

Signs and Symptoms of Addiction

(excerpts from The National Council on Alcoholism and Drug Dependence - NCADD.com)

Loss of Control: Drinking or drugging more than a person wants to, for longer than they intended, or despite telling themselves that they wouldn't do it this time.

Neglecting Other Activities: Spending less time on activities that used to be important (hanging out with family and friends, exercising, pursuing hobbies or other interests) drop in attendance and performance at work or school because of the use of alcohol or drugs;

Risk Taking: More likely to take serious risks in order to obtain one's drug of choice.

Relationship Issues: People struggling with addiction act out against those closest to them, particularly if someone is attempting to address their substance problems; complaints from co-workers, supervisors, teachers or classmates.

Secrecy: Going out of one's way to hide the amount of drugs or alcohol consumed or one's activities when drinking or drugging; unexplained injuries or accidents.

Changing Appearance: Serious changes or deterioration in hygiene or physical appearance – lack of showering, slovenly appearance, unclean clothes.

Family History: A family history of addiction can dramatically increase one's predisposition to substance abuse.

Tolerance: Over time, a person's body adapts to a substance to the point that they need more and more of it in order to have the same reaction.

Withdrawal: As the effect of the alcohol or drugs wear off the person may experience symptoms such as: anxiety or jumpiness; shakiness or trembling; sweating, nausea and vomiting, insomnia, depression, irritability, fatigue or loss of appetite and headaches.

Continued Use Despite Negative Consequences: Even though it is causing problems (on the job, in relationships, for one's health), a person continues drinking and drugging.

The heart and soul of the District 141 Employee Assistance Program are local lodge EAP peer coordinators. These dedicated volunteers use their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations. They are trained to make a basic assessment of your situation and refer you to an appropriate resource for a detailed evaluation. EAP coordinators follow up to ensure you have been able to access services that address the difficulty you are experiencing. Your IAM EAP resource is listed below. Please call the representative listed here for help with troubling issues.

United Airlines Employee Assistance Program Airline Coordinator

Kathy Ferguson

E-Mail: kfborabora@cox.net, Cell: 703-505-4321

American Airlines Employee Assistance Program Airline Coordinator

Chris Davis

E-mail: chrisx1959@yahoo.com Cell: 704-572-4859

Hawaiian Airlines Employee Assistance Program Airline Coordinator

Maurice Masaki

E-Mail: mmasaki@iam141.org Cell: 808-728-4316

IAM EAP Calendar

EAP III

May 22-27, 2016

William W. Winpisinger Education and Technology Center

EAP II

July 10-15, 2016

William W. Winpisinger Education and Technology Center

EAP IV
(tentative)

December 11-16, 2016

William W. Winpisinger Education and Technology Center

