



## ACTIVITIES – OPIOIDS

### 1) Workshop participant concerns about opioids

**Objective:** Identify participant experiences and concerns with opioids in the workplace and community.

**Task:** Form a small group and briefly discuss the questions below. Select a person in your group to act as recorder/reporter. You may choose to use a piece of flip chart paper to note participant responses.

- a) What are your experiences or concerns with the ongoing opioid crisis?

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- b) How is the opioid crisis impacting your workplace?

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### 2) Substance use, mental health, and stigma

**Objective:** Identify the impact of stigma on addressing mental health and substance use in the workplace.

**Task:** Each participant individually writes a word or phrase on three to five sticky notes in response to the prompts from the instructor (one word or phrase per note). Organize the sticky notes according to the instructor's directions, and then discuss the results.



### 3) Identify work-related risk factors affecting mental health

**Objective:** Identify work-related risk factors that can impact mental health. This activity can be done individually or in a small group.

**Task:** Write yes or no in the first column if these risk factors are present in your worksite, and then list any key examples in your work environment. Report back.

	Yes or No	Key Examples
Work-Life Balance		
Workplace Violence/ Harassment/Bullying		
Occupational Stress		
Presenteeism		
Job Burnout		
Occupational Injury/Illness		

## 4) Prevention of injuries/illnesses/stressors that can lead to pain treatment/ substance use

**Objective:** Document opportunities to identify and control occupational hazards and stressors.

**Task:** Choose a recorder/reporter. Choose a workplace hazard or stressor identified in Small Group Activity 3 and brainstorm ideas on how the problem could be evaluated, documented, and fixed/prevented.

What is the hazard or stressor? \_\_\_\_\_

How to evaluate?	How to document?	How to fix/prevent?

## 5) Action planning

**Objective:** Identify ideas for follow-up actions over the next three to six months.

**Task:** Write down one or more ideas for follow-up action(s) that will help prevent injury, illness, or improve workplace substance use treatment and recovery programs. Describe any relevant details (who, what, when, why, where).



**Note:** With your consent, this sheet will be copied for follow-up in six months.

**Consent:** Yes No

<b>What actions can be taken over the next 3 – 6 months?</b> <i>List ideas and details below the examples.</i>	
Name:	Email:
Organization:	Phone number:
Individual Actions	Workplace Level Actions
Examples: 1. Increase reporting of job hazards. 2. Reach out to co-workers to see how they are doing. 3. Share factsheets and information from today's training with co-workers. 4. Re-focus on self-care: exercise or movement, sleep, healthy eating, social interaction, and relaxation. 5. Participate in organizational programs geared to improve safety and health and avoid opioid use.	Examples: 1. Improve the Safety & Health Program/Committee. 2. Evaluate OSHA logs/workers compensation data to identify high-risk jobs. 3. Conduct worker interviews/surveys to identify high-risk jobs. 4. Conduct ergonomic evaluations of high-risk jobs. 5. Plan and conduct training and education. 6. Evaluate use of employee assistance programs. 7. Start a member assistance or peer advocacy program. 8. Review/amend punitive workplace substance use programs. 9. Start a naloxone program at the workplace.
Ideas for action:	
Key people to consult/involve:	Timeline:
Opportunities/barriers:	Resources:
Notes:	