

Britney Spears, Lindsey Lohan, Celebrity Rehabilitation and Employer Based EAP

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DENVER, CO -- March 19, 2007 -- Britney Spears, Lindsey Lohan and other high profile celebrities have brought to the forefront the growing need for better drug/alcohol treatment and mental health treatment. The positive side of celebrities going public about their rehabilitation is that it helps to destigmatize and make more acceptable the use of this type of treatment by the general public. Even though the recent troubles of Britney Spears and Lindsey Lohan have become ongoing comedic fodder for the late night talk shows like Jay Leno, their problems do highlight the serious need for better mental health care and drug addiction treatments in this country.

Although celebrities receive intense media attention for going in and out of rehabilitation, this is not uncommon for drug and alcohol treatment. In-house data by MINES and Associates, a national employee assistance provider (EAP) and business psychology firm, indicates that about 70% of individuals suffering from drug and alcohol problems will benefit from treatment. However, it may take 2 or more treatment episodes before they are able to maintain their sobriety. It is also important for the people who struggle with drug or alcohol problems to know that the rehabilitation center that they will be checking into may not have the amenities that the "celebrity treatment centers" have. The media has created this common misconception and has done a huge disservice to the many non-celebrities seeking treatment at what they expect to be rehabilitation centers that double as luxury day spas.

After checking into a rehabilitation facility for the third time, Britney Spears has shown that she may be more decisive about her treatment this time. It is important for the patient and family members to understand that there is a phase patients go through that is a "predecision phase" characterized by ambivalence about treatment and recovery. It has also been reported that Britney is attending Alcoholics Anonymous (AA) meetings and is trying to adhere to the rules of the facility. According to Dr. Robert A. Mines, CEO of MINES and Associates, a national employee assistance provider (EAP) and licensed psychologist, "AA and related groups provide important social support for people in recovery as many of the previous 'drinking and drugging friends' will no longer be there once the person is sober."

There are many resources available throughout the country for people seeking help. Many employers have employee assistance programs for employees and their families, much like the one MINES and Associates provides. Companies like MINES and Associates also offer managed mental health care solutions to the employees of participating companies. In addition, United Way agencies in many cities have low cost options for people seeking help. Finally, local AA meetings are always free.

Most employer's EAPs provide free counseling sessions that can be used at anytime to help you deal with these types of problems if they occur and to help assess whether checking into a treatment center might be the right option for you. Your human resources department at work will be able to provide you with the contact information for your EAP. The first step to recovery is accepting that one has a problem. The second step is making a personal commitment to get better. Checking into a rehabilitation center is another big step on the road to recovery. Having access to these options through your employers EAP can be a tremendous help to successfully breaking the destructive cycle of drug and alcohol addiction.

For more information on the benefits of setting up an EAP, organizational psychology program, or managed mental health care program at your company please log on to www.minesandassociates.com or contact Judy Braun at 1-800-873-7138 extension 4980.

About MINES & Associates

For over 25 years MINES & Associates has been a nationally recognized business psychology firm that provides a variety of

services to corporate employers including employee assistance programs (EAP), managed care, managed mental healthcare, organizational development and psychology services, wellness programs, behavioral risk management, disease management, PPO services, and a number of other technology based services. MINES & Associates is divided into two main divisions, Organizational Psychology and Health Psychology, and currently serves a diverse portfolio of clients in all 50 states, Canada, Mexico, and the UK. Please log on to www.minesandassociates.com for the latest news and information on MINES & Associates.

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