



# FADAP

# Overview

## Flight Attendant Drug and Alcohol Program

Here are some key quotes from the video titled "FADAP Orientation":

1. "The Flight Attendant Drug and Alcohol Program (FADAP) provides confidential help for any flight attendant concerned about substance use, whether it's yours or our flying partners."
2. "Substance abuse and dependency are health problems. Without professional attention, their symptoms progress, which means they get worse with time, not better."
3. "Examine your alcohol use just as frequently as you examine yourself for other health risks like skin or breast cancer."
4. "The three C's of addiction are easy to remember: the first is loss of control... the second is compulsive use... the third is continued use despite negative risks or consequences."
5. "Alcoholism and drug addiction aren't forms of badness, they're forms of sickness."
6. "When it comes to substance abuse and addiction, there's a lot of good news. Treatment exists, treatment works, and FADAP can connect you to the treatment that has been designed just for flight attendants."
7. "Recovery has given me my life back. Today my life is filled with healthy relationships and healthy activities. It all started with one call to FADAP."
8. "Recovery is not a hard landing, it's a journey. There is no elevator to recovery, you have to take the steps."
9. "Help for any flight attendant, regardless of employer or affiliation, is just a phone call away. We are flight attendants. We are the face of recovery."

Please note that these quotes are meant to provide a summary of the video's content and may not fully capture the context or nuances of the original statements. For a complete understanding, I recommend watching the full video.

