

NEBRASKA LICENSEE ASSISTANCE PROGRAM

A SERVICE OF BEST CARE EAP

You Are Not Alone!

An alcohol or substance use disorder (addiction) is said to be a disease of isolation and loneliness. Health care professionals are known to have difficulty asking for help in many areas of their life, both personally and professionally. Asking for help to fight the battle of an addiction is no different. Health care professionals often try to fight the battle alone, without the help of their family, friends, colleagues, and treatment providers. Although there are several options available to professionals to seek help before a crisis happens, that is not typically what happens. As the untreated addiction progresses, it creates more problems for the professional, and their family, until eventually that pivotal crisis occurs. The crisis almost always results in a “get help or else” mandate by an employer, an ultimatum by a spouse, or a request by the State Division of Public Health Investigations for the professional to obtain an alcohol/substance use assessment and treatment referral assistance from the Nebraska Licensee Assistance Program (NE LAP).

There are many groups, organizations, and individuals that are willing to help a health care professional before, or after a crisis has occurred. The NE LAP services are available to any health or health-related service provider who is actively licensed, registered, or certified by the State of Nebraska. By initially contacting the NE LAP, we can help the professional navigate the “road to recovery.” The NE LAP provides education, alcohol/substance use assessments, referrals to treatment providers, and ongoing support to help professionals achieve a healthy recovery from addiction. Our confidential and free services are available before, during, or after personal, career, or licensure crises.

The NE LAP works with alcohol/substance use professionals and programs throughout Nebraska, and areas around the country, who can provide counseling and treatment to health care professionals. This may include individual, family, and/or group counseling at the residential, intensive outpatient, or outpatient level of care. Community support groups, such as Alcoholics Anonymous, Narcotics Anonymous, SMART Recovery, Celebrate Recovery, and the Omaha area Licensee Support Group, are also essential resources available to help professionals understand and overcome their addiction. In these groups, members share their experience, strength, hope, and wisdom with each other to achieve and maintain recovery. Those who work with professionals can also provide valuable support when they understand the disease process of addiction and how to help their colleagues who are working on overcoming an addiction.

The good news is, with proper treatment and support, health care professionals can overcome their addiction and continue their health care career. However, overcoming an addiction is a challenging process and one that cannot usually be done alone. Family, friends, colleagues, sponsors, and others who care about the professional are an essential part of the recovery process. Providing a supportive environment for the recovering professional creates a “win-win” situation for everyone involved. There are many practicing health care professionals who have successfully overcome their addictions. They are a valuable testament to the human spirit that can overcome an alcohol/substance use disorder and safely and successfully practice as a health care professional when they were not left alone in their battle against addiction.

If you are a licensed health or health-related service professional wanting more information about sobriety and recovery, 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 Michelle Hruska, NE LAP Coordinator, or Nicole Winkler, NE LAP Counselor.