

The Peer Volunteers know what it's like to overcome the many challenges of addiction on the road to recovery.



### What is the Peer Volunteer Program?

The Peer Volunteer Program was developed as an alternative resource for employees and their families to get information regarding alcohol and substance abuse, and to provide assistance in accessing treatment.

Alcohol and substance abuse is a growing problem. At LADWP, we acknowledge the impact of this problem on our employees, their families and our business.

The Peer Volunteer Program is a collaborative effort between LADWP and IBEW Local #18. It is available to all employees and family members, including employees not represented by the union.

We care about you.  
To speak with a Peer Volunteer today, visit: [www.ladwpcares.org](http://www.ladwpcares.org)  
[www.local18cares.org](http://www.local18cares.org)

If you would like to schedule a Peer to speak at a safety meeting, contact the JSI Administrators at:

818 771-4676 or 818 771-4691

Scan the QR Codes below to visit our website or watch our video.

Peer Website



Peer Video



[www.ladwpcares.org](http://www.ladwpcares.org)  
[www.local18cares.org](http://www.local18cares.org)

## Peer Volunteer Program

Help with alcohol and substance abuse



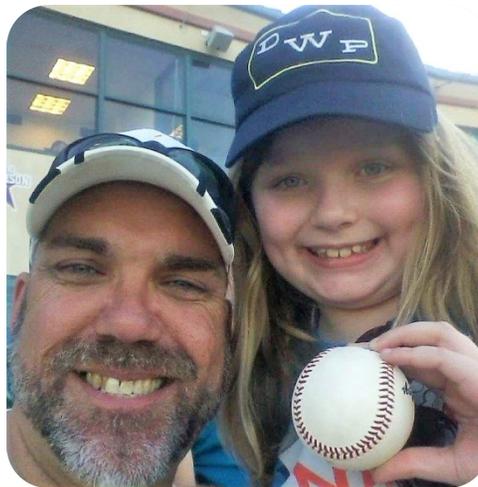
We've walked in your shoes



A Joint Company-Union Program

## Who are the Peer Volunteers?

The Peer are a network of LADWP employees from all backgrounds who have come together through their own recovery to assist others who also have the desire to become clean and sober. They are men and women who are either themselves in recovery or have a loved one who is in recovery. Each Peer has been clean and sober for at least two years, with some having over 20 years. The Peers are not medical professionals but have 24/7 access to a licensed mental health and addiction specialist.



"May 1, 2005 is my clean date and I've never looked back. I have a loving Higher Power in my life today, my children, family, job, but most of all myself. It is my turn to give back to others in need." **Damon Gangi, Customer Service Rep**

All of the Peer Volunteers have personally experienced the judgement, shame and guilt that come with having a substance abuse problem; and they are here to help.

## Who is eligible to call a Peer Volunteer?

All LADWP employees and their immediate family or dependents can call any of the Peer Volunteers.

## Does it cost anything to call?

**No.** The service is free to all employees and their dependents.

## Is it confidential?

**Yes!** The Peer Volunteers will not share your information with anyone else without your permission, including other Peers.

## How do I contact a Peer?

The Peer's contact information can be found on our website: [www.ladwpcares.org](http://www.ladwpcares.org) or [www.local18cares.org](http://www.local18cares.org). They are available by phone 24 hours a day, 7 days a week.

## Can family members call a Peer?

**Absolutely.** We understand that alcohol and substance abuse affects all members of the family, not just the person using.

If you or a family member is struggling with substance abuse, consider the questions below:

- Have you tried to cut back on your drinking or drug use without success, or with only limited success?
- Have you become annoyed by others criticizing your drinking or drug use?
- Have you experienced feelings of guilt regarding your drinking or drug use?
- Have you felt like you needed a "fix" first thing in the morning (eye-opener) just to steady your nerves or to relieve a hangover?

A "yes" answer to 2 or more of these questions is considered clinically significant.

Go to:

[www.ncadd.org/get-help/take-the-test](http://www.ncadd.org/get-help/take-the-test) for additional addiction tests.

Additional resources:

[www.aa.org](http://www.aa.org)  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
[www.todayna.org](http://www.todayna.org)

The Peer Volunteer Program is neither affiliated with nor endorsed by Alcoholics Anonymous, Al-Anon or Narcotics Anonymous.

