

Your substance use employee benefit

Those challenging conversations just got a lot easier.



# Comprehensive substance use management designed for employers.

## THE PROBLEM

Substance Use Disorders (SUDs) represent 33% of employee mental health issues, but modern treatment has remained out of reach for most Canadians due to stigma, cost, and lack of availability.

That’s why 90% of people with substance use problems are not getting help<sub>1</sub>.

## WHERE WE COME IN

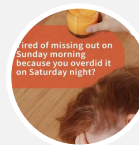
With its comprehensive service, ALAViDA Substance Use, a product of LifeSpeak Inc., is your **one-stop-shop** solution for substance use. Employees get access to prevention, detection, treatment, aftercare and family support for substance use, all from a **single, smart platform**. Content and features adapt to the individual’s needs in a **confidential, approachable and stigma-free** environment. Coaching, therapy, and medical support are provided by licensed practitioners **specialized in addiction** and are accessible **rapidly and seamlessly from the user’s device**.

*\*When communication best practices were followed.*



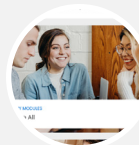
### EDUCATE

Encourage healthy decisions and early treatment by increasing SUD visibility and relatability and reducing stigma



### ACTIVATE

Low barrier activities promote behaviour change broadly through focused campaigns throughout the year



### TREAT

Confidential, personalized service supported by a care team and designed for a working population

# Save your employees, and their families, the high personal costs of substance use with a comprehensive solution for better prevention, effective treatment and enhanced confidentiality throughout.

<b>FEATURES</b> Personalized programming supported by a proactive care team	<b>TRAIL PREMIUM</b>
<b>Substance use awareness self-assessment</b> Clinically approved, with personalized outcome	
<b>Seasonal challenges</b> Quarterly campaigns designed for broad communication	
<b>Interactive Educational content</b> Relevant to all substances	
<b>ICBT modules<sup>1</sup></b> Developed by ALAViDA Substance Use's team of licensed substance use experts	
<b>Self-tracking tools</b> Key mental health and substance use indicators (units/doses, triggers, reason for not using, moods)	
<b>Virtual appointments<sup>2</sup></b> With personal care team specialized in substance use	
<b>Flexible treatment duration</b> 3 months on average, depending on the individual's needs	
<b>Ongoing check-ins by care team</b> To maintain positive change	
<b>Support for loved ones</b> Guidance, strategies, and additional therapy support available to family members	

<sup>1</sup> Internet-based Cognitive Behavioral Therapy

<sup>2</sup> Through secure video conferencing.

Did you know?  
**MORE THAN 90%**

of people with substance use issues do not get help,



Stigma is real: **44.5% do not get treatment because of stigma or job concerns<sub>2</sub>**

Alcohol costs employers

**6.2X MORE THAN**

other substances combined in long-term and (4.4X more in short-term disability)<sub>3</sub>

**565% RETURN ON INVESTMENT**

for making addiction treatment easily accessible to employees<sub>4</sub>

## SUBSTANCES ADDRESSED:

- Alcohol
- Cannabis
- Opioids
- Cocaine
- Tobacco
- and more.



Keep productivity levels high, show your employees how much you support their mental health, and avoid potential disability claims by giving them help while they are still working.

[sales@alavida.com](mailto:sales@alavida.com)

<sup>1</sup> Key Substance Use and Mental Health Indicators in the United States: Results from the 2017 National Survey on Drug Use and Health <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>2</sup> SAMHSA, National Survey on Drug Use and Health, 2017, Table 5.53A <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHDetailedTabs2017/NSDUHDetailedTabs2017-ht-m#tab5-53A>

<sup>3</sup> CSUCH Canadian Substance Use Costs and Harms, <https://csuch.ca/explore-the-data/> 4 Office of Auditor General, Ontario Mental Health Association, [https://www.health.gov.nl.ca/health/publications/addiction\\_substance\\_abuse\\_workplace\\_toolkit.pdf](https://www.health.gov.nl.ca/health/publications/addiction_substance_abuse_workplace_toolkit.pdf)