

## A Message In A Letter

-Judi Leibrock, NE LAP Coordinator

The following addiction recovery message was an unsolicited letter of gratitude sent to the NE LAP by one of our licensee/clients. The letter has been edited and reprinted with the licensee's permission.

*Dear Judi:*

*I wanted to say thank you for getting me started on my road to recovery. I know it is your job, but you made me feel so comfortable and relaxed which allowed me to be honest and completely disclose my story. Several months ago, I never thought (but had hoped and prayed) that I would be living a sober – “normal” life. I am no longer in the “white knuckle” phase. I am appreciating the little things in life that I had been numb to.*

*Someday I would like to write a letter to the Nebraska Nurse newspaper encouraging other nurses to do what I have done. That publication was where I first learned about the program and services. It truly was a matter of life and death for me at that time. When you are a nurse with an addiction, it seemed like your guilt, burden and shame are magnified times a hundred. I am no longer feeling that way, although the guilt comes and goes. I am not scared of life any more.*

*It I had not made that phone call to you after reading about the NE LAP in the Nebraska Nurse newsletter, I shutter when I think of the alternative. My life is good again! I am also grateful for all the support I have received from the intensive outpatient treatment program that I have been attending, the 12-Step meeting requirement and the random drug screens. All of these things are necessary because that is how powerful an addiction is! Thank you Judi.*

*Sincerely,  
Grateful Licensee/ NE LAP Client*

This letter is a heartfelt expression of the services and hope offered by the NE LAP to licensees who are in the throes of alcohol or drug addiction. The licensee wanted to send a message of encouragement to inspire others to use the NE LAP, treatment services and the Twelve-Step program to save themselves from the suffering of addiction.

We hope you enjoyed the letter as much as we did. If the message in this letter inspired you to learn more about recovery from addiction, please contact the NE LAP at (800) 851-2336 or (402) 354-8055 or visit our website at [www.lapne.org](http://www.lapne.org).

### **Nebraska Licensee Assistance Program**

Alcohol/Drug abuse assistance for health service professionals licensed, certified or registered by the State of Nebraska