

**Resources for Employers to Support Mental Health and  
Decrease Alcohol and Other Substance Abuse**



**Objective:** To assist employers in their efforts to support their workforce's mental health and decrease alcohol and other substance abuse, especially during the COVID-19 pandemic. These resources can also help your efforts to implement the [CDC Worksite Health ScoreCard](#) (ScoreCard).

**Employer Resources**

**Mental Health & Addiction Local Resources** - The Alcohol, Drug Addiction, & Mental Health (ADM) Board offers a Mental Health and Addiction Resource Guide. This one-pager lists the telephone numbers for employees and others to access local mental health and addiction help. The resource is located [here](#).<sup>1</sup>

**Support Groups** – The ADM Board offers a list of support groups for 1) people struggling with addiction, 2) friends and families seeking education and support, and 3) people who have lost someone to addiction. These resources are located at [SummitCountyAddictionHelp.org](#).<sup>2</sup>

**Substance Use Recovery and Workplace Safety Program (SURWSP)** – SURWSP is a program providing the following services for employers that hire workers in substance use recovery: 1) Training for managers/supervisors to better manage and retain workers in recovery; 2) Reimbursement for pre-employment, random confirmatory, reasonable suspicion, post-accident, and return-to-duty drug testing; and 3) A forum for employers, workers, and boards to share their success stories and learn from each other. [SURWSP](#) is a collaborative program between the Summit County ADM Board and the Ohio Bureau of Workers' Compensation. To learn more, see the [SURWSP flyer](#).

**Screening Tools** – Mental Health America offers several [mental health self-assessment screening tools](#). Some of these are provided in Spanish.<sup>3</sup>

**Drug Overdose Prevention and Education/NARCAN kits** - Project Dawn is a community-based drug overdose prevention and education project. Participants receive training on recognizing the signs and symptoms of overdose, distinguishing between different overdose types, performing rescue breathing, calling emergency medical services, and administering intranasal Naloxone. Through this program, you can receive a naloxone kit by mail. To learn more, go to <https://www.scph.org/counseling/project-dawn-narcan>.<sup>2</sup>

**Words Matter** – This brochure helps teach people how to talk about substance use and mental health and helps people access care by de-stigmatizing substance abuse and addictive disorders. The brochure is located [here](#).<sup>2</sup>

**Caregivers Resource Database** – Summit County First Things First offers a [resources database](#) for parents and caregivers to find support and kid-focused events.

Sources: Summit County ADM Board, Mental Health America, Summit County First Things First, and Summit County Public Health  
For additional information and resources, please visit: [scph.org/efhc/resources](http://scph.org/efhc/resources)

<sup>1</sup> Distributing this list to employees is worth two points on the ScoreCard. (See Topic Area: Depression, Item #3, “Provide educational materials on preventing, detecting, and treating depression” and Topic Area: Alcohol and Other Substance Use, Item #3, “Provide educational materials that help workers understand the risks of alcohol and other substance use and guide them to receive help.”)

<sup>2</sup> Distributing this list to employees is worth one point on the ScoreCard. (See Topic Area: Alcohol and Other Substance Use, Item #3, “Provide educational materials that help workers understand the risks of alcohol and other substance use and guide them to receive help.”)

<sup>3</sup> Distributing this list to employees is worth two points on the ScoreCard. (See Topic Area: Depression, Item #2, “Provide access to a self-administered depression screening tool that provides a feedback report with recommendations for clinical action as needed.”)