

Striving to be Drug Free
for a Safe Industry



Fall/Winter 2021

NEWSLETTER

Building & Construction Resource Center, Inc.

In this issue...

- Cover: Safety Awareness
- Pg. 2: Substance Abuse
- Pg. 3: Overdose Deaths
- Pg. 4: Sending Rx Info.
- Pg. 5: Self Care / Recipe
- Pg. 6: Holiday Stress
- Pg. 7: Coloring Contest
- Back: Closure Dates

CAUTION



THE SIGNS ARE EVERYWHERE!

Indiana's Work Zone Safety Law reads:

First time citations for speeding in a work zone result in a minimum \$300 fine. The fine increases to \$500 for a second offense and \$1,000 for a third offense within three years and also adds 3 points to your license for every citation. When you are cited for speeding 1-15 mph over the speed limit, 2 points are added to your license. Long story short, speeding in a construction zone will cost you more than a 10 hour day's wages and add 3 points to your license for each citation.

HOW TO INCREASE SAFETY AWARENESS

ZERO TOLERANCE
EDUCATION • AWARENESS

**WORKING SAFELY
MAY GET OLD,
BUT SO DO THOSE
WHO PRACTICE IT!**

WHAT CAN YOU DO?

1. SLOW DOWN
2. PAY ATTENTION
3. BE AWARE OF DRIVING CONDITIONS

IN 2019, SPEEDING WAS A FACTOR IN 31% OF FATAL CRASHES IN WORK ZONES.

IN 2019, OVER 842 WORK ZONE TRAFFIC-RELATED FATALITIES OCCURRED IN THE U.S.

39,100 WORK ZONE INJURIES AND 135 WORKER FATALITIES OCCURRED IN 2019

DON'T TAILGATE. MAINTAIN A SAFE FOLLOWING DISTANCE. REAR-END CRASHES ARE THE MOST COMMON TYPE OF WORK ZONE CRASH.

DRIVE SAFE IN WORK ZONES... SO WE CAN ALL GET HOME SAFELY.

SUBSTANCE ABUSE *Facts*

Why Construction Workers?

It's hard to know exactly why the construction industry is so susceptible to substance abuse. The fact that more than 90% of construction workers are male likely plays a role. According to the SAMHSA study, males are more apt to consume alcohol, have drinking problems, use illicit drugs and develop substance abuse disorders.

But there are other factors at play as well. The nature of some construction jobs - long days filled with repetitive tasks - may contribute to substance abuse. Some workers use alcohol, opioids and other drugs to numb the physical pain that accompanies manual labor. And in some companies, it's common for groups of workers to head to a bar after work to cool off, relax and socialize.

www.DrugFreeConstruction.org

Sobering Facts about Substance Abuse in Construction

Substance abuse is a big problem for construction employees. In fact, a 2015 study from the Substance Abuse and Mental Health Services Administration (SAMHSA) concluded that the construction industry has more drug and alcohol abuse than any other sector except for hospitality and food service. According to the study, among full-time construction workers:

- 16.5% (1.6 million people) reported drinking heavily in the previous month (heavy drinking is defined by the Centers for Disease Control and Prevention as 15 or more drinks per week for men and eight or more for women).
- 11.6% (1.1 million people) said they had used illicit drugs (marijuana, cocaine, methamphetamines, opioids and others) in the past month.
- 14.3% (1.4 million people) reported addiction to alcohol or other drugs.

Do the numbers make you feel uncomfortable?

They should. When employees come to work under the influence - or even just hungover - they may make poor decisions, act recklessly, disregard safety practices or take other unnecessary risks. The result? Accidents, injuries, maybe even fatalities.

Even if things don't escalate to that level, substance abuse can affect productivity. Employees who struggle with addiction may miss shifts, come in late or have trouble completing tasks on time. And that will jeopardize your ability to do quality work on schedule and within budget.

Creating A Sober Workplace

There's no simple way to keep drugs and alcohol off the job site, but experts recommend taking action on several fronts.

- **Education.** Help workers understand the grave risks they are assuming when they use drugs or alcohol on the job or come to work high or hungover. Teach them to identify the signs of substance abuse so they can recognize co-workers who may be under the influence.
- **Support.** Create an environment in which employees who are struggling with addiction can ask for and be directed to professional help.
- **Testing.** Use drug testing as needed to screen potential employees and manage your current team. Be upfront about your program. Help people understand it's a precautionary measure designed to protect everyone from danger. Perform the testing under the supervision of a licensed physician who can interpret the results and provide other relevant information about the applicant or employee's health.
- **Culture.** Host alcohol-free team-building events instead - things like family picnics, volunteer activities, hikes, fantasy sports leagues or trivia contests.

DRUG OVERDOSE Deaths

US Reaches Record High of More than 96,000 Drug Overdose Deaths in a 12-month period, CDC Data Show By Virginia Langmaid, CNN • October 13, 2021

(CNN) - Reported drug overdose deaths in the United States hit a new high of more than 96,000 in the 12-month period ending March 2021, according to data released Wednesday by the US Centers for Disease Control and Prevention's National Center for Health Statistics.

In that 12 months - a period when Covid-19 pandemic took hold in the United States and shut down normal daily routines - the US saw 96,779 reported drug overdose deaths, an increase of 29.6% from March 2020 to March 2021. The numbers released Wednesday are provisional data, as drug overdose deaths require "lengthy investigation" to be recorded, according to the CDC.

The CDC's estimate for predicted deaths, which accounts for delayed reporting, was over 99,000 from March 2020 to March 2021. The numbers released on Wednesday show an increase over the number of drug overdose deaths reported during the 12-month period ending in February, but deaths have risen slightly slower. There was a 29.7% rise in reported drug overdose deaths between February 2020 and February 2021. Three states saw their number of overdose deaths decline from March 2020 to March 2021: New Hampshire, New Jersey and South Dakota. South Dakota's reported overdose deaths declined by 16.3%, the highest of any state. Vermont had the largest increase in overdose deaths of any state. Reported overdose deaths in Vermont rose 85.1% from March 2020 to March 2021. Vermont also saw the largest increase in the February dataset.



In the breakdown of CDC overdose death data by drug class, opioids accounted for the highest number of overdose deaths, followed by synthetic opioids excluding methadone. Methadone continued to see the lowest number of overdose deaths. "It is important to remember that behind these devastating numbers are families, friends, and community members who are grieving the loss of loved ones," Regina LaBelle, acting director of the Executive Office of the President Office of National Drug Control Policy, said in a statement, urging Congress to fund President Biden's budget request to improve substance abuse prevention and treatment, among other efforts.

Last year saw the largest single-year increase in drug overdose deaths ever reported in the United States, with more than 93,000 deaths in 2020, the CDC said earlier this year - an increase of nearly 30% over 2019. At the time, Dr. Nora Volkow, director of the National Institute on Drug Abuse, called the data "chilling", saying the pandemic "created a devastating collision of health crises in America". "This has been an incredibly uncertain and stressful time for many people and we are seeing an increase in drug consumption, difficulty in accessing life-saving treatments for substance use disorders, and a tragic rise in overdose deaths", Volkow said earlier this year. Wednesday's update covers one of the deadliest periods of the Covid-19 pandemic in the United States, where cases, hospitalizations and deaths surged from late last year and through the early months of 2021.



INSTRUCTIONS *for Sending Rx Info.*

Partially or completely pull the label from the bottle so all the information is visible in one picture, take the picture, then reattach the label completely.



Option 2: Pharmacy Records

Contact pharmacy and get a **Medication Expense/Prescription History Report** showing the Rxs filled within the last year. If taking a picture of documentation full image must be sent.



EnterpriseRx™
Enterprise Pharmacy System
Customer Statement
Version 3.0 Page 1 of 1

Prescription	Prescription Number	Quantity	Days Supply	Refills	Prescription Name	1st Fill Date	2nd Fill Date	3rd Fill Date	4th Fill Date	5th Fill Date	6th Fill Date	7th Fill Date	8th Fill Date	9th Fill Date	10th Fill Date
1	306183-06183	16	16	0	HYDROCODONE/ACETAMINOPHEN 7.5-325 T	01/05/01									
TOTALS: 16 Full Prescriptions, 16 Days Supply, 0 Refills, 16.00 Total Days Supply															

Attached To By: [Signature] Robert Watts, DDS
 (Disclaimer: This report is for informational purposes only.)

Printed From Facility: 01/05/01 09:00 AM
 Cash/Account Information: 01/05/01 09:00 AM

You can either fax the information to (385) 549-8622 or email to us at myrx@wfqa.com. If you email the information, a confirmation email will be sent to you confirming receipt of information. If you do not receive the automated email, or if you are faxing documentation, please call our office at (801) 503-3493 to confirm receipt.

Once information is reviewed, we will call donor back **IF** any additional information is required. Be aware that if the MRO isn't completely satisfied with the documentation received, or in compliance with DOT requirements, pharmacy or providing practitioner may be contacted to verify prescription information, or donor may be required to send additional documentation.





4 TIPS FOR SELF-CARE & STRESS RELIEF

Mental health is essential to our overall well-being and as important as physical health. When we feel mentally well, we can work productively, enjoy our free time, and contribute actively to our communities. In honor of World Mental Health Day on October 10, we're sharing 4 ways you can bring self-care and stress relief into your day, in as little as 30 seconds.

30 SECONDS - NAME YOUR FEELINGS

When a bad feeling arises, take 30 seconds to name that feeling. Whether you say it out loud, write it down or think it in your head, the technique of *"affect labeling"* can help calm you down.

5 MINUTES - BRIEF BREATHWORK

Breathwork is a therapeutic technique that utilizes simple, controlled breathing to reduce stress. Schedule a short break during your day to focus on your breathing and see how you feel after each five-minute session.

20 MINUTES - GET MOVING

Walking or stretching can help you reduce stress by releasing a chemical called endorphins, which trigger positive feelings. Schedule 20 minutes of movement a few times a week to help reduce stress and increase your mental and physical well-being.

1 HOUR - TALK TO SOMEONE

Letting your feelings *"out"* by talking about them with a trusted friend or a counselor strengthens you, both physically and emotionally. Learning to identify and express feelings can reduce or even eliminate symptoms of anxiety, depression and more. Schedule time to talk to someone.

A professional counselor is a great option. Contact your current provider or reach out to your Employer's Employee Assistance Program, like Perspectives, to schedule a counseling session.

RECIPE: CARAMEL APPLE DIP

This super delicious caramel apple dip recipe is a quick and easy dessert that only contains 4 ingredients!

Total Cook Time: 6 minutes, Servings: 8, Calories: 272

Ingredients: 1 - 8 ounce block cream cheese softened, 1/3 cup sugar, 1 - 16 ounce container caramel dip or thick caramel sauce, 1/2 cup toffee bits

Instructions:

1. Place the cream cheese in a medium bowl and beat with a mixer until smooth and creamy.
2. Add the sugar and beat until thoroughly combined.
3. Spread the cream cheese mixture into an even layer in a 3 cup serving dish.
4. Pour the caramel dip or sauce over the cream cheese mixture. Spread into an even layer. Top with toffee bits and serve with sliced apples.



Author: Sara Welch



Perspectives **HOLIDAY STRESS**

The holidays are already a stressful time. There are added stressors coming from finances, overall mental health concerns and expectations from family and friends. Now add continued pandemic concerns and its effects on top of that! This holiday season may feel heavier than usual.

You may be experiencing the loss of normalcy with traditions, gatherings and events and you may need to be creative with your plans. There are ways to help manage the stress of the holiday season with the hope that it can make things feel a little less heavy.

Acknowledge feelings: Identifying emotions and feelings can sometimes help you move towards acceptance, which will alleviate some stress.

Reach out to your supports: Grief/Loss and isolation will be increased during the holiday season, you may need to reach out and increase your socialization- even if that means doing some things virtually.

Have realistic expectations: Things are going to be different each year. Understand what is realistic and focus on what is in your control.

Be comfortable saying no: You may not feel comfortable gathering with family or friends, do what you feel is the best decision for you in order to decrease unnecessary stress.

Maintain healthy habits: The holidays can bring out the bad habits easily. With added stress, you may be craving foods high in sugar and carbs. Get plenty of rest, exercise and eat healthy, nutritious foods along with drinking plenty of water.

Seek professional help: If you feel that you are not able to cope on your own, reach out for help. You can talk to the EAP and make an appointment with a counselor to help through the tough time.

ACCESSING THE EAP



call or text 800.456.6327 to reach a counselor in our 24/7 Access Center.



email info@perspectivesitd.com, please include your name, phone number, organization & job title.



Download the Perspectives' EAP Spark App to make an appointment, Live Chat with a Counselor and access articles and self-help resources from anywhere.



Utilize the "Live Chat" function on your organization's features page to instant message with a counselor.



Make an appointment for a video conference appointment with an EAP counselor.



ANNUAL HOLIDAY *Coloring Contest*

BCRC is having our Annual Holiday Coloring Contest! We will be judging four age groups. The winner from each age group will win a \$25.00 gift card. The winner will also have their first name & winning picture printed in our semi-annual newsletter! Parents, or Guardians, please complete the entry form below. One winner will be chosen on December 17, 2021. All submissions should be dropped off or mailed in to the BCRC office (6050 Southport Rd., Ste.B, Portage, IN 46368), no later than December 14, 2021. Additional copies can be printed off our website www.bcrcnet.com under the "News and Events" tab at the top of the home page.

PLEASE CIRCLE THE APPROPRIATE GROUP: 0-2YRS 3-5YRS 6-8YRS 9-13YRS

Name: _____ Age _____

Address: _____ City: _____ State _____ Zip: _____

Grade: _____ What do you want to be when you grow up? _____

Parent / Guardian Signature: _____

Parents/Guardians by signing this, you understand that if your child wins, BCRC will publish your child's FIRST NAME, AGE and a copy of their winning project in the semi-annual newsletter. If you have any questions or concerns, please call (219) 764-9500.



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for a Safe Industry



PSRST STD
U.S. POSTAGE
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6050 Southport Road, Suite B
Portage, IN 46368



COMPLETE BCRC INFO

Including Collection Site
Locations & Hours

On the web at :

www.BCRCNET.com

Fall/Winter 2021



Your EAP are available 24/7 at
800-456-6327 or www.perspectivesltd.com

Striving to be Drug Free
for a Safe Industry



Building & Construction Resource Center

Phone: 219-764-9500

Toll Free: 877-988-5400

6050 Southport Road, Suite B
Portage, IN 46368

Email: info@bcrcnet.com

Hours: Monday-Friday 7:00 a.m. till 4:30 p.m.



The BCRC office will be closed on the following days in observance of the holidays!

Thursday & Friday, November 25 & 26, 2021

Friday, December 24, 2021

Friday, December 31, 2021

