

NEBRASKA LICENSEE ASSISTANCE PROGRAM

A SERVICE OF BEST CARE EAP

A Healthcare Professional's Personal Story of Finding Recovery

Several years ago I found myself in a difficult spot with substance abuse. Like many, I did not perceive my lifestyle as being a problem. I was still employed, still functioning at my job at a high level. I did not practice impaired, but nearly every day involved drinking or taking pain medications. I didn't hide my drinking, but I was very secretive of my medication abuse. It all culminated when many friends and family members came over to my home for an intervention. They told me they recognized me as having a problem. At that point, I was recognizing in myself that I was dying a slow self-inflicted death but was doing nothing to change it.

One of my friends strongly encouraged me to enroll myself in the Nebraska Licensee Assistance Program. I agreed and called Judi Leibrock. She came to see me and we did a person evaluation. At that point, I had convinced myself again that I really didn't have a problem and was certain a few counseling sessions would suffice. Judi recommended full in-house treatment. Of course, this came as a shock to me at the time, but to fulfill my commitment to the program, I promptly enrolled in the O'Neill Valley Hope facility. During my drive there, many thoughts went through my mind. I was certain that my lifestyle was about to change, that somehow my life was going to be different from that point on. I assumed it would be for the worse. I was correct in thinking it would be different, but it turned out to be far for the better.

During my time in O'Neill, I met several people in a similar position as mine. Their drinking and substance abuse was "normal" to them. That is what they grew up knowing and what they assumed everyone did. Some were far more involved than others. The time spent and the lessons learned there gave me ample time to reflect on where I was in life with a clear head. The people that were counselors there at O'Neill were amazing. The people that were patients there were no less amazing. I realized that things needed to change in my life so that I could make that the lowest "rock bottom" that I would experience. Continuing down the path I was on before, many things could and would have ended up worse.

I now am several years removed from that experience. My life has been altered to the positive. I realize the things that steered me in the direction of drinking and substance abuse and how to avoid them. My life with my family and friends is far better that it ever was. Other people in my circle have been positively affected by my experience as well. I wish to thank the LAP for their help in my life course. I, of course, had some resistance at first, but in hindsight, it is one of the best things I have ever done.

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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