



# RECOVERY WORKS

**4.0 RESOURCES  
FOR EMPLOYERS  
& EMPLOYEES/  
FAMILIES**

## **THE RECOVERY FRIENDLY WORKPLACE TOOLKIT**

CT Department of Labor

CT Department of Public Health

Department of Mental Health and Addiction Services



# 4.1



## RESOURCES FOR EMPLOYERS

### STATE/REGIONAL RESOURCES

#### **CT State Department of Labor**

Connecticut Department of Labor – WIOA  
Administration Unit

Robert E. Bongiolatti  
Operations Coordinator  
CTDOL WIOA Administration Unit  
860-263-6599  
robert.bongiolatti@ct.gov

#### **Department of Mental Health and Addiction Services (DMHAS)**

The CT Department of Mental health and  
Addiction Services has good background  
information on substance use disorder

<https://portal.ct.gov/dmhas>

#### **Connecticut Community for Addiction Recovery (CCAR)**

CCAR is a Hartford-headquartered  
partner organization to the RFW initiative  
and provides training for participating  
employers. CCAR can also connect your  
organization to local Recovery Community  
Centers (RCCs) that will connect anyone  
with SUD to the help they need. Main  
website: <https://ccar.us/>

Training website: [https://  
addictionrecoverytraining.org/](https://addictionrecoverytraining.org/)

#### **Regional Behavioral Health Action Organizations (RBHAO)**

This link will show the 5 RBHAO chapters,  
which can provide education and training  
for your company in the following areas:  
problem gambling, mental health, opioid  
education, suicide prevention, Narcan  
administration training, and more. Each  
RBHAO is different, so contact the one  
closest to your company to determine the  
full scope of its capabilities.

[https://portal.ct.gov/DMHAS/Commissions-  
Councils-Boards/Index/Regional-Behavioral-  
Health-Action-Organizations-RBHAs](https://portal.ct.gov/DMHAS/Commissions-Councils-Boards/Index/Regional-Behavioral-Health-Action-Organizations-RBHAs)

#### **American Job Centers**

AJCs, located throughout CT, are  
partnerships of organizations working to  
provide workforce assistance to job seekers  
and businesses. AJCs can also provide  
support for the Recovery Friendly  
Workplace initiative.

[http://www.ctdol.state.ct.us/ajc/factsheets.  
htm](http://www.ctdol.state.ct.us/ajc/factsheets.htm)

#### **CT Clearinghouse**

Connecticut Clearinghouse is a statewide  
library and resource center for information  
on substance use and mental health  
disorders, prevention and health promotion,  
treatment and recovery, wellness and other  
related topics.

<https://www.ctclearinghouse.org/about/>



### **National Alliance on Mental Health (NAMI) Connecticut**

NAMI Connecticut provides support, education and advocacy for Connecticut's citizens affected by mental illness.

<https://namict.org/learn-more/about/>

### **The Connecticut Business and Industry Association (CBIA)**

The CBIA is a strong networking platform for businesses.

<https://www.cbia.com/>

### **LOCAL RESOURCES**

#### **CT Chambers of Commerce**

Area COCs are also good networking tools that can connect you to other organizations facing issues related to SUD and recovery in the workplace. This site is a directory of local chapters.

<https://www.officialusa.com/stateguides/chambers/connecticut.html>

### **NATIONAL RESOURCES**

#### **The Job Accommodation Network (JAN)**

This is a service of the U.S. Department of Labor's Office of Disability Employment Policy (ODEP). It is the leading source of expert, confidential guidance on workplace accommodations and provides one-on-one consultation to employers and employees, as well as service providers and others, free of charge. <https://askjan.org/>

If you have a question about workplace accommodations or the Americans with Disabilities Act (ADA) and related legislation, make contact with JAN at (800) 526-7234.

#### **SAMHSA: Drug-Free Workplace Toolkit**

This link connects to basic tool kit elements for a drug-free workplace.

<https://www.samhsa.gov/workplace/toolkit>

#### **National Safety Council**

The NSC has authored useful content for employers regarding opioid use that affects the workplace. This content is entitled Drugs at Work: What Employers Need to Know

<https://www.nsc.org/work-safety/safety-topics/drugs-at-work>

#### **U.S. Chamber of Commerce**

Contains useful information for employers with links to additional resources including a substance use cost calculator, links to useful information from the National Safety Council. <https://www.uschamber.com/event/the-opioid-epidemic-the-front-lines-the-boardroom>



## **CDC Foundation**

There are a number of materials and links to information regarding opioids, overdose information, evidence-based policies and interventions, support for employees struggling with OUD, and external links including a national helpline.

<https://www.cdcfoundation.org/businesspulse/opioid-overdose-epidemic-resources>

## **Workplace Mental Health**

The Partnership for Workplace Mental Health is a program of the American Psychiatric Foundation. It collaborates with employers to advance effective approaches to mental health and promotes the business case for quality mental health care. For more information see [www.workplacementalhealth.org](http://www.workplacementalhealth.org)



# 4.2



## RESOURCES FOR EMPLOYEES & FAMILIES

### STATE/REGIONAL RESOURCES

#### **Connecticut Community for Addiction Recovery (CCAR)**

CCAR is a centralized resource in CT for all things recovery. Whether you are contemplating a life in recovery, are new to recovery or are in long term recovery, CCAR is here to help you to navigate the recovery community, by connecting you with others in recovery and providing access to area support services.

Main website: <https://ccar.us/>

#### **LiveLOUD/Live Life with Opioid Use Disorder**

LiveLOUD is a campaign from the state Department of Mental Health and Addiction Services, with information about Connecticut's opioid crisis, immediate resources, treatment options and family support.

<https://liveloud.org/>

#### **CT Alcoholics Anonymous**

This link connects to the main AA site for CT, including a schedule of meetings.

<https://ct-aa.org/>

#### **CT Al-Anon**

AL-ANON (and ALATEEN for younger members) is a worldwide organization that offers a program of help and mutual support for families and friends of someone

with a drinking problem whether or not the person with a drinking problem seeks help or even recognizes the existence of a drinking problem.

<https://www.ctalanon.org/>

#### **CT Narcotics Anonymous**

This link connects to the main NA site for CT, including a schedule of meetings.

<https://ctna.org/>

#### **The Hub (Regional Behavioral Health Action Organization)**

Regional Behavioral Health Action Organizations (RBHAO)

Regional Behavioral Health Organizations provide mental health and substance abuse prevention, treatment and recovery services for children and adults throughout the state.

[www.thehubct.org/recovery](http://www.thehubct.org/recovery)

#### **List of RBHAOs**

**Region 1:** The Hub: Behavioral Health Action Organization for Southwestern CT, A Program of RYASAP, Giovanna Mozzo & Margaret Watt

**Region 2:** Alliance for Prevention Wellness – BHCare, Pamela Mautte

**Region 3:** Southeastern Regional Action Council (SERAC), Michele Devine

**Region 4:** Amplify, Inc., Marcia Dufore

**Region 5:** Western CT Coalition,



Allison Fulton

(860) 848-5930

### **Regional American Job Center Peer Navigators**

Peer navigators in each of the state's American Job Center hubs are trained to help individuals affected by the opioid crisis as they prepare for new careers and help them obtain employment that is particularly suited to their recovery efforts.

#### **Northwest Region**

Northwest Regional Workforce Development Board/Career Resources  
Sami Harjula - hajrula@careerresources.org  
(203) 437-3380

#### **Southwest Region**

The WorkPlace  
Robert Frost  
rfrost@workplace.org  
(203) 610-8500

#### **North Central Region**

Capital Workforce Partners/EDSI  
Randy Ricketts  
rricketts@capitalworkforce.org.  
(860) 656-2575

#### **South Central Region**

Workforce Alliance  
Allyson Quinn  
AQuinn@workforcealliance.biz  
(203) 867-4030 x 220

#### **East**

Eastern Connecticut Workforce Investment Board/TVCCA  
Elizabeth Watson  
Ewatson@tvcca.org

### **NATIONAL RESOURCES**

#### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA offers a range of resources related to substance use issues and recovery.

- National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889 (TDD, for hearing impaired)
- Behavioral Health Treatment Services (search by address, city, or ZIP Code):  
<https://www.samhsa.gov/>

### **OTHER RESOURCES FOR OPIOID USE FOR PAIN RELIEF:**

#### **Federal Drug Administration (FDA) Patient Handouts:**

A Guide to Safe Use of Pain Medication and How to Dispose of Unused Medications  
<https://www.fda.gov/Drugs/ResourcesForYou/Consumers>

#### **Centers for Disease Control and Prevention**

CDC has information including Helpful Materials for Patients regarding the CDC Guidelines for prescribing opioids.  
<https://www.cdc.gov/drugoverdose/patients/materials.html>



### **Turn the Tide**

Turn the Tide provides information for patients on opioid education, managing pain, taking opioids, safe storage and disposal, and helplines.

<https://turnthetiderx.org/for-patients/#about-opioids>

### **GENERAL RESOURCES FOR OPIOID OVERDOSE PREVENTION**

#### **Change the Script**

Change the Script is a statewide public awareness campaign (and communications tool kit) to help communities deal with the prescription drug and opioids misuse crisis. It connects town leaders, healthcare professionals, treatment professionals and everyday people with the resources they need to face prescription opioid misuse - and write a new story about what we can accomplish when we all work toward a shared goal. For information contact Connecticut Clearinghouse at <https://www.drugfreect.org/prevention-and-intervention/change-the-script-campaign/> or 1-800-232-4424.

#### **Opioid Overdose Prevention Toolkit**

This includes information for prescribers, patients and family members, first responders and community members.

<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

#### **Narcan Quick Start Guide**

For a fast reference on the use of Narcan go to:

<https://www.narcan.com/pdf/NARCAN-Quick-Start-Guide.pdf>

#### **NIH Opioid Overdose Reversal with Naloxone**

For information on Naloxone usage go to:

<https://www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio>