

# Real-Life Help

Assistance and resources for personal, family and work issues



**hms**

Monthly Webinar • Tuesday, April 17th

# Getting Excited About Spring



**Are you getting excited about spring?** Take advantage of this time of renewal and increased energy to plan events or participate in activities that cause you to look forward, create healthy distractions from work stress, and give you more balance in your life. Whether it is indoor germinating of garden seeds prior to planting, getting rid of stored junk in a weekend garage sale, or arranging short getaway trips so you avoid last-minute planning and lost weekends that fly by, these spring “tune-up” activities will lift your mood and provide feelings of accomplishment you will be thankful for later.

Try doing some spring cleaning to improve your mood with a fresh start!



## Teenagers and Alcohol

**Although giving alcohol to teenagers is illegal and school principals plead with parents not to do it,** many parents still feel pressure, or believe it to be proper to supply alcohol to their underage children. Teaching the “proper use” of alcohol or deglamorizing it is the commonly stated goal. There is no evidence that condoning alcohol consumption by minors reduces the incidence of alcohol abuse now or later in life. However, research does exist to show just the opposite.<sup>1</sup>

New data from the National Survey on Drug Use and Health suggests that approximately 709,000 youths between the ages of 12 and 14 drank alcohol in the past month, and of these underage drinkers, 44.8 percent obtained the alcohol from their families or inside the home. The upside of these statistics is the opportunity for family members to curb underage drinking. Ensuring the prevention of underage drinking greatly reduces access to alcohol overall and alcohol problems later on. To further reduce the likelihood of adolescents seeking out alcoholic beverages, parents can start early to discuss the dangers and pitfalls of underage drinking and any family history of alcohol disorders.

Consider enlisting the help of qualified medical professionals if you believe your child is abusing alcohol, and visit [www.StopAlcoholAbuse.gov](http://www.StopAlcoholAbuse.gov), the leading portal for advice on preventing underage drinking. (<sup>1</sup> Source: [www.tiny.cc/not-for-teens](http://www.tiny.cc/not-for-teens))



# Teaching Children to Summon Help

**We've all heard marvelous stories about children who save a loved one's life. But would your children be able to rise to the occasion?**

It's all about preparation. Teach your children how to dial 911 as soon as they can play with the phone. Make sure they know their first and last name. Instruct them to speak loudly and clearly, and to listen carefully for questions and instructions. Go over emergency scenarios, providing more details the older they get. Be sure they understand that calling 911 is not a game, but when in doubt, they should make the call. Routinely review this information with your children.



## Monthly Webinar

**Tuesday, April 17th**  
**12 pm, 2 pm and 4 pm ET**

### **"Getting Prepared Before a Disaster Strikes"**

Learn how to develop an action plan before a disaster strikes.

**You can register at [hmsincorp.com](http://hmsincorp.com)**

- Click "Employee/Family Login"
- Enter your User Name and Password
- Click "Online Work/Life Services"
- Scroll to online seminars, choose "Getting Prepared Before a Disaster Strikes"
- Select your registration session
- Click "Register" on the "Welcome to e-learning center" page
- Enter your name, other information and submit
- You will receive a confirmation email of your registration

\*Please note: Webinars are available only in English.

## Suspect Substance Abuse?

### **What you can do**

Suspecting that a loved one is abusing drugs or alcohol can leave you feeling scared and powerless. These tips can guide you toward getting the right help:

- **Learn the facts.** Substance abuse can lead to addiction, which is a disease of the brain, not a sign of weakness. Over time, drug use can affect decision-making and self-control skills.
- **Look for behavioral signs.** These include: frantically seeking and using the substance despite serious consequences (job loss, debt), slurred speech, appetite loss, trouble sleeping, irritability, trouble paying attention, a drop in performance.
- **Encourage getting help.** Tell them where they can find help, or make the call yourself. The Substance Abuse and Mental Health Services Administration is a good resource. **Call 800.662.4357 or go to [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov).**

# EAP+ Work/Life Program

## **EAP+Work/Life** **Get short-term assistance**

- Referral for in-depth counseling, if needed
- Work/life specialists locate support resources, from caregiving to legal help
- Visit website for online articles and other resources
- In a crisis, emergency help is available 24/7

Talk to a counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

**Confidential assistance is available 24/7.**

**Just call**  
**800.343.2186**  
**[hmsincorp.com](http://hmsincorp.com)**

# hms

A HealthAdvocate<sup>™</sup> Company