

# CAPE COD BUSINESSES – Substance use is costing you real money

Use this cost calculator  
to SEE HOW MUCH



## TOOLKIT FOR EMPLOYERS Substance Use and the Workplace

In the past ten years, persons employed in the trades and service industries made up 65% of opioid overdose fatalities on Cape Cod. The Barnstable County Department of Human Services has produced an Employer Toolkit to help employers determine how substance use is impacting their bottom-line in terms of lost productivity and increased labor costs and employee health and wellness. The Toolkit provides information and tools to help employers address substance use in their workforce.

### The Employer Toolkit includes:

- General Information on Substance Use – including the National Safety Council's Cost Calculator that can estimate costs to a business like yours
- Workplace Policies: Injury Prevention resources including "Seven Ways to Improve Operations without Sacrificing Worker Safety"
- Workplace Policies: Benefits and Employee Assistance – including "The Proactive Role Employers Can Take: Opioids in the Workplace", and information about Employee Assistance Programs (EAPs)
- The Law and Substance Use – including samples of Massachusetts Sick Time Policy, Massachusetts Substance Use Policy, and Last Chance Agreement

**Find the Cost Calculator and Toolkit at  
[mychoicematters.net](https://mychoicematters.net), click on Employer Toolkit**

**Explore the available resources to become more educated and to help you to take action!**

Barnstable County Department  
of Human Services  
508-375-6628  
[www.bchumanservices.net](http://www.bchumanservices.net)





## Are you concerned about yourself or someone else?

### Massachusetts Substance Use Information and Education Helpline

800-327-5050 (confidential)  
[www.helpline-online.com](http://www.helpline-online.com)

### Substance Use Resources and Information for Cape Cod

Barnstable County Substance Use Resource Guide available at [mychoicematters.net](http://mychoicematters.net), click **Resources**

### Gosnold on Cape Cod

[www.gosnold.org](http://www.gosnold.org)

### Learn to Cope

[www.learn2cope.org](http://www.learn2cope.org)

### Parents Supporting Parents

[www.facebook.com/Parents-Supporting-Parents](https://www.facebook.com/Parents-Supporting-Parents)

### Opioid Overdose Education and Naloxone Training

Naloxone can temporarily reverse the effects of an opiate overdose

### Training and Naloxone Distribution

AIDS Support Group of Cape Cod (free)  
[www.asgcc.org](http://www.asgcc.org)

### Learn to Cope (free)

[www.learn2cope.org](http://www.learn2cope.org)

### Naloxone ("Narcan")

Narcan can be purchased from pharmacies (cost is based on insurance; no prescription is needed; call ahead)

### Mashpee Substance Use Drop-In Night

Connect to support and treatment - first Tuesday of every month at Mashpee Community Health Center of Cape Cod - 4-7pm (free)  
[www.itsnevertotooearly.com](http://www.itsnevertotooearly.com)

## Learn more about addiction and how you can help.

### National Institute on Drug Abuse

[www.drugabuse.gov](http://www.drugabuse.gov)

### Substance Abuse and Mental Health Services Administration

[www.samhsa.gov](http://www.samhsa.gov)

### Massachusetts Opioid Addiction State Initiative

[www.mass.gov/StopAddiction](http://www.mass.gov/StopAddiction)

### Barnstable County Regional Substance Use Council (RSAC)

E-Newsletter Sign-Up at [bchumanservices.net](http://bchumanservices.net)