

# Printable Version

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## Employer Communication

### SOLUTION

Offer guidance on how to communicate with employers about recovery needs, such as flexible hours or support programs.

### CHALLENGE

Stigma: Facing discrimination or judgment from employers or colleagues about their past addiction.

## Workplace Stress Management

### SOLUTION

Encourage techniques like time management, prioritization, and setting boundaries to reduce work-related stress.

Job Stress: Difficulty managing workplace stress without turning to substances for relief.

### CHALLENGE

## Debt Management Plans

Provide resources on consolidating or managing debt and reducing financial pressure.

### SOLUTION

## 5 Strategies to help clients manage work-related challenges and financial stability

## Budgeting Skills

Teach basic budgeting strategies, tracking expenses, and setting financial goals to improve financial health.

### SOLUTION

Debt Accumulation: Financial burdens from legal fees, healthcare costs, or previous drug use.

### CHALLENGE

## Career Counseling

### SOLUTION

Offer support in exploring job options, updating resumes, and enhancing interview skills for stable employment.

Unmanaged Finances: Lack of budgeting skills, leading to instability or reliance on unsustainable income sources.

### CHALLENGE

Inconsistent Employment History: Gaps in employment due to treatment or relapse, making job searches more difficult.

### CHALLENGE

Job Loss: Risk of losing employment due to relapse or ongoing health challenges.

### CHALLENGE

