



ALPINE RECOVERY SERVICES INC.

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News and Notes on Treatment Services

Summer 2005

Introducing...

**John Ceasarini, CDP,
and Gary Kent, CDP**

We are pleased to introduce John Ceasarini, CDP, who joined us in June. John has over 11 years of experience in the field of chemical dependency treatment. John has been on the board of directors of the North American Addiction Training Institute (ATI) since 2000. ATI provides training for professionals in the field. He is in charge of one of our evening intensive outpatient programs and an adult aftercare group. Contact John at 360.658.1388 or by email at john.ceasarini@alpinerecovery.com.

We are pleased to welcome back Gary Kent, CDP, who joined us in July after "retiring" from Alpine in 2002. Gary has over 30 years of experience in the field of chemical dependency, in both public and private sectors that has included program development of inpatient, outpatient, detox, recovery house, and involuntary commitment services. He has come out of retirement to rejoin the field on a part-time basis. Gary is in charge of our morning intensive outpatient program. Gary can be reached at 360.658.1388 or email at gary.kent@alpinerecovery.com.

We are pleased to welcome both John and Gary to our team of dedicated professionals.

Alcohol and Other Drug Information School

August 20
September 17

October 15
November 19

December 17
January 21

News to Use

Alcohol Problems Cost American Business

Employee alcohol use causes a variety of problems. It reduces productivity, impairs job performance, increases health care costs and can threaten public safety. Because of 85 percent of heavy drinkers work, employers who aggressively address this problem can improve their own company's bottom line and their employee's health.

Any Way You Look At It, Alcohol Costs

Alcohol costs American business an estimated \$134 billion in productivity losses, mostly due to missed work: 65.3 percent of this cost was caused by alcohol-related illness, 27.2 percent due to premature death, and 7.5 percent to crime.

People with alcoholism and problem drinkers are more likely than other workers to have had three or more employers during the last year; to have missed work more than two days in the past month due to illness or injury; and to have skipped work more than two days in the past month.

People with alcoholism use twice as much sick leave as other employees. They are five times more likely to file workmen's compensation claims; and they are more likely to cause injuries to themselves or others while on the job.

Twenty percent of workers say they have been injured, have had to cover for a coworker, or needed to work harder because of other employees' drinking.

Drinking Doesn't Have To Occur On the Job to Cause Problems in the Workplace

Employees who drink heavily off the job are more likely to experience hangovers that cause them to be absent, show up late or leave early; to feel sick at work; to sleep on the job; to perform poorly; or to argue with their coworkers.

One study found that pilots were unable to perform adequately on a flight simulator 8-14 hours after drinking heavily.

Alcoholism Treatment Benefits Families and Communities

The major benefits of addiction treatment—improved social functioning for individuals and families, reduced healthcare costs for employers and significant decreases in crime—have been demonstrated repeatedly. A recent literature review of nearly 50 studies found returns ranging from \$4 to \$23 for every dollar invested in treatment.

Excerpted from Ensuring Solutions to Alcohol Problems, The George Washington University Medical Center. www.ensuringsolutions.org

Thank you for considering Alpine Recovery Services Inc. your source for quality, professional treatment.