SUBSTANCE ABUSE IN THE WORKPLACE
Objectives

- Discuss drug use in the workplace.
- Learn statistics on drug abuse and addiction.
- Effects of drugs on the human body.
- Difference between abuse and addiction.
- Economic and employer impact drug abuse and addiction has.
- Discuss opiate reversal drug and its administration.
700,000 drug overdose deaths occurred in the United States since 2000.
$34.6 billion federal budget for drug control in 2020.
$35.7 billion federal budget for drug control in 2021.
19.4% of people used illicit drugs in 2018.
14.8 million people have an alcohol use disorder.
8.1 million people with an illegal drug order, most common is marijuana.
4.4 million people having a marijuana use disorder.
22% of males and 17% of females had used illegal drugs or misused prescription drugs in 2018.

70% of users who try an illegal drug before the age of 13 develop a substance disorder within the next 7 years compared to 27% of those who try an illegal drug after age 17.
More than 70% of Americans dealing with alcohol and drug addiction is employed. Some professions are more susceptible to addiction than others. These are usually individuals that work in high stress environments which could include:

- Healthcare professionals, like doctors and nurses
- Law enforcement officers
- Farming, fishing and forestry professionals.
- Restaurant workers.
Statistics on Drug Use in the Workplace

Accommodations and food services: 19.1%
Arts, entertainment, and recreation: 13.7%
Management*: 12.1%
Information: 11.7%
Construction: 11.6%
Other services (except public administration): 11.2%
Real estate, rental, and leasing: 10.9%
Retail trade: 10.3%
Professional, scientific, and technical services: 9.0%
Wholesale trade: 7.8%
Manufacturing: 7.4%
Finance and insurance: 6.5%
Utilities: 6.1%
Transportation and warehousing: 5.9%
Agriculture, forestry, fishing, and hunting: 5.7%
Health care and social assistance: 5.5%
Mining: 5.0%
Educational services: 4.8%
Public administration: 4.3%
Drug use in the workplace results in an average of $81 billion in lost profits every year. This drug use causes a huge profit loss every year for many companies, this is because the abuse can lead to loss of productivity, increase in absenteeism, high turnover rates, an increase in theft and a depreciation in the quality of work that is produced. Some employees may be under the influence while at work, which means that they may produce lower quality work or make more errors.
Statistics on Drug use in the Workplace

- Only 50% of organizations in America require pre-employment screenings for all new hires.
- Different states have different drug testing laws.
- Alabama’s law reads as follows: “Alabama random drug testing and testing based on reasonable suspicion are both allowed. Drug testing of employees is also allowed as a part of a required fitness of duty exam, after a job-related injury, and as a follow-up after an employee attends a rehabilitation program.”
In 2016 at least 217 workers died from an accidental drug or alcohol overdose while at work, that is up 32% from 2015 according to the Bureau of Labor Statistics.

Workplace overdose deaths have steadily increased by more than 25% each year since 2010. That does not include overdoses that did not result in death.

This number has increased 30% from 2015 and is continuing to rise each year.
Statistics on Drug Use in the Workplace

- Opioid abuse account for anywhere from $25.6 to $53.4 billion in lost productivity each year.
- A recent survey found that 17.83% of employees reported taking some form of prescription drugs while at work.
- This misuse leads to an 18% reduction in productivity among employees and these employees tend to miss 18.5 more days of work than those who did not struggle with any type of addiction.
- The annual cost in unexplained absences can be as much as $660 per employee.
Drug abuse is signified by experiencing one or more of the following issues in the past year:

- Legal issues caused by drug abuse or behaviors while under the influence.
- Physical harm to others caused by the individual’s drug use and/or his behaviors under the influence (or lack of action caused by the drug use).
- Inability to manage general responsibilities or do what is necessary at home, work, or school.
- Ongoing use of drugs despite continued problems in these and other areas.
Difference between Drug Abuse and Addiction

- If you experienced 3 or more of the following issues with a 12-month period, you meet the criteria for an addiction diagnosis:
  - Onset of withdrawal symptoms (physical and psychological) when without the drug of choice.
  - Using greater and greater amounts of the drug in order to achieve the same results experienced initially.
  - Loss of interest in hobbies or career/school pursuits.
  - Patterns of behavior that revolve solely around getting and remaining high.
  - Multiple attempts to decrease or stop drug use with little or no success.
  - Withdrawing from friends and family.
  - Continued use of drugs and alcohol despite ongoing problems related to their use.
It is true that most substance abuse starts with the decision to begin using the drug. Some people think that addiction cannot be a disease because it is caused by an individual's choice to use drugs or alcohol.

While the first use may be a choice, once the brain has been altered by addiction, most experts believe that the person can lose control of their behavior.

Addiction can be defined as a chronic, relapsing disorder characterized by compulsive drug seeking and use despite any adverse effects it may have. It is considered a brain disorder, because it involves functional changes to brain circuits involved in reward, stress, and self-control, those changes can last long after stopping the use of the drug.

Most addictive substances cause the brain to release high levels of these same chemicals that are associated with pleasure and reward. Overtime, continued release of these chemicals causes changes in the brain systems related to reward, motivation, and memory.
Examples of Drugs and their Effects

Alcohol
Examples of Drugs and their Effects
Alcohol

- 12 fluid ounces of beer is approximately 5% alcohol.
- 8 to 9 fluid ounces of malt liquor is about 7% alcohol.
- 5 fluid ounces of wine is roughly 12% alcohol.
- 1 ½ ounces of 80 proof distilled spirits such as vodka, rum, gin, tequila, whiskey, etc. estimated 40% alcohol.
- The effects of alcohol can be influenced by several different factors, such as, the amount consumed, individual’s medical history, tolerance to alcohol, and other drugs if mixed with alcohol. A person’s blood alcohol content (BAC) determines the effect it will have on the central nervous system.
Examples of Drugs and their Effects
Alcohol

- Here is breakdown of different BAC percentages along with their symptoms:
- BAC: 0.033-0.12% Improvement in mood, higher self confidence, less anxiety, flushing of face, shorter attention span, lack of fine motor coordination, impairment of judgement.
- BAC: 0.09-0.25% Sedation, loss of memory and lack of comprehension, delayed motor reactions, balance problems, blurred vision and sensation impairment.
- BAC: 0.25-0.40% In and out of consciousness or complete unconsciousness, amnesia during the events while intoxicated, staggering gait, vomiting with aspiration, incontinence of urine, slowed heart rate.
- BAC: 0.35-0.80% Comatose, lack of pupillary response to light, life-threatening respiratory depression, severe decrease in heart rate, death.
Examples of Drugs and their Effects

Fentanyl
Fentanyl is a powerful synthetic opioid that is similar to morphine, but is 50 to 100 times more potent. Like morphine, it’s a medicine that is typically used to treat severe pain, especially after surgery.

Synthetic opioids, including Fentanyl, are now the most common drugs involved in drug overdose deaths in the United States. In 2017, 59% of opioid-related deaths involved Fentanyl compared to 14.3% in 2010.

When prescribed Fentanyl can be given as a shot, a patch that is put on a person’s skin, or lozenges that are sucked like a cough drop.

Illegally, Fentanyl is sold as a powder, dropped onto blotter paper, put in eye droppers and nasal sprays, or made into pills that resemble other prescription opioids.
Examples of Drugs and their Effects
Fentanyl

- Some drug dealers are mixing Fentanyl with other drugs, such as heroin, cocaine, and methamphetamine. This is because it takes very little to produce a high and it’s a cheaper option.

- Like heroin, morphine, and other opioid drugs, Fentanyl works by binding to the body’s opioid receptors, which are found in areas of the brain that control pain and emotion.
Examples of Drugs and their Effects

Fentanyl

Fentanyl’s effects include:
- extreme happiness
- drowsiness
- nausea
- confusion
- constipation
- sedation
- problems breathing
- unconsciousness
Examples of Drugs and their Effects
Fentanyl

- With long term use there can be several adverse effects both mental and physical. Some physical effects can be:
- Severe gastrointestinal problems, including bowel obstruction and perforation
- Weakened immune system
- Difficulty breathing
- Seizures
Examples of Drugs and their Effects
Fentanyl

- Some psychological effects are:
- Paranoia
- Social withdrawal
- Lack of motivation
- Delusion and personality changes.
Examples of Drugs and their Effects
Fentanyl
Lethal dose
Examples of Drugs and their Effects
Heroin
Examples of Drugs and their Effects

Heroin

- Heroin is made from the resin of poppy plants grown in Southeast and Southwest Asia, Mexico, and Colombia.
- Heroin was first manufactured in 1898 by the Bayer pharmaceutical company of Germany and marketed as a treatment for tuberculosis and as a remedy for morphine addiction.
- People inject, sniff, snort, or smoke heroin. Some people mix it with crack cocaine, a practice known as speedballing, which can prove to be deadly.
- Studies have shown some loss of the brain’s white matter associated with heroin use, which may affect decision-making, behavior control, and responses to stressful situations.
Examples of Drugs and their Effects

Heroin

- People who use heroin report feeling a “rush” (a surge of pleasure or euphoria). However, other common effects include:
  - Dry mouth
  - Warm flushing of the skin
  - Heavy feeling in the arms and legs
  - Nausea and vomiting
  - Severe itching
  - Clouded mental functioning
  - Going “on the nod”, a back and forth state of being conscious and semiconscious.
Examples of Drugs and their Effects

Heroin

- People who use heroin over the long term may develop:
  - Insomnia
  - Collapsed veins for people who inject the drug
  - Damaged tissue inside the nose for people who sniff or snort it
  - Infection of the heart lining and valves
  - Abscesses
Examples of Drugs and their Effects
Heroin

- Constipation and stomach cramping
- Liver and kidney disease
- Lung complications, including pneumonia
- Mental disorders such as depression and antisocial personality disorder
- Sexual dysfunction for men
- Irregular menstrual cycle for women
Examples of Drugs and their Effects

Heroin

- Among the many problems of using heroin to get high is that the effect diminishes with every exposure to the drug. The more a person takes, the more the body gets used to it. The brain adapts to what the heroin is doing to it, responding less and less if the same amount of heroin is used.

- In the process, they become increasingly dependent on it for pleasure and even for the anticipation of pleasure. Nothing else in life matches up to what the heroin does, even as more and more is used to achieve that initial high.

- Overtime, users withdraw from social activities and obligations, partly because the tranquilizing effects of the drug prevent activity and involvement in anything, and also because life begins to revolve around seeking out and being in the narcotic haze of a heroin high.
Examples of Drugs and their Effects

Heroin

- Time spent not being high is marked by distressing and agonizing symptoms of withdrawal. These can include:
  - Severe depression and a feeling of hopelessness that the depression will be a permanent state of mind
  - Emptiness and despair
  - Inability to sleep
  - Anxiety and panic and feelings of dread and thoughts of this never getting better
  - Fatigue
  - Intense craving for more heroin because you know it will provide relief.
Examples of Drugs and their Effects

Heroin
Examples of Drugs and their Effects
Crystal Meth
Crystal meth is a highly addictive, illegal stimulant drug that has a long-lasting euphoric effect. It goes by several different names such as, meth, ice, glass, or speed, just to name a few.

Methamphetamine and amphetamine were commonly prescribed during the 1950s and 1960s for a variety of medical conditions including, narcolepsy, depression, and obesity.

Meth can be taken in many different ways. Most commonly, it is snorted, smoked in a pipe, or injected, it can also be taken orally as a pill or capsule, or mixed into a drink, or ingested rectally.
Examples of Drugs and their Effects
Crystal Meth

- Repeated use can also have other psychological effects which include:
  - Anxiety, irritability, and aggressive or violent behavior
  - Alertness and increased concentration
  - Hyperactivity and insomnia
  - Increased energy, libido, self-esteem, confidence, and sociability
  - Delusions of grandeur with a sensation of power and invincibility
  - Hallucinations and paranoia
  - Psychomotor agitation and compulsive skin picking, leading to skin sores
  - Repetitive and obsessive behaviors
  - Psychosomatic disorders, where an apparent physical symptom or ailment is caused by a mental disturbance
Examples of Drugs and their Effects
Crystal Meth

- The drug can also lead to some physical effects that can include:
- Anorexia
- Blurred vision
- Constipation or diarrhea
- Dilated pupils
- Dizziness
- Dry mouth and skin
- High body temperature and hyperthermia
- Flushing
Examples of Drugs and their Effects
Crystal Meth

- Headache
- High blood pressure
- Numbness
- Pale skin
- Profuse sweating
- Rapid breathing
- Restlessness, twitching, and tremors
- Abnormal heart rhythm, rapid heartbeat, and palpitations
Another condition that is associated with the use of crystal meth is meth mouth. This occurs because regular users of the drug have a significant risk of losing their teeth through severe decay. One reason for this is that methamphetamine contains acidic ingredients that are bad for the teeth. Among these are drain cleaner, battery acid, and hydrochloric acid. Users may also grind and clench their teeth. The drug tends to dry the mouth, reducing levels of protective saliva.
Crystal meth is not only dangerous to use, but dangerous to make. Chemicals used during its production may result in fires and explosions, while at the same time, increase the toxicity of the drug when used.

According to the DEA and NIDA, the most common ingredients used to produce methamphetamine in meth labs include:

- Ephedrine or pseudoephedrine being a mandatory ingredient.
- Acetone- this is often found in paint thinner and nail polish remover. It is highly combustible.
- Anhydrous ammonia- forms of this are found in cleaners and fertilizers,
- Hydrochloric acid- sulfuric acid can be extracted from drain cleaners to be used to make meth.
Examples of Drugs and their Effects

Crystal Meth

- Iodine- this can be found in many topical medications,
- Lithium- found in car batteries.
- Lye- this is very corrosive. It is sometimes used to make soap.
- Phosphorus- this can be found in matches and road flares.
- Toluene- this is a corrosive substance found in brake fluid.
Examples of Drugs and their Effects
Crystal Meth
Meth is not as lethal as opioids: 47,000 people died of opioid-related overdoses in 2017 compared to 10,333 deaths involving meth. But the death rate for meth has been rising. Meth-related deaths in San Francisco alone doubled since 2011, another indication that more people are using meth and that today’s supply is very potent.
Examples of Drugs and their Effects
Crystal Meth
Examples of Drugs and their Effects
Prescription Drugs
Examples of Drugs and their Effects

Prescription Drugs

Prescription drug abuse is the use of prescription medication in a way not intended by the prescribing doctor. Prescription drug abuse or problematic use includes everything from taking a friend’s prescription painkiller for your backache to snorting or injecting ground up pills to get high.

An increasing problem, prescription drug abuse can affect all age groups. The prescription drugs most often abused include opioid painkillers, anti-anxiety medications, sedatives, and stimulants.
Examples of Drugs and their Effects
Prescription Drugs

- Signs and symptoms of prescription drug abuse depends on the specific drug. Because of their mind-altering properties, the most commonly abused prescription drugs are opioids. They are used to treat pain, for example medications containing oxycodone such as:
  - Oxycontin and Percocet and those containing hydrocodone such as Norco.
  - Anti-anxiety medications and sedatives, such as alprazolam (Xanax) and diazepam (Valium) and hypnotics such as zolpidem (Ambien) use to treat anxiety and sleep disorders.
  - Stimulants such as methylphenidate (Ritalin and Concerta), dextroamphetamine and amphetamine (Adderall XR and Mydayis), used to treat attention-deficit/hyperactivity disorder (ADHD) and certain sleep disorders.
Examples of Drugs and their Effects

Prescription Drugs

- Signs and symptoms of prescription drug abuse are:
  - Opioids- constipation, nausea, feeling high (euphoria), slowed breathing rate, drowsiness, confusion, poor coordination, increased dose required for pain relief, worsening or increased sensitivity to pain with higher dose.
  - Anti-anxiety medications and sedatives- drowsiness, confusion, unsteady walking, slurred speech, poor concentration, dizziness, problems with memory, slowed breathing.
  - Stimulants- increased alertness, feeling high, irregular heartbeat, high blood pressure, high body temperature, reduced appetite, insomnia, agitation, anxiety, and paranoia.
75% of adults with substance use disorder are in the workforce. It is estimated that the yearly economic impact is over 442 billion dollars. Workplaces bear a significant portion of those cost due to absenteeism, increased healthcare cost, and lost productivity.

Workers with pain medication use disorder cost employers more than 3 times the healthcare cost of the average worker.

Each employee cost the employers nearly $2500.00 in missed work.
Substance abuse appears to be more common in male-dominated industries.

One of five industries with the highest substance rates, four are predominantly male. Two of those industries construction and mining are the most male dominated in the United States, with workforces comprised of 90.9% and 86.6% men.

Workers in industries which have relatively high risk of injury or death such as construction and mining also are more likely to abuse substances.
Identifying Substance Abuse and How to Educate Employees

- The possible symptoms of workplace substance abuse or addiction could include:
  - Change in work attendance or performance.
  - Alternation of personal appearance.
  - Mood swings or attitude changes.
  - Withdrawal from responsibility or contact with associates.
  - Unusual patterns of behavior
  - Defensive attitude concerning the object of addiction
  - Rumors/reports of substance abuse by colleagues.
Observation and monitoring are the traditional methods of detection of alcohol and drug problems in the workplace.

In applying such an approach to observation and monitoring, supervisors might be tempted to note signs of unclear behavior or decreased work performance, and speculate about a worker’s private drug and alcohol use.

Such minute observation combined with a certain degree of speculation could be characterized as unethical, and supervisors should limit themselves to instances where a worker is clearly under the influence, and hence cannot function in the job at an acceptable level of performance.
Identifying Substance Abuse and How to Educate Employees

- Human resource managers should be educated concerning the signs of addiction and be very mindful of the law as they attempt to address the issues and challenges associated with employee addiction.

- HR managers should train supervisors to consult with them immediately whenever they are presented with an employee who is having or is suspected of having drug or alcohol-related issues.

- Approaching an employee about prescription drug abuse is touchy, experts say, because he may have legitimate explanations for his symptoms.
Identifying Substance Abuse and How to Educate Employees

- When you have more than one symptom, it can lead you to believe maybe there is a situation.

- If there is a consistent downward trend of behavior and performance, that could indicate prescription drug abuse.

- Even if an individual’s symptoms become alarming enough to warrant a confrontation, managers shouldn’t expect addicts to come clean.

- Managers should stick to the observed behavior and hold them accountable for what they can see, even if they have suspicions about what is going on behind the scenes.
Identifying Substance Abuse and How to Educate Employees

- Drug-free workplace programs makes confrontation easier.
- These programs typically start with an open letter to employees indicating that evidence of drug abuse is grounds for termination.
- Employers provide a 60 day grace period allowing addicts time to get clean or alert managers that they need help for addiction.
- Mandatory drug testing.
- The performance review may be one of the best tools for approaching the suspect’s addiction.
Identifying Substance Abuse and How to Educate Employees

- What do managers do with the information if a worker does admit to prescription drug abuse?

- The Americans with Disabilities Act might protect workers from being fired if they became addicted to pain medications after taking them as prescribed.

- The ADA won’t protect workers currently engaging in the illegal use of drugs, which could include taking more medication than prescribed.

- Employees who are guilty of fraud in obtaining pain medication through either doctor shopping or illegal drug trafficking are not protected.
Identifying Substance Abuse and How to Educate Employees

- Referring workers to detox or rehabilitation programs is another route, but managers need to proceed with caution here. Some employees may be able to use the Family and Medical Leave Act to attend such programs, which raises the question of whether they should be guaranteed jobs upon their return.
One of the most difficult issues for an employer is when discipline should be imposed as a response to an incident of alcohol and drug use at work. Counselling, treatment and rehabilitation should be the appropriate response; and under what circumstance both alternatives, discipline and treatment should be undertaken concurrently.

An employer has the right and in certain circumstances where the worker’s misconduct has implications for safety, health or economic well-being of others, a duty to impose disciplinary sanctions.

Being under the influence of alcohol or drugs at work can be correctly characterized as misconduct and such a situation can be characterized as serious misconduct if the person occupies a safety-sensitive position.
The response of an employer to a situation involving serious misconduct connected with alcohol or drugs, such as being under the influence of alcohol or drugs in a safety-sensitive position, should probably be different. Here the employer is confronted with both the ethical duty to maintain safety for other workers and the public at large and the ethical obligation to be fair to the worker concerned. In such a situation, the employer’s principal ethical concern should be to safeguard public safety and immediately remove the worker from the job.
Identifying Substance Abuse and How to Educate Employees

- The employer is key to the success of a drug-free workplace, as well as the strategies and programs that support the policy. An effective policy is enforced by a positive workplace culture, which is sustained by employers committing to the policy.

- Workplace leaders must show support and set the right tone for your drug-free workplace efforts. Employees need to understand the rationale for the policy and program in ways that are practical, personally meaningful, and relevant to their job responsibilities.

- When this is done, employees are more likely to want to participate.
Identifying Substance Abuse and How to Educate Employees

Human resources are responsible for communicating the policy and program in the right ways at the right times. Consider the following steps.

Review the workplace’s policy, program, and rules with the new hires and existing employees. As new hires begin work, make the review part of the orientation package and include it on the company intranet and internal website.

Discuss how employees and their families can get help.

Discuss how employee performance issues are evaluated with respect to the program.

Discuss how management referrals and self-referrals for assistance are handled.
Identifying Substance Abuse and How to Educate Employees

- Provide details about the circumstances, procedures, and other elements of drug testing if testing is included in the company policy.
- Explain all of the employee protections that are included in the policy, including how violation information will be communicated internally and externally.
- Provide information about substance misuse, the symptoms of drug misuse and abuse, and their effects on performance.
- Discuss prevention resources such as health and wellness programs, helplines, and other community resources. Explain how to seek assistance and share resources available to the employee’s family.
Identifying Substance Abuse and How to Educate Employees

The employee should know what is required of them, and know what the consequences are for not complying. This will help protect everyone involved from complications attributable to misunderstandings. Some questions that your policy should answer include:

- Who does it cover?
- What substances are barred?
- Is drug testing included in the policy and program?
- What substances are subject to testing?
- What kind of assistance does my employer offer?
- What are the penalties for violating the policy?
Naloxone
Naloxone is a medication designed to rapidly reverse opioid overdose.

It is an opioid antagonist meaning that it binds to opioid receptors and can reverse and block the effects of the opioids.

It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdoing with heroin or other prescription opioid pain medications.

Naloxone should be administrated to a person with a suspected opiate overdose. If the patient does not respond or responds then relapses into respiratory depression, additional doses may be given every 2 to 3 minutes until EMS arrives.

Naloxone has no effect or side effects on people who have no opioid drugs in their system. It will not reverse cocaine or any drug that is not opiate based.
Naloxone

- Evizo is prefilled auto-injection device that can easily dispense narcan by families or emergency personnel. The naloxone is injected into the outer thigh. Once activated, the device provides verbal instructions to the user describing how to deliver the medications. This is an expensive option costing over $4000 for two auto injectors. In 2019 a generic version was released at a cost of $178 for a two pack.

- Narcan nasal spray is a prefilled, needle-free device that requires no assembly and is sprayed into one nostril while patients lay on their back. A two-pack of Narcan has retail price if about $125. The generic version cost about $40 per dose.