

ICAAD 2018

Addiction in the Workplace

Quest Diagnostics

- Methamphetamine use has risen 64 percent between 2012 and 2016, according to Quest Diagnostics. This is after a four-year period in which positive tests plateaued, between 2008 and 2012.
- In 2016, 4.2 percent of all urine tests came back positive, up from 4.0 percent in 2015 and the highest rate since 2004's 4.5 percent, according to the company.
- According to Quest Diagnostics, the positivity rate for cocaine in post-accident urine drug tests was more than twice that of pre-employment drug tests, and also was higher than the rate in random drug tests.
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The City Risk Factors

- High pressure
- Long hours
- Financial gain (security)
- Stress - Breakdown of Connection
- Peer Pressure (alcohol-Cocaine-Sex)
- Plateau in Career

We are not as clever as we think we are

- Homo Erectus 1.1 Million years
- Survival because of Connection
- Disconnection =Death
- Tribe = Security, intimacy, Sex, Survival !
- 70K years ago Need for Cognitive reasoning and problem solving
- Lost the ability to use limbic brain
- Lost connectedness

Legacy for Addiction

- Sensitivity
- Developmental trauma
- Disconnected

The answer?

- **Stop the Using**
- Rehab, AA, Na etc
- **TAKE A HISTORY**
- Therapist identify developmental milestones
- **Reduce Trauma**
- Somatic Experiencing, EMDR, Trauma Workshops

Continued Recovery

- Aftercare
- Post trauma aftercare
- Fellowships / Support groups
- Become Reconnected

- Talking about trauma Does not reduce trauma