



# Alexian Brothers Behavioral Health Hospital

## 'SAFE' Substance Abuse Feedback & Education Classes

The **SAFE Class** was developed to meet the needs of an employee who experiencing negative consequences on the job due to their misuse of substances (i.e. positive urinalyses test). This class is to be an **early intervention tool** for individuals who are not yet dependent on substances yet need further education and self-examination. Employers and Employee Assistance Professionals (EAP) often refer employees this class as a means to explore if an employee is struggling with a more serious problem than what might be initially evident. The **SAFE Class** can be another screening process to help assess an employee's competency for work.



- Date:** 2<sup>nd</sup> Friday of every month.  
The day-long format is accessible and efficient for employees attending from out-of-town
- Time:** 8:00 a.m. – 4:00 p.m. (8 Hours)
- Location:** Alexian Brothers Behavioral Health Hospital  
1650 Moon Lake Boulevard  
Hoffman Estates, Illinois 60169
- Price:** \$225.00 – to be paid in full the day of the class –  
Cash or Credit Card Accepted (no checks)
- Fee includes:
- All materials handed out to attendees
  - Lunch
  - Follow-up reporting
- Teacher:** Laura O'Connor, LCSW, CADC

**REFERRALS:** We are committed to prompt attention.  
Please call us at 847-755-8041.

### Class Curriculum:

8:00 AM – 12:30 PM

- *Introduction and Goals*
- *Pre-Test*
- *Facts/Trends/Statistics on Drugs and Alcohol*
- *Workplace Statistics*
- *Pharmacology and Physical Effects on the Body*
- *The Disease Concept*
- *Progression of Addiction*
- *Effects on the Family*

12:30 – 1:00 – Lunch

1:00 PM – 4:00 PM

- *Self-Assessment*
- *Cost/Benefit Analysis*
- *Identifying Problem Thinking*
- *Stress and Time Management Skills*
- *Personal Prevention Planning*
- *Post-Test*
- *Satisfaction Survey and Closing*

