

NEBRASKA LICENSEE ASSISTANCE PROGRAM

A SERVICE OF BEST CARE EAP

Alert From Family and Friends – You Are Not Alone!

Alcohol/drug addiction is said to be a disease of isolation and loneliness. Health care professionals also try to fight the battle of addiction alone - without the help of family, friends or the counseling and treatment professionals who also care about them as human beings behind the addiction. The untreated addiction progressively creates more problems until a pivotal crisis occurs. This “get help or else” crisis will almost always result in a mandate by an employer, an ultimatum by a spouse, or a request by the State Division of Public Health Investigations for the health care professional to obtain an alcohol/drug assessment and treatment referral assistance from the Nebraska Licensee Assistance Program (NE LAP).

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. We provide education, alcohol/drug assessments, referrals to treatment and ongoing support to help health care professionals achieve a healthy recovery from addiction. Our professional, confidential, free services are available before, during, or after personal, job/career or licensure crises.

The NE LAP works with alcohol/drug professionals and programs throughout Nebraska who can provide health care professionals counseling and treatment. Community support groups, such as Alcoholics Anonymous, Narcotics Anonymous and Licensee Support Groups, are also important resources available to help professionals understand and overcome addiction. In these groups, members share their experience, strength, hope and wisdom with each other to achieve and maintain recovery from addiction. Those who work with health care 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.

It is very good news that addicted health care professionals, with proper treatment and support, can arrest addiction and continue their health care career. However, overcoming an alcohol/drug addiction is a challenging process and one that cannot usually be done alone. Family, friends and others who care about health care professionals need to help them complete this 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 arrested their addictions. They are a valuable testament to the human spirit that can overcome alcohol or drug addiction and safely and successfully practice professional health care, 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 alcohol/drug abuse or addiction, please contact the NE LAP at (800) 851-2336 or (402) 8055 or visit our web site at www.lapne.org. If you would like to schedule an educational presentation on alcohol/drug addiction and the health care professional, please ask for Judi Leibrock, NE LAP Coordinator or Michelle Hruska, NE LAP Counselor.

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