

A monthly wellness newsletter from Better You

Substance Use Disorder: Help is Available

Substance use disorder is not a character flaw or moral failing. It can potentially impact anyone—regardless of gender, ethnicity, socioeconomic status, educational background/degree, geographic location, or willpower. It is widely accepted as a medical illness, and specifically a brain disease.

Over the last few years, there has been an increased awareness about the harmfulness of prescription drug abuse and alcohol. Addiction is referred to as substance use disorder and it impacts families, loved ones, and co-workers. Since it can interfere with one's reliability and continued use occurs despite adverse consequences in areas such as relationships, work, health, legal, and financial, the negative impact is far-reaching.

Factors that increase susceptibility to substance use disorder include but does not require: Family history; risky use of other substances/behaviors; and history of problem use.

Resources are available for those seeking help:

- **An Employee Assistance Program (EAP)** may be available through an employer as

a confidential, professional service offered through many workplaces. The EAP can be a great first step, especially if someone isn't quite ready to enter treatment or they want to learn more about treatment options. It can also serve as a great resource for a concerned loved one.

- **Managed Behavioral Health (MBH)** through your health insurance plan. New Directions (www.ndbh.com) is the Managed Behavioral Health partner for those that have Florida Blue's health plan.
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**'s National Helpline, 1-800-662-HELP (4357). The Treatment Referral Routing Service is a confidential, free, 24-hour information service for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. An [online treatment locator](#) is also available.



Treatment can include the supplemental support of self-help groups such as:

- **AA (Alcoholics Anonymous):** 1-800-839-1686 <https://alcoholicsanonymous.com/>
- **NA (Narcotics Anonymous)** 1.818.773.9999 <https://na.org/>
- **Al-Anon** for the spouses and loved ones of alcoholics: 1-888-4AL-ANON (1-888-425-2666) <http://www.al-anon.alateen.org/> Includes: Alateen for the adolescent and pre-adolescent children of alcoholics.

If you would like to learn more, **click here** to join us for a live webinar on Treating Substance Use Disorders Thursday, April 21, 2022 at 1:00 pm Eastern time.

Resources: [NIAAA](#); [NIDA](#); [SAMHSA](#)

IN THIS ISSUE

Substance Use Disorder:
Help is Available

Irritable Bowel Syndrome:
How to Ease Your Gut

Recipe of the Month

Irritable Bowel Syndrome:

How to Ease Your Gut

Irritable bowel syndrome, or IBS, is a group of symptoms that affect your digestive system. It's a common disorder that causes excessive gas, diarrhea and/or constipation, abdominal pain and cramping. IBS requires long term management. There are 3 types of IBS that are differentiated by symptoms. If you experience these symptoms 3 or more times per month or if the symptoms are disruptive to your life, speak to your doctor to find out if you have

IBS, and to determine the best treatment options for you.

The exact cause of IBS is unknown but there are a few factors that increase your risk.

- IBS occurs more often in people under 50
- Women are almost twice to get IBS as men
- Family history of IBS
- History of infections of the digestive tract
- Food intolerances
- Stress and anxiety

Fortunately, only a small number of people with IBS experience severe symptoms that require

treatment with medication. Many people find that making dietary and lifestyle changes and managing stress helps control their symptoms.

- Increase fiber by eating more fruits, vegetables, grains, and nuts and add a fiber and probiotic supplement
- Identify foods that may trigger your IBS and avoid them
- Eat smaller meals more often, so your gut doesn't have to work as hard
- Drink at least 8 cups of water daily and avoid all caffeine
- Exercise daily
- Practice relaxation techniques

Resources: my.clevelandclinic.org; mayoclinic.org; niddk.nih.gov

Quinoa Power Salad (Serves 2)

Ingredients:

- 1 medium sweet potato, peeled and cut into ½ inch-thick wedges
- ½ red onion, cut into ¼ inch-thick wedges
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon garlic powder
- ¼ teaspoon salt, divided
- 8 ounces chicken tenders
- 2 tablespoons whole-grain mustard, divided
- 1 tablespoon finely chopped shallot
- 1 tablespoon pure maple syrup
- 1 tablespoon cider vinegar
- 4 cups baby greens, such as spinach, kale and/or arugula, washed and dried
- ½ cup cooked red quinoa, cooled
- 1 tablespoon unsalted sunflower seeds, toasted

Directions

Preheat oven to 425 degrees F. Toss sweet potato and onion with 1 tablespoon oil, garlic powder and 1/8 teaspoon salt in a medium bowl. Spread on a large, rimmed baking sheet and roast for 15 minutes.

Meanwhile, add chicken and 1 tablespoon mustard to the bowl; toss to coat. When the vegetables

have roasted for 15 minutes, remove from the oven and stir. Add the chicken to the pan. Return to the oven and continue roasting until the vegetables are beginning to brown and the chicken is cooked through, about 10 minutes more. Remove from the oven and let cool.

Whisk shallot, maple syrup, vinegar and the remaining 1 tablespoon oil, 1 tablespoon mustard and 1/8 teaspoon salt in a large bowl.

When the chicken has cooled, shred it and place in the bowl with the dressing. Add baby greens, quinoa and the roasted vegetables. Toss with the dressing and sprinkle with sunflower seeds.

Recipe courtesy of Eatingwell.com; for nutritional information click [here](#).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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