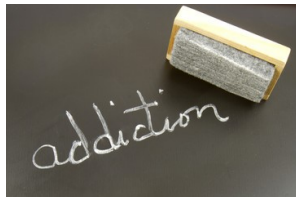


Overcoming Opioid Abuse: Help is a Call Away

Success Coach Scott Hillard (Tri-County ERN) recently helped some employer families deal with opioid addiction and wants people to know:



- ◆ it's not uncommon
- ◆ you can do this
- ◆ you don't have to handle on your own
- ◆ not overcoming addiction could cost you your job, your family and even your life.

A slippery slope. The majority of heroin users started with prescription medications. According to The National Survey on Drug Use and Health, 75% of all opioid misuse starts with people using medication that wasn't prescribed for them - obtained from a friend, family member or dealer. The Centers for Disease Control and

Prevention (CDC) recently estimated that the total "economic burden" of prescription opioid misuse alone in the United States is \$78.5 billion a year, including the costs of health care, lost productivity, addiction treatment, and criminal justice involvement.

More common than you might realize. In 2015, over 33,000 Americans died as a result of an



opioid overdose. That year, an estimated 2 million people in the United States suffered from substance use disorders related to prescription opioid pain medicines (including fentanyl), and 591,000 suffered from a heroin use disorder.

Community programs. When it comes to the education, identification and treatment of drug abuse you are not alone. Many communities have

organizations and agencies that are here to help. For example, in West Michigan, The Red Project (<http://redproject.org>) helps by educating people on the dangers of opioid use. They also provide HIV testing and overdose prevention.

Confidential Success Coach assistance.

Your Success Coach is not an employee of your company. They are staffed by Michigan ERN, providing any assistance member employees need to succeed at work or at home. Any personal information you share



with your Success Coach is confidential. "If you or a family member is struggling with opioids, I encourage you to educate yourself, reach out for help, and move forward with treatment

West Michigan Employer Resource Network

Our goal...

Creating access and resources for employee success at work and in life. We partner with employees who work for:

Member Companies

- ◆ Aspen Surgical
- ◆ Corium International
- ◆ Holland Home
- ◆ Ranir, LLC
- ◆ Sunset Retirement Community & Services

Strategic Partners

- ◆ AAC Credit Union
- ◆ Kent County DHHS
- ◆ Michigan ERN

and/or support solutions," said Scott. "If it's your family member who is struggling with addiction, you may need support and guidance from a professional on how to emotionally and financially deal with the issue." Your Success Coach can connect you with these resources. Don't hesitate to call today.

Source: Michigan ERN

Christie Swick, Success Coach
Christie@ERNSuccessCoach.com
616-250-7965 (cell)

Aspen Surgical

6945 Southbelt Dr SE, Caledonia

- ◆ Friday: 8:30AM-5:00PM (1st, 2nd & 4th week)
- ◆ Friday: 7:00AM-3:30PM (3rd week)

Corium International, Inc.

4558 50th St SE, Grand Rapids

- ◆ Thursday: 8:30AM-5:00PM (1st, 2nd & 4th week)
- ◆ Thursday: 7:00AM-3:30PM (3rd week)

Holland Home

2100 Raybrook SE, Grand Rapids

- ◆ Wednesday: 8:30AM-5:00PM

Ranir, LLC

4701 East Paris Ave SE, Grand Rapids

- ◆ Tuesday: 8:30AM-5:00PM (1st, 2nd & 4th week)
- ◆ Tuesday: 7:00AM-3:30PM (3rd week)

Sunset Retirement Community & Services: Brookcrest

3400 Wilson Ave, Grandville

- ◆ Monday: 8:30AM-5:00PM (1st, 2nd & 4th week)
- ◆ Monday: 7:00AM-3:00PM (3rd week)

Walk-in Welcome

Call, email or text for appointments.
Off-site meeting locations available.
Request additional times if needed.

www.ern-mi.com

Philosopher's Square

"The greater the obstacle, the greater the glory in overcoming it."

~ Moliere

Avoid Foreclosure with Success Coaches

Researchers predict a rise in foreclosures as the Federal Government gradually increases interest rates in 2017, triggering adjustable rate mortgages to reset (USHUD.com). *Success Coach Christie Swick (West Michigan*



ERN) is seeing an increase in employees that are having trouble with their mortgage

payments. "Foreclosure is a growing problem that Success Coaches can help with in several ways," said Christie. "Don't wait until you have foreclosure notices. When you've missed a payment, stop in to see your Success Coach for advice and tap into their resource connections."

Community agencies. Some agencies can contact your lender to set up payment arrangements that fit with your budget. This can prevent any foreclosure action as well as further credit damage.

Success Coach offerings. Your Success Coach can provide confidential assistance with:

- ◆ referrals to community agencies and services
- ◆ help in applying to local, state and federal programs
- ◆ free training on budgeting and financial management guides

Don't hesitate to contact your Success Coach today to assess your situation and find a solution that works for you.

Source: *Michigan ERN*

A Family's Personal Struggle with Opioids

Opioid addiction can touch anyone in any family regardless of education or income. *Success Coach Christie Swick (West Michigan ERN)* recently assisted an employee with applying for Medicaid after her husband lost his job as a successful construction manager. "Often when I see employees, they may come in for one reason, but there are many challenges in their life that all affect each other," said Christie.

The prescription. The employee's husband had completed cancer treatment the year prior. Pain from radiation damage led her husband to take Opioids.

Hidden abuse. The employee noticed her husband becoming increasingly angry, slurring at times, and being forgetful. She started observing how many pills he was taking from counting them in his pill bottle. She was shocked to find out that he was up to 14 pills a day. He had to take more and more to get relief from pain, and going without them made him agitated.

Confronting addiction. The employee confronted her husband about the large amount of pills that he was taking. She voiced her concerns about the effect his behavior was having on the entire family. She also told him that it worried her that he was driving on that amount of medication and feared something would happen.

Overcoming addiction. The discussion motivated the employee's husband to seek treatment. He weaned himself off the pills over time and is now opioid free. They understand that they are very fortunate in overcoming the addiction and that it didn't lead to even more serious drug use. Source: *Michigan ERN*