



Building Capacity in the Workplace

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Objectives

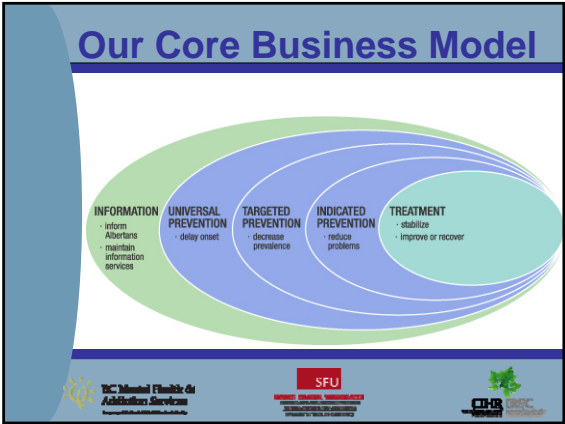
- Invite participants to think proactively about Building Capacity
- Understand how to invite workplaces to include concurrent disorders in their wellness strategy.



AADAC: Making a difference

Our Vision:
 A healthy society that is free from the harmful effects of alcohol, other drugs and gambling.



Building Capacity Framework

A proposed collaborative systems approach to support Albertans whose lives are affected by concurrent addiction and mental health issues.

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“Mental health concerns are the fastest growing category of disability costs in Canada.”


Canadian Business and Economic Roundtable on Mental Health, 2000

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Concurrent Disorder - Definition


“those people who are experiencing a combination of mental/emotional/psychiatric problems with the abuse of alcohol and/or another psychoactive drug”

Health Canada, (2001). Best practices: Concurrent mental health and substance use disorders. Ottawa, ON: Author, P. 7.



Concurrent Disorder - Principles

- Concurrent disorders are an expectation, not an exception
- Think of concurrent disorders as a plurality rather than a duality



Concurrent Disorder - Prevalence

- 20% of Canada's population will suffer a mental illness
- 40% to 60% of those with severe mental illness will develop a substance use disorder
- 12% of adult Albertans are problem drinkers, 1% are dependent on illicit drugs, and 5% experience moderate to severe gambling problems

Health Canada, 2002



Success in prevention is achieved by building capacity



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Benefits of workplace wellness




On average, people spend about 60% of their waking hours at work.



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**Recognizing the
benefits of Health
and
Wellness**










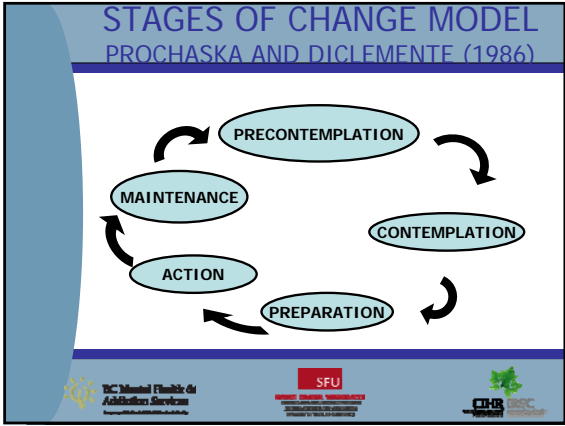
*"There is a correlation between
workplace approaches and practices
and family and community benefits."*



Inviting Workplace into Relationships

- Find the interface points
- Know what motivates them
- Be current about Concurrent Disorders Prevention




Building Capacity in the Workplace

- Collaborative efforts with Alberta Employment Immigration and Industry
- Drug and Alcohol Council for Safe Alberta Workplaces (DACSAW)
- Skills Link Training with Human Resources and Social Development Canada

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Self Care and Balance



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Information Sources

- www.aadac.com/
- <http://www.healthyalberta.com/HealthyPlaces/205.htm?pagerId=0>
- <http://www.ccohs.ca/healthyworkplaces/>
- www.samhsa.gov
- www.camh.net
- <http://www.hc-sc.gc.ca/hecs-sesc/cds/pdf/concurrentbestpractice.pdf>

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Thank you for your Time!

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