



## Sample Topic: ADDICTION & HARM REDUCTION



AWARENESS RAISING ACTIVITIES	EDUCATION & SKILL-BUILDING ACTIVITIES	ENVIRONMENTAL SUPPORTS	SUPPORTIVE POLICIES
<p>Distribute credible information on your workplace wellness bulletin boards, e-blasts or intranet such as:</p> <p><a href="#">Smokers Helpline</a></p> <p><b>The Smoking Treatment for Ontario Patients (STOP) Program at the <a href="#">Windsor-Essex County Health Unit</a></b></p> <p><b>Infographic on Cannabis and Impairment in the workplace from the <a href="#">Canadian Centre for Occupational Health and Safety</a></b></p> <p>Factsheet about Cannabis for Parent/Guardians from the <a href="#">School Mental Health-Assist</a></p> <p><b>Resources from the <a href="#">Canadian Centre on Substance Use and Addiction</a></b></p> <p><a href="#">Cannabis resources from the Government of Canada</a></p>	<p><b>Host a Lunch &amp; Learn, education session, or training:</b></p> <p>Quit smoking options and resources, led by a TEACH (Training Enhancement in Applied Cessation Counselling and Health)-trained pharmacist or professional</p> <p>Medication use, storage and destruction, led by a pharmacist</p> <p>Cannabis in the workplace</p>	<p>Provide pharmacist supported smoking cessation program including quit medications.</p> <p>If the employer offers a benefit package, ensure nicotine replacement therapy is covered.</p> <p>Implement an incentive program offering a rebate to those who participate in a smoking cessation program/quit smoking and continue to be smoke-free for at least six months.</p> <p>Allow flexible work schedules for employees to attend medical or counselling appointments related to smoking cessation.</p> <p>Ensure work-related social events (e.g., holiday parties) are alcohol free.</p> <p>Provide management training to recognize impairment in the workplace, i.e., the online course <a href="#">Impairment and Cannabis in the Workplace</a>.</p> <p>Offer counselling through an Employee Assistance Program (EAP) provider.</p>	<p>Alcohol-Free Events Policy</p> <p>Alcohol-Free Workplace Policy</p> <p>Cannabis Policy</p> <p>Employee Assistance Program (EAP) Policy</p> <p>Smoke-Free Workplace Policy</p> <p><a href="#">Substance Use Policy</a></p>



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To request a Smoke-Free Workplace Package from the Windsor-Essex County Health Unit, contact [cdip@wechu.org](mailto:cdip@wechu.org) call 519-258-2146 ext. 3200. It includes information about the Smoke-Free Ontario Act, facts about the cost of smoking in the workplace, sample pay stub awareness raising inserts to inform employees of smoke-free policies, and information about Smokers Helpline and examples of smoke-free workplace policies.