

OPTIMA EAP THOUGHT OF THE WEEK

November – Substance Misuse

**The great thing in this world is not so much where you stand,
as what direction you are moving.**

– Oliver Wendell Holmes

Much like the path to success, recovering from a substance use disorder is not a straight line and does not always move at a steady pace. However, the direction of recovery gives hope for a healthier and more peaceful life.



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP staff.

**Optima EAP is available to assist when you experience challenges at home or at work.
Call to schedule a confidential appointment with a licensed clinical professional.**

1-800-899-8174

Visit our website at [OptimaEAP.com](https://www.OptimaEAP.com) for additional topics and information.

OptimaHealth 
Employee Assistance Program

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