for their problems and actions.

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Hardwiring the Brain

Limbic System

Prefrontal Cortex

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Why would someone use drugs or alcohol?

1. Escape a painful reality
   - To kill something deep within

2. Social pressures

3. Makes them feel good or alive

4. To self-regulate
Does a relationship exist between substance abuse and trauma?
Balanced System
Imbalanced System

Stuck on

Sympathetic

Parasympathetic

Stuck off

Normal Range

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Peter Levine
5 Key Signs

1. Appearance

2. Performance

3. Substance related smells

4. General increase in absenteeism

5. Isolation or attachment
If you think there is a problem, there probably is.
Alarming Numbers

- In any given week 500,000 employed Canadians are off work because of mental illness

- 4,000 will not make it and will take their life
How Will You Respond?

Say and do everything you need so you don’t need to look back thinking, “I should have done more.”
I don’t mean to pry but I just wanted to let you know that I am concerned. I just wanted to let you know that I would be more than happy to LISTEN if you ever need to talk.
“You can’t possibly understand what I have gone through.”

“Help me to understand.”
Let Go or Be Dragged

- Zen Proverb
Talking facilitates healing

Surround yourself with others who speak your language
Don’t be a Victim

• Employee Assistance Programs
• Counselors
• Support groups
• Online
• Elders
• Traditional ceremonies
• Medication
• Natural alternatives
• Audio books

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6 Commitments

Refer to Handout
Additional Resources

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