



WELLNESS AT WORK

Workforce Initiatives to Bring Health & Wellness to Your Employees

Substance Use Recovery & Workplace Safety Program

The nation's substance use epidemic touches us all, including the business community. Employers have jobs to fill but hesitate to hire workers with a drug-use history. Workers recovering from addiction want to work but aren't given the chance. Other workers might be actively using, but go undetected, putting workplace safety at risk. **Our Substance Use Recovery and Workplace Safety Program (SURWSP) can help.**

Brought to you by Montgomery County Alcohol, Drug Addiction and Mental Health Services and the Ohio Bureau of Workers' Compensation, this program reimburses employers for:

- Development and legal review of employer policies and procedures about substance use issues.
- Training for employees to understand substance use and their employer's related policies.
- Training to equip supervisors and managers to better manage employees in recovery.
- Recovery-supportive drug testing for prospective and current employees.

The program also provides access to a free employee wellness incentive program, BWC's **Better You, Better Ohio!**

To enroll, complete the Substance Use Recovery Workplace Safety Program Enrollment Form by clicking [here](#), or email SURWSP@mcadamhs.org for more details.



Taking care of your emotional health is important. With myStrength you get 24/7 support from the privacy of your computer or mobile device.

myStrength is a web and mobile resource full of personalized tools to improve your mood and manage life's ups and downs. Access hundreds of articles and videos on topics to help you stay strong and healthy. **myStrength is here to help you live your best possible life.**

myStrength offers evidence-based support for many types of emotional and physical challenges.

- Reducing stress
- Improving sleep
- Managing depression
- Managing anxiety
- Mindfulness & meditation
- Balancing intense emotions
- Pregnancy & early parenting
- Managing chronic pain

Through Montgomery County ADAMHS, employers can bring this resource to their employees **AT NO COST!**

Contact us today to get your unique access code and begin sharing with your teams.



The **eX Program** is a digital health solution for tobacco addiction meant for today's workforce. Created with the mastery of the Truth Initiative and cessation best practices from the Mayo Clinic, the eX Program delivers digital cessation assistance for those addicted to nicotine.

The eX Program offers a self-placed plan with interactive tools such as:

- Video and digital content on preparing to quit, building a support system, and more
- Interactive tools to identify triggers and track tobacco use patterns
- Tailored emails to participant's quit status
- English and Spanish versions available to participants

In addition to the interactive tools, the eX Program participants gain access to coaching experts, quitting medications, and a community of peers. ADAMHS provides this program at no cost to residents and worksites in Montgomery County. **To offer this program to your employees, contact us today.**



MCADAMHS Training

The Montgomery County ADAMHS training department hosts a robust set of opportunities to assist employers, health providers, and community members in learning about the following topics:

Mental Health

Addiction & Recovery

**Diversity, Equity,
& Inclusion**

Self-Care

Trauma

Resiliency

& So Much More!



If you are interested in attending a training yourself or bringing a training to your business, please visit mccadams.org/trainings_and_events.

On this website, you can do the following:



View a current calendar of all scheduled training offerings available for registration



Subscribe to receive notices when new offerings are announced



Request a training to be brought to your site

LocalHelpNow Montgomery County is a free, easy-to-use app that instantly connects residents with local treatment and support providers for substance use disorders, mental health, and more.

Simply use the interactive directory to find a provider near you. This app also places support in areas like housing, COVID-19, and workforce right at your fingertips! **For more information, please visit: localhelpnowmc.com**





CONTACT US

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BECOME A
**MENTALLY
& RECOVERY
SUPPORTIVE**
WORKPLACE!

MCADAMHS.ORG