

September 2013

## SEPTEMBER IS NATIONAL RECOVERY MONTH

**MBCR is committed to providing its employees and their families with comprehensive programs and services that will help manage their health and well-being.**

**Please feel free to share this health newsletter with your loved ones.**

### Health Events:

On-Site Flu Shot Clinics being held 9/25/13 through 10/4/13

### Phone Numbers:

**Employee Assistance Program (EAP):**  
888.908.6227; or  
800.451.1834

**Harvard Pilgrim:**  
888.333.4742

**Aetna:**  
877.238.6200

**VSP:**  
800.877.7195

**Human Resources:**  
617.222.8084

**HR Concepts:**  
877.647.1147

**ING:**  
888.444.3916

**Operation REDBLOCK:**  
(Mark-Off call only)  
877-9RBLOCK

The content of this newsletter is not meant to replace professional medical advice or service. Please consult your regular doctor for personal health and fitness concerns.



### **Join the Voices for Recovery**

National Recovery Month is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

National Recovery Month spreads the positive message that mental health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Now in its 24th year, National Recovery Month highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also pays tribute to the prevention, treatment, and recovery service providers who make recovery possible.

During this time, people promote the message that recovery in all its forms is possible and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

### **Consider the Benefits of Embracing Recovery**

The recovery journey, while unique for every individual, can be defined as a process of change whereby individuals work to improve their own health and wellness and to live a meaningful life in a community of their choice, while striving to achieve their full potential.

### *Recovery makes it possible for people to:*

- Feel better emotionally and physically
- Improve the quality of their life
- Have time to do things they enjoy

## Wellness in the Recovery Process

### Pathways to Wellness

Seeking wellness is an important component to the recovery process. The Substance Abuse and Mental Health Services Administration ("SAMHSA") notes that for people with mental and/or substance use disorders, wellness is not just the absence of disease, illness, or stress, but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment, and happiness.

SAMHSA defines these life aspects below as the:

### Eight Dimensions of Wellness

**Emotional:** Coping effectively with life and creating satisfying relationships;

**Environmental:** Achieving good health by occupying pleasant, stimulating environments that support well-being;

**Financial:** Feeling satisfaction with current and future financial situations;

**Intellectual:** Recognizing creative abilities and finding ways to expand knowledge and skills;

**Occupational:** Obtaining personal satisfaction and enrichment from one's work;

**Physical:** Recognizing the need for physical activity, healthy foods, and sleep;

**Social:** Developing a sense of connection, belonging, and a well-developed support system; and

**Spiritual:** Expanding a sense of purpose and meaning in life.

Pathways to wellness are not always clearly defined for every person. While people might face challenges along the way, the recovery journey is worth the effort.

**THERE IS HOPE...**

**...TREATMENT IS EFFECTIVE**

## Live a Healthy Lifestyle to Help Recovery



We all know that it's important to eat healthy, exercise, get adequate amounts of sleep, and find productive ways to relieve stress. But doing all these things is especially critical when someone is recovering from a substance dependency and/or addiction. Living a healthy lifestyle, as part of an overall recovery plan, can greatly help people stay on track with their sobriety.

Physical activity is not only necessary to maintaining a strong body but also vital to maintaining a clear, sharp mind. Exercise releases endorphins, your body's "natural high". Feeling healthy can contribute to overall happiness, so keeping your body strong and fit will increase your confidence and allow you to feel better about yourself. Exercise helps you unwind by the end of the day letting you have more quality sleep time.

Making positive diet changes will help you feel healthier and happier. Add in tasty fresh fruits and veggies, such as avocados, apples, oranges, bananas, carrots, summer squash, string beans; enjoy grilled salmon, haddock, and chicken; use healthier canola sprays and spreads; cook with virgin olive oil; cut out table salt and add delicious seasonings instead; cut down on sugar, such as candy, cakes, cookies, soda, frozen coffee drinks; and reduce your daily caffeine intake.

Maintaining a healthy, well-balanced diet will increase your overall energy. Combined with regular exercise, a nutritious diet will help you get into better physical shape, help keep your mind focused and clear, you'll sleep better, be able to manage stress more effectively, and feel your best.

Consider making impactful changes to your diet and exercise routine to help transform your life from the low points where you (or a loved one) required drugs and alcohol to cope, to a healthy life filled with happiness and accomplishment!

## HELP AND HOPE FOR FAMILIES



Addiction not only affects the individual but also family members. But with help and recovery, both for the individual and the family, families can heal together.

### What Can Families Do?

Learn as much as you can about the cycle of addiction. Our ability to cope with anything is a function of how much we know about what we are up against. Although the individual and family members may be living with alcohol and/or drug problems for some time, learning about alcohol and drug addiction is a critical first step. Getting the facts about how alcohol and drugs affect the individual and the family is very important.

### Seek Help and Support for Yourself

The disease of alcoholism and addiction is a family disease and also affects everyone close to the person. Not only does the alcohol or drug user need help, but so do you, even if you don't realize it at the time. You and other family members need and deserve appropriate education, help, and support in finding healthy ways to overcome the negative effects of the disease. Education, counseling, mutual aid, and support groups can help you realize that you are not alone, that you're not responsible for the drinking or drug use of another individual, and that you need to take care of yourself, regardless of whether the person you are concerned about chooses to get help or not.

### Learn What You Can do to Help

Employee Assistance Programs, inpatient and outpatient treatment programs, addiction and/or mental health counseling, and support groups are some great options. Ultimately, the decision to get help is up to the person using alcohol and/or drugs, but family members and others can facilitate the conditions to make that decision more attractive. Look into treatment options together and show your support and encouragement.

## Employee Assistance Program ("EAP") Corner

### Honor National Recovery Month With Our EAP, American Addiction Centers!

September is National Recovery Month. This year's theme is "Join the Voices for Recovery: Together on Pathways to Wellness" — a nationwide observance dedicated to educating individuals and communities on the importance of seeking physical and mental wellness every day in order to achieve health and well-being.

During Recovery Month, we also celebrate those who have recovered from drug and alcohol addiction and show our appreciation to those who help in and support a loved one's recovery. This month provides even more of an opportunity to help others receive the treatment they need. If you or your loved one has a substance abuse problem, reach out and ask for help.

American Addiction Centers provides:

- Confidential counseling from a skilled professional
- Alcohol education programs
- Health promotion programs
- Stress management
- Tips on coping with/recognizing 'triggers'

Please use this month as an opportunity to learn more about American Addiction Centers, and how this EAP can help you or your family members.

To get in touch with an American Addiction Centers EAP Representative available through a **24-hour, confidential, toll-free phone line** dedicated to MBCR employees and their families, call **1-888-908-MBCR (6227)**.



American  
Addiction Centers

("HELP AND HOPE" article continued from prior page)

**If Needed, Consider Family Intervention**

If the person you are concerned about is unable or unwilling to seek help, you may want to consider a planned, professionally directed intervention. Intervention, with support of a trained and experienced interventionist, is a powerful tool for the family to receive education, guidance, and support, with a focus on getting the person to accept treatment.

**Be Patient with the Recovery Process**

As with all chronic illnesses, everyone needs time to recover and regain health. For both the individual and family, there may be relapses or breaks in treatment. Old resentments or tension may flare up again. Learn from these situations. Stay focused on recovery.

**Hope for Long-Term Recovery**

While addiction to alcohol and drugs has no known cure, the disease can be stopped once the individual abstains from alcohol and other addictive drugs. Today, there are millions of Americans living life in long-term recovery from addiction to alcohol and other drugs. And, millions more family members and children of addiction have also found recovery.

Utilize MBCR's Employee Assistance Program at any time. Confidential and free of charge - 24/7 assistance is available to you and your household members. The phone numbers for American Addiction Centers and AllOne Health are always listed on the first page of this newsletter each month.

