

# Help is one call away.

Organized dentistry's confidential, peer-to-peer wellness program

Organized dentistry's Wellness Program was developed to address concerns about the effects of drug and alcohol impairment on dental professionals, their families, and their patients. The program serves as a resource to the dental community in identifying and caring for professionals who suffer from alcohol and chemical dependency. If left untreated, drug and alcohol dependency can ruin the lives, careers and health of dental professionals as well as compromise the safety of their patients.

Since 1982, CDA has offered assistance for dental professionals through Wellness Program committees comprised of volunteer members, dental society staff, allied dental health professionals and recovering dentists. The program is available to dentists and allied dental health professionals, and provides assistance in locating facilities for evaluation and treatment, support to family members of those impaired, and follow-up support.

Wellness committee members are committed to ensuring the health of those affected. The Wellness Program is completely confidential.

## Signs of alcoholism and chemical dependency

- Frequently late or fails to show up for work
- Difficulty meeting scheduled appointments and/or deadlines
- Impaired motor coordination
- Prescribes large doses of controlled substances
- Frequent and prolonged bathroom breaks
- Obvious physical changes; lack of attention to hygiene/appearance
- Dramatic mood swings
- Periods of isolation
- Unexplained family and/or financial difficulties
- Decline in quality of care; exercises poor judgement



For more information regarding the Wellness Program or for a confidential referral, please contact your local dental society or a Wellness committee near you:

### Northern California

530.864.4264

### San Francisco/Bay Area

510.209.5637

### Central California

916.947.5676

### Southern California

310.487.5040

### San Diego

619.275.7190

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