

## YOUR SOURCE Balancing Work, Family & Life

### Your Path to Recovery

Each year substance abuse affects more than one in 13 Americans. And every day many of these same people are learning that recovering from this disease is real and possible. A good first step may be to seek the advice of your provider, professional counselor or therapist to discuss the many different treatment options available. New medication therapy or a combination of medication and talk therapy offers hope for recovery. Support groups, with the shared wisdom and experiences of others facing similar challenges, are also an important part of ongoing recovery.

We hope this edition of *Your Source* can help you find the path to recovery that is right for you or someone you care about.

Visit [MagellanHealth.com/member](http://MagellanHealth.com/member) and access *Your Path to Recovery* in the *Spotlight* section to:

- Learn how substance abuse spans the generations—from tweens to teens to seniors.
- Learn how you can support someone in recovery or keep your own recovery on track.
- Take a private and confidential online screening for drug or alcohol addiction.
- Find resources for information, help and support.

### Podcast—Talking With Family and Friends About Depression

Through this Podcast, you'll learn how to recognize both the outward and the sometimes subtle signs of depression; learn when you or someone close to you may need professional help; and learn effective ways to approach family members and friends about depression.

### Log on to check it out online

Log on to [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member) and register with your program's toll-free number to access *Your Path to Recovery*, and other helpful resources in the *Spotlight* section.

1-800-937-2112



*Correct Answer: Actually, more than 30 percent of American adults will have abused alcohol or suffered from alcoholism at some point in their lives according to a government study published in the Archives of General Psychiatry.*

**What percentage of Americans will have an alcohol disorder during their lifetime?**

- 5 percent       10 percent  
 25 percent       30 percent

*Check your answer on the bottom.*

### Now That's An Idea!

Did you know that one in three adults prefer non-alcoholic beverages? At your next event, try serving these tasty drink alternatives:

#### Zero-Proof Mai-Tai

- 1/2 cup pineapple juice
- 1/4 cup orange juice
- 1/4 cup club soda
- 1 tbsp. cream of coconut
- 1 tbsp. grenadine syrup

*Combine ingredients in tall glass; stir. Add crushed ice.*

#### Piña MocColada

- 1 cup crushed ice
- 7 oz pineapple juice
- 2 oz coconut cream

*Mix ingredients in blender until smooth. Serve in tall glass with cherry and pineapple slice garnish.*

#### 'Sham'pagne Punch

- 1½ liters chilled apple juice
- 2 liters chilled ginger ale
- Grenadine Syrup (or raspberry or cherry syrup)

*Combine apple juice and ginger ale in punch bowl. Add grenadine for light pink color. Serves 20.*