

NEBRASKA LICENSEE ASSISTANCE PROGRAM

A SERVICE OF BEST CARE EAP

Every Day Is Truly A Gift!

- A Nebraska Licensee Assistance Program Recovery Story -

I had been a nurse for over a decade and, like many health care professionals, I did not see addiction/alcoholism as a disease. I falsely believed that addiction was a matter of choice, until I found myself in a dark, isolated place; held prisoner by the drugs I was abusing.

I was a perfectionist who needed to control everything and everyone in my life. I was in my second year of graduate school, pursuing a MSN in anesthesia. Clinicals proved to be very demanding of my time, my knowledge and mostly my ego. Pride lures us into making demands on ourselves that cannot always be met. I was feeling stressed, insecure and anxious. I needed to ask for help, instead, my need for self-reliance led me to what I felt would be a temporary fix. I had access to very powerful medications and falsely thought that I could use these medications to temporarily numb myself. I quickly became physically and psychologically addicted to Fentanyl. Within a matter of weeks, I was obsessed with the drug. I continued to use for six months, and by this point, I was miserable. I needed the drug to survive. I was so lonely and fearful and desperately wanted to stop. I tried praying, self-help books, and even disclosed my actions to a family member in an attempt to find a way out of my addiction. In June 2013, I found out I was pregnant. I told myself this would be the reason I would be successful in getting sober. I could string together a few days, but would relapse. Then on July 1, 2013, an intervention was held at the hospital clinical site. Thankfully, the person performing the intervention was familiar with the NE LAP and quickly made the phone call to Judi Leibrock who recommended immediate residential treatment. The following day I left for a thirty day residential treatment facility in O'Neill, Nebraska. Upon return, Judi guided me through the recovery process and laid the foundation for my continued success in sobriety. I completed one year of continuing care with the local Valley Hope Association as well as found an amazing sponsor. I stepped away from pursuing my graduate degree for one year to focus on my recovery. I used that year to establish a strong program of recovery which included attending meetings, maintaining a sponsor, working the Steps and connecting with my higher power. In February 2014, I gave birth to a healthy, beautiful baby girl! She is truly a miracle and I am filled with gratitude every time I look at her. I am thankful to report that both my graduate program and clinical site supported me in completing my MSN. I completed my clinical hours and graduated in December 2014. Through God's grace, the obsession to use has been completely removed from my mind. I have learned how to live life on life's terms. I completed my two year contract with Judi and the NE LAP and am working as a CRNA! Without the assistance of the NE LAP and Judi Leibrock, I would have been lost. I live every day with gratitude and try to stay in the present, because every day is truly a gift!

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 Judi Leibrock, NE LAP Coordinator, or Michelle Hruska, NE LAP Counselor.

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