

SUBSTANCE USE REFERENCES AND RESOURCES

ARTICLES

Psychosocial stress, demoralization and the consumption of tobacco, alcohol and medical drugs by veterinarians: <https://occup-med.biomedcentral.com/articles/10.1186/1745-6673-4-4>

Substance Abuse in the Workplace: What to do?:

<https://todaysveterinarynurse.com/articles/substance-abuse-in-the-workplace-what-to-do>

Suicides and deaths of undetermined intent among veterinary professionals from 2003 through 2014: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6933287>

BLOG

When do coping strategies become harmful for veterinary care providers?:

<https://marieholowaychuk.com/2021/08/04/when-do-coping-strategies-become-harmful-for-veterinary-care-providers/>

PODCASTS

What Substance Use Disorder Recovery Can Teach Us About COVID-19: <https://drandyroark.com/cone-of-shame-episode-22-what-substance-use-disorder-recovery-can-teach-us-about-overcoming-covid-19/>

When Coping Becomes Harmful: <https://marieholowaychuk.com/podcast/when-coping-becomes-harmful-reviving-vet-med-episode-6/>

RESOURCES

AVMA Wellbeing Resources: <https://www.avma.org/resources-tools/wellbeing/other-wellbeing-resources>

CAGE Questions for Alcohol Use: <https://www.mdcalc.com/cage-questions-alcohol-use#use-cases>

CDC Alcohol Use and Your Health: <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Low-Risk Drinking Guidelines: <https://www.drinksenseab.ca/drinksense-tips/low-risk-guidelines/>

State Wellbeing Programs for Veterinary Professionals: <https://www.avma.org/advocacy/state-local-issues/state-wellbeing-programs-veterinary-professionals>

Substance Use Disorder and Suicide Prevention Toolkit: <https://www.suicideinfo.ca/wp-content/uploads/2016/08/SUD-Toolkit.pdf>

VIN Foundation Vets4Vets: <https://vinfoundation.org/resources/vets4vets/>