

ALCOHOL & the WORKPLACE CONSULTING



Author, Speaker, Consultant, **Lisa Frederiksen** has 20 years executive management experience and has been consulting, researching, writing and presenting on substance abuse, addiction, dual diagnosis, underage drinking and help for the family centered around 21st century brain and addiction related research since 2003. Author of nine books, including: *If You Loved Me, You'd Stop!*, *Loved One In Treatment? Now What!* and *Crossing the Line From Alcohol Use to Abuse to Dependence*,

Lisa helps management:

- Develop HR informational/educational type policies to help employees self-elect to change off-site at-risk drinking patterns and SHD coping skills
 - Create customized, short informational videos
 - Conduct employee and/or management training programs, workshops
 - Create cost-effective Employee Assistance Programs (EAPs) and/or expand existing ones to include a screening and brief interventions protocol to identify at-risk drinking patterns and SHD.
- To learn more about Lisa and her work, visit www.BreakingTheCycles.com.


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Alcohol & the Work Place

SHARING INFORMATION ABOUT AT-RISK DRINKING PATTERNS

& SECONDHAND DRINKING (SHD) CAN...

HELP EMPLOYEES

- Understand “*low-risk*” drinking limits.
- Learn about “at-risk” drinking, how a person's drinking can cross the line from alcohol use to alcohol abuse to alcohol dependence (aka alcoholism), and what can be done to change drinking patterns.
- Learn how alcohol is processed by the body and thereby affects the brain, which causes the drinking behaviors, such as getting into fights, saying hurtful things, driving impaired.
- Realize a person's behaviors while engaging in “at-risk” drinking are not the “real” person.
- Understand how a person “chooses” to drink and risk getting DUI.
- Learn about Secondhand Drinking (SHD) – the impacts on others who cope with an “at-risk” drinker's drinking behaviors.
- Recognize what a spouse, parent, sibling, child or friend can and cannot do to help an “at-risk” drinking loved one stop or cut down.
- Find anonymous online assessment and solution tools.
- Choose to “Self-Elect” to change “at-risk” drinking patterns and/or coping patterns for dealing with SHD.

HELP BUSINESS OWNERS & MANAGEMENT

- Prevent workplace consequences of employee off-site, “at-risk” drinking patterns and coping with Secondhand Drinking, namely: absenteeism, lost productivity, workplace accidents, late arrivals, early departures, safety risks.
- Reduce health care costs associated with “at-risk” drinking ER visits, longer hospital stays or treatments for the health problems caused by at-risk drinking (e.g., heart & liver disease).
- Reduce health care costs associated with treating the consequences of coping with chronic SHD (e.g., headaches, migraines, depression, anxiety, stomach ailments).
- Provide employees with self-assessment, intervention and prevention resources and tools to “Self-Elect” to change “at-risk” drinking patterns and/or coping patterns for dealing with SHD.
- Develop ongoing workshops and training programs for management and employees to help all concerned understand 21st century brain and alcohol-related research and thereby improve employee health, workplace safety, employee moral and the company's bottom line.

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