



**FOR IMMEDIATE RELEASE**  
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## **Department of Drug and Alcohol Programs visits WellSpan Health to Highlight Substance Use Disorder Resources for Employees**

**York, PA** – Today, the Department of Drug and Alcohol Programs (DDAP), visited WellSpan Surgery & Rehabilitation Hospital to discuss substance use disorder (SUD) in the health care field, highlight the importance of education and prevention for health care workers, and to remind the field of available treatment resources.

“Health care professionals have been under immense pressure over the past two years due to longer hours, secondary trauma or compassion fatigue, and unfortunately; a pandemic that has not let up,” said Secretary Jen Smith. “No one is immune to the disease of addiction, and studies have shown that extra stressors placed on the health care field leaves them more vulnerable to substance use and misuse. We must ensure that employers and employees have resources available to support individuals suffering from substance use disorder.”

In May 2021, DDAP announced Just Five, a self-paced program to increase awareness, reduce stigma, and provide education about SUD prevention and treatment. The six short learning modules each take "just five" minutes to complete and can be accessed virtually from anywhere at any time with no registration required. Use of the Just Five website is completely confidential and voluntary, and no personal information regarding utilization of the program is shared. The program is also available in English and [Spanish](#) and accessible for individuals with visual and/or hearing impairments.

Additionally, WellSpan launched a behavioral health app, myStrength, for their employees. The evidence-based web tool and mobile app lets employees create their own private account to access personalized resources for mental, emotional and overall well-being. WellSpan employees are also encouraged to utilize the WellSpan Employee Assistance Program, which offers access to licensed professionals to support employees and their families within their varied needs.

“The last 22 months have been unlike any other time in the last 100 years,” said Dr. Anthony Aquilina, Executive Vice President and Chief Physician Executive, WellSpan Health. “The many storms that have unfolded throughout the pandemic have taken and continue to take a toll on the psychological and emotional wellbeing of all our team members and the reason why we have been continually working to develop resources that offer emotional health support and connection for our employees.”

Lastly, DDAP operates the Get Help Now hotline at 1-800-662-HELP (4357). The hotline is a trusted resource for individuals and/or their loved ones if substance use disorder treatment or resources are needed. The hotline is confidential, available 24 hours a day, 365 days a year and staffed by trained professionals who will connect callers to resources in their community. Callers can also be connected with funding if they need help paying for treatment.

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