



Substance Use



# Your substance use employee benefit

Those challenging conversations just got a lot easier.

## Comprehensive substance use management designed for employers.

### The problem

Substance Use represents 33% of employee mental health issues, but specialized treatment has remained out of reach for most people due to stigma, cost, and lack of availability.

That's why 90% of people with substance use problems are not getting help.

### Where we come in

The TRAiL platform provides content and features that adapt to the individual's needs in a confidential, approachable and stigma-free environment. A proactive care team specialized in substance use is accessible rapidly and seamlessly from the member's device. Our innovative "Educate-Activate-Treat" approach is proven to get 10 times\* more employees to do something about their substance use before it results in incident or crisis. Employees get access to prevention, detection, treatment and family support for substance use, all from a single, smart platform. That's why ALAViDA is your one-stop-shop solution for substance use management.



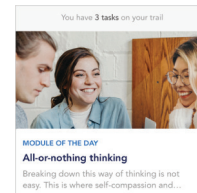
### Educate

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

\*When communication best practices were followed

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.

# Features

## TRAI Premium

### Personalized programming supported by a proactive care team

**Substance use awareness self-assessment**  
Clinically approved, with personalized outcome



**Seasonal challenges**  
Quarterly campaigns designed for broad communication



**Interactive Educational content**  
Relevant to all substances



**ICBT modules<sup>1</sup>**  
Developed by ALAVIDA's team of licensed substance use experts



**Self-tracking tools**  
Key mental health and substance use indicators (units/doses, triggers, reason for not using, moods)



**Virtual appointments<sup>2</sup>**  
With personal care team specialized in substance use



**Flexible treatment duration**  
3 months on average, depending on the individual's needs



**Ongoing check-ins by care team**  
To maintain positive change



**Support for loved ones**  
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<sup>1</sup>



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

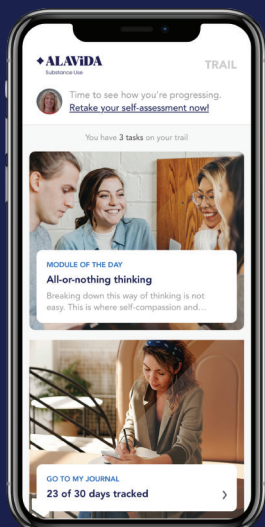
Alcohol costs employers

**6.2X** MORE THAN

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

**565%** RETURN ON INVESTMENT

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



## Substances addressed:

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

**ALAVIDA**  
Substance Use

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.

**partners@lifespeak.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/NSDUHDetailedTabs2017ht-m#tab5-53A>

<sup>3</sup>CSUCH Canadian Substance Use Costs and Harms, <https://csuch.ca/explore-the-data/>

<sup>4</sup>Office of Auditor General, Ontario Mental Health Association, [https://www.health.gov.on.ca/health/publications/addiction\\_substance\\_abuse\\_workplace\\_toolkit.pdf](https://www.health.gov.on.ca/health/publications/addiction_substance_abuse_workplace_toolkit.pdf)