

NEBRASKA LICENSEE ASSISTANCE PROGRAM

A SERVICE OF BEST CARE EAP

NE LAP's 2013 New Year's Resolutions for Healthcare Professionals

Please read the 2013 resolutions below to see if one of them might help you have a better 2013.

Resolution #1. Help a colleague overcome alcohol or drug abuse or addiction.

You can -

- offer your support and assistance
- encourage him or her to seek NE LAP assistance with treatment needs
- assure them abuse or addiction is not a character flaw, but it is a disease process
- reassure them that, in 2013, he or she can make the changes necessary to overcome alcohol or drug abuse or addiction
- call NE LAP or go to the website to get information about the program to help a colleague

Resolution #2. Determine what you need to do to stop abusing alcohol or drugs, especially if -

- you have concerns about your use of alcohol or drugs
- others who love you or care for you express concerns to you about your use of alcohol or drugs
- your alcohol or drug use is putting you at risk for legal/criminal charges, loss of driver's license, job or healthcare license, and/or loss of your marriage and family relationships
- you are using alcohol or drugs while taking prescription medications
- you cannot stop using as desired or intended
- you have had to use more and more to get the desired improvement in mood or to avoid withdrawal symptoms

Resolution #3. Continue to strengthen your sobriety and recovery if you are a recovering healthcare professional.

You can -

- monitor your relapse triggers and prevent relapse
- commit to working your recovery program, including regular attendance at 12-Step meetings
- surround yourself with people, including a sponsor, who are supportive of your sobriety and recovery and hold you accountable
- take care of yourself spiritually, physically and emotionally
- keep stress to a minimum by pacing yourself
- socialize with people who, or at events where, there will not be temptation or pressure to drink or use drugs
- set boundaries and keep them
- keep your attitude toward sobriety and recovery from becoming complacent

If you would like to make one of these NE LAP 2013 New Year's resolutions for healthcare professionals your 2013 resolution, please contact the NE LAP if we can assist you with accomplishing your resolution.

If you are a licensed health or health-related service professional wanting more information about alcohol/drug abuse or addiction, please contact the NE LAP at (800) 851-2336 or (402)354-8055 or visit our web site at www.lapne.org. If you would like to consult with the NE LAP, or schedule an assessment or an educational presentation, please ask for Judi Leibrock, NE LAP Coordinator or Michelle Hruska, NE LAP Counselor

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