



June 2017

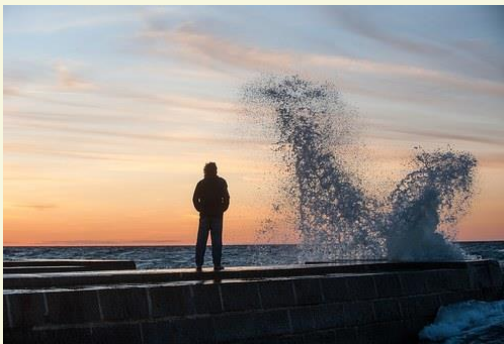
HealthCare Assistance with Member Support, LLC, provides services to individuals with substance abuse and other behavioral health problems that are affecting their work, health and/or personal lives. Our services include assessment, intervention, treatment referrals and placement, case management, and recovery advocacy.

Summer is Here!!!

Unwind, Don't Unravel!

Are you burying your head in the sand instead of your feet? A single confidential phone call to regain your footing puts you back in charge!

- Stress and Anxiety don't take a vacation; they're a serious matter that can affect your job!
- 24 hours a day 7 days a week, HCAMS offers assistance for behavioral health, dependencies of all kinds, stress and anxiety. For members AND their families!
- The EAP counselors at HCAMS are waiting to assist in determining the level of job protection that is available utilizing state and federal legislation.



HCAMS no-cost CONFIDENTIAL assistance is available to union members. Throughout the summer months, please call HCAMS to remedy unmanageable problems at home, the workplace, within your family or with important relationships.

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

- Henry Ford

Need an Overview of Our services? We will come to your meetings and give a brief overview to your members about our services and answer any questions. Interested? Let us know

Congratulations!!!



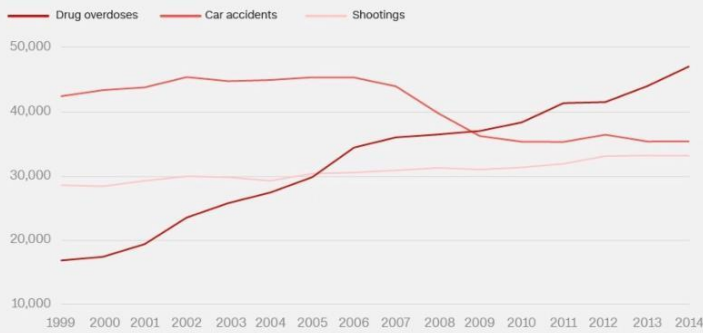
The staff at HCAMS welcome s the newest leadership team of the NJEA.

Marie Blistan
President

The Growing Heroin Epidemic

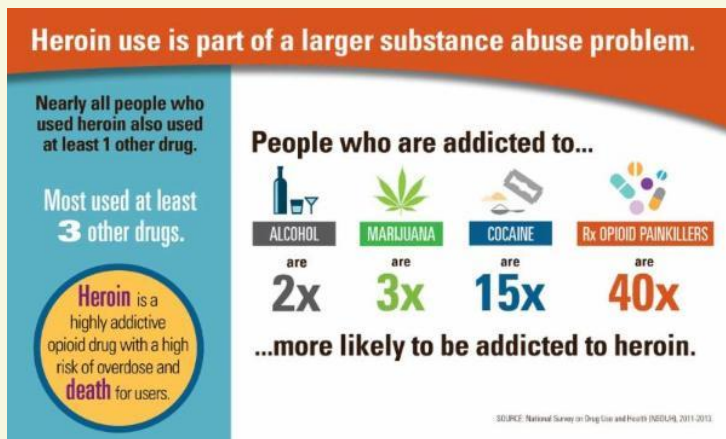
Drugs now kill more people than cars, guns

Number of deaths from drug poisonings vs. other causes, 1999-2014



CNN Source: CDC

- Heroin use more than doubled among young adults ages 18-25 in the past decade.
- More than 9 in 10 people who used heroin also used at least one other drug
- 45% of people who used heroin were also addicted to prescription painkillers. ([source](#))



If you or someone you love is struggling with substance abuse, don't wait. Call us anytime, day or night!
1-888-828-7826

HealthCare Assistance with Member Support | (888) 828-7826
terry@memberassistance.us | <http://www.hcams.net>
600 Easton Road
Willow Grove, PA 19090

Text | [Optional Link](#)

Sean Spiller
Vice President
Steve Beatty
Secretary Treasurer

This month in Member Support:
The leadership at CWA 1036 understands the power of communication and training. They invited HCAMS to address some difficult issues that unions all over the country face: How to Deal with Difficult People and Difficult Situations. This training is the newest in our cadre of no-cost trainings offered to Unions across the Country. We drill down on issues related to dealing with negative people, those who create chaos and drama, and de-escalating situations that are often caused by individuals struggling with behavioral health issues. Overflow attendance at CWA 1036's conference showed that Michele and Adam Liebttag were spot on when formulating a training strategy for their shop stewards.