Help is one call away.

If someone you know or love may have an alcohol or chemical dependency problem, contact a support person near you for 24-hour confidential assistance.

Organized dentistry’s Well-Being 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 Well-Being 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.

Well-Being committee members are committed to ensuring the health of those affected. The Well-Being process 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 Well-Being Program or for a confidential referral, please contact your local dental society or a Well-Being committee near you:

**Northern California**
530.898.0821 (cell)

**San Francisco/Bay Area**
209.601.4410 (cell)

**Central California**
916.947.5676 (cell)

**Southern California**
310.487.5040 (cell)

**San Diego**
562.832.2489 (cell)