

For more information visit these Web sites:

The **Facility Locator** is a national resource from the Substance Abuse and Mental Health Services Administration that can help if you're looking for a substance abuse treatment provider.
dasis3.samhsa.gov

WorkDrugFree Oregon is a statewide business initiative to substantially increase the number of drug-free workplaces.
www.workdrugfreeoregon.org

Statewide contact:

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*If you need this fact sheet in alternate format, please call 503-945-5763 (Voice) or 503-945-5895 (TTY).
Addictions and Mental Health Division*

WHAT INDIVIDUALS CAN DO

More than 200,000 Oregonians are dependent on or abuse alcohol and require treatment. Even more should avoid alcohol because of a medical condition or medications they take.

Individuals can help by:

- Limiting consumption to no more than one drink per day for women and no more than two drinks per day for men,
- Avoiding alcoholic beverages when engaging in activities that require attention, skill or coordination, such as driving or operating machinery, and
- Hosting alcohol-free social events and providing food and nonalcoholic beverages if alcohol is served at social gatherings.

WHAT EMPLOYERS CAN DO

Alcohol-related problems are caused not only by on-the-job drinking but also by heavy drinking outside of work. Alcohol abuse contributes to absenteeism, arriving late to work or leaving early, doing poor work, doing less work and arguing with coworkers.

Employers can help by:

Adopting comprehensive drug-free workplace programs, including,

- Employee Assistance Programs (EAP) to assist employees in resolving substance abuse problems and other problems when job performance suffers, and
- Supervisor training to effectively intervene to improve employee performance.

WHAT COMMUNITIES AND GOVERNMENT CAN DO

Community attitudes about drinking must support moderate alcohol consumption in safe settings. Every day hospital emergency departments, local law enforcement and children's services witness the toll that alcohol consumption takes on our communities.

Communities and local government can help by:

- Supporting the work of community coalitions to reduce alcohol problems,
- Prohibiting open containers of alcohol in public places, and
- Requiring equal insurance coverage for addiction treatment.

DATA SOURCES

Data about Oregon adults comes from the Oregon Behavioral Risk Factor Survey, the Center for Health Statistics, the National Survey on Drug Use and Health and the Fatal Accident Reporting System. Information on the effects of alcohol and prevention strategies was obtained from the USDA Dietary Guidelines for Americans 2005, and Building a Drug-Free Oregon Workforce.