



Newsletter

The Allied Trades Assistance Program

The Ways Addiction Impacts the Family Unit

As the family attempts to cope with the addiction within the family, cracks begin to appear within the family unit itself. A third and often forgotten effect of addiction on family is the relationships between family members. The following are some common examples of the family problems that can arise when a loved one is addicted to drugs and alcohol:

Jealousy

With the attention focused on the loved one who is addicted to drugs and alcohol, there may be members of the family (and especially younger family members) who may feel jealous that the addicted person is getting the spotlight. This can cause resentments among family members.

NEXT ISSUE:

Addiction
Has Many
Partners in
Crime.

Money Issues

Families can experience significant money issues in regards to helping their loved one with their mortgage, rent, utilities, groceries and other necessities that have been neglected due to drug and alcohol use. The continued enabling of the addict financially can cause family members to make poor financial choices, which causes more tension between family members.

Emotional Trauma

With the strain in trying to deal with and cope with a loved one who is addicted to substances, family members may lash out at each other and they may engage in the same behaviors that the addict is engaging in such as manipulation, lying and stealing.

Health Problems

The guilt that is associated with addiction can be all-consuming for family members. With the attention and focus on their needs, the basic and emotional needs of the family are often neglected. As a result, family members can experience the onset of anxiety and depression as well as physical ailments due to the lack of proper nutrition, exercise and poor hygiene.



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know the staff?

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“Sobriety was the greatest
gift I ever gave myself.” *-Rob Lowe*

THE CULTURE OF CONSTRUCTION



Together Let's Develop the Tools to Change It!

Did You Know?

- EAP stands for "Employee Assistance Program"
- Benefits of an EAP include:
 1. Decrease in medical costs
 2. Increase in productivity
 3. Helps prevent employee theft
 4. Helps reduce absenteeism
- You are not the only one who has ever been personally affected by mental health, alcohol abuse, or substance abuse. You are not alone!



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Plumbers Apprentices Local 690

Plumbers Local #690 Apprentices were introduced to the online grant funded substance abuse training, "Changing the Culture of Construction." This training was implemented as a viable component of seeing the change for future union workers. ATAP would like to thank the PCCD for allowing the opportunity to educate individuals on such a vulnerable topic among our society. The ATAP training is available on ATAP's website and is completely FREE for everyone. The group also discussed what an EAP is and how to access the program.

Please visit **www.alliedtrades-online.com** to learn about EAP's and get involved in the online Training!



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