



SUBSTANCE USE FACTS*

- Excessive alcohol use is defined as >5 drinks (men) or >4 drinks (women) within 2-3 hours; >15 drinks (men) or > 8 drinks (women) per week.
- More than 93,000 deaths annually are attributed to excessive alcohol use
- Anyone that uses opioids or illegal drugs can become addicted
- Physicians are more likely to abuse prescription-drugs
- National Drug and Alcohol Treatment Referral line 800-662-HELP

*Per the CDC

EMORY UPDATES

Login to your [HEALTHY EMORY CONNECT](#) account and look for *refresh from stress* under the "challenges" tab or print the calendar [HERE](#)



Find out where to get your flu shot [HERE](#).

The flu shot must be received by
October 30, 2020

Department link for [Justice](#)

Refract from Stress Benefits

Post-program survey responses from the 2019 RFS:

- 92% reported being better equipped to practice stress management
- 88% experienced increased emotional wellbeing
- 82% acknowledged improved physical health
- 71% reported improved work productivity
- 97% said RFS was a valuable program

Resources for Addiction

- [GA Crisis and Access Line](#)
(800) 715-4225
- [GA Dept of Behavioral Health](#)
- [Emory Addiction Services](#)
- [Healthy Emory Tobacco Cessation](#)
- [Emory Healthcare and Hazelden Betty Ford unite to create the Addiction Alliance of GA offering services starting 2021](#)

NATIONAL INSTITUTE ON DRUG ABUSE

Treatment Principles:

1. Treatment is multi-factorial, addressing medical, psychological, social and legal needs.
2. Relapse is less likely if treatment is sustained for at least 3 months with frequent monitoring.
3. Behavioral therapy is the most common treatment and may be combined with medication.

COPING WITH ADDICTION

Happy Wednesday and welcome to the October Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to: [The Wellness Committee](#)



Write down three coping strategies that do not involve an external substance.

KUDOS!!!

Congratulations to the faculty who were promoted to the next rank! You inspire us to excel in the areas of teaching, service and scholarship.

Submit kudos to members of the GYN/OB Department [here](#)



FRONTLINE
MOMENTS



Happy Fall Y'all!

