

# EAP MONTHLY UPDATE

OCTOBER 2022

## Welcome to the EAP Monthly Update!

Many of us have family members, friends, or colleagues whose lives have been impacted by drug and alcohol addiction. Sometimes people misuse alcohol or other drugs to self-medicate for anxiety, depression, chronic pain, or other problems. Without treatment, addiction tends to progress and can result in serious physical and psychological problems, job loss, legal issues, loss of important relationships, and more. Look this month for information on the signs and symptoms of addiction and how to access help at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).

### MONTHLY ARTICLE:

#### Addressing Addiction

Addiction is a chronic brain disease that impacts people from all walks of life. It is also highly treatable, and people who are addicted to alcohol and other drugs can and do recover. Unfortunately, many people with addictions are stigmatized and blamed for their disease, and therefore don't seek treatment out of shame or fear. In this article, you'll learn about the signs and symptoms of addiction and evidence-based treatment options, such as medication-assisted treatment (MAT) and psychotherapy.



Read the article on "Addressing Addiction" in the What's Trending section at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).

### EAP FEATURED BENEFIT:

#### Career Assistance and Student Resources

We all face challenges during our lives, from the time we're in students in school to the time we're working in our chosen career. The Employee Assistance Program offers informational articles and guides, live webinars, interactive quizzes, and useful tips for students and professionals on a variety of topics including time management, career advancement, organizational skills, effective homework and study habits, overcoming communication barriers, and more. Learn more about career assistance and student resources at <https://soceap.magellanscend.com/media/3803/eap-core-flyer-career-assistance-cl.pdf>



## MIND YOUR MENTAL HEALTH

### National Depression and Mental Health Awareness and Screening Month

This national health observance educates people about the signs, symptoms, and treatment of depression, while promoting confidential, anonymous depression screenings that can identify whether individuals should seek assistance.

- Key depression symptoms include persistent feelings of sadness or emptiness, an inability to take pleasure in things previously enjoyed, and difficulty performing normal daily activities. Feeling often fatigued, and experiencing appetite and/or weight changes, may also occur.
- Clinical depression is a serious medical condition that can derail daily life if left untreated. It also can lead to self-harm and/or suicide. Depression and anxiety disorders are sometimes still viewed as conditions to hide. When people come together to learn about mental health conditions, it helps reduce negative stigmas.
- Access a free, confidential mental health screening at one of these organizations:
  - Mental Health America: [screening.mhanational.org/screening-tools/depression](https://screening.mhanational.org/screening-tools/depression)
  - The Anxiety & Depression Association of America: [adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-depression](https://adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-depression)
  - PsychCentral: [psychcentral.com/quizzes/depression-quiz](https://psychcentral.com/quizzes/depression-quiz)

Mind Your Mental Health (MYMH) helps raise awareness about mental health issues to help you and your friends, family, and coworkers learn practical ways to support your own mental health and gain an understanding of how to help others.

Visit the MYMH web page to learn more: [MagellanHealth.com/MYMH](https://MagellanHealth.com/MYMH)

## OCTOBER AND NOVEMBER LIVE WEBINARS

### October

#### Understanding Substance Misuse

Wednesday, October 12, 2022 | 11:00 – 11:45 a.m.

**Description:** Millions of Americans suffer from a substance use disorder or know a friend or family member who does. In this webinar, you'll learn the definition of addiction, the warning signs of substance misuse, and identify when it's time to get professional help. Resources for recovery will also be reviewed.

### November

#### Thriving Through the Holidays

Wednesday, November 9, 2022 | 11:00 – 11:45 a.m.

**Description:** For many people, the holidays are the most stressful time of year. Too many commitments, unrealistic expectations, and financial worries can be overwhelming. In this webinar you'll learn coping strategies to identify and set your limits, prioritize what's important to you, and stay calm and emotionally healthy during this busy season.

*These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the EAP website at [eap.calhr.ca.gov](https://eap.calhr.ca.gov). Scroll down to the bottom of the homepage. On the right side under the header for "Featured Topics," click on the link for "Access webinar."*

*Webinars are recorded and are available on the website approximately two to three weeks after a live event. To view past webinars, go to [eap.calhr.ca.gov](https://eap.calhr.ca.gov). Click on the "Learning Center" header. Scroll down on the Learning Center page. On the left side of the page, click on "Webinars." Click on "View More" to select the individual webinar recording and access the slideshow and any handouts shared during the webinar.*