

# NEBRASKA LICENSEE ASSISTANCE PROGRAM

A SERVICE OF BEST CARE EAP

## *Are Alcohol or Drugs Causing Problems In Your Professional Life?*

**IS IT TIME TO QUIT** your use of alcohol or drugs due to the problems it is causing? Have you been experiencing one or more of the following related to your alcohol/drug use? If yes, you may benefit from changing your alcohol or drug use habits through counseling, treatment or a self-help recovery group.

- Moodiness
- Depression
- Anger
- Defensiveness
- Negative changes in interpersonal behavior
- Withdrawal, isolation
- Medical symptoms or problems
- Legal issues
- Declining work performance
- Suspension or termination from professional practice or employment

**WHAT ARE THE BENEFITS FROM SOBRIETY AND RECOVERY** from an alcohol or drug use disorder?

- Hope for the future
- Development of a healthy support system
- Improvement in decision-making and coping skills
- Improved behavioral health which is essential to overall health
- Gradual healing in relationships
- Restoration of trust in relationships
- Restoration of personal and professional esteem
- A desire to help others with their difficulties with alcohol or drugs
- Sustained sobriety
- The rewards of community service

**IF YOU ARE TRYING TO DECIDE** whether or not to seek assistance with your use of alcohol or drugs, there are many resources available to assist you with this decision, including:

- The Nebraska Licensee Assistance Program ( NE LAP)
- Alcoholics Anonymous
- Narcotics Anonymous
- Licensee Support Group (LSG) professional support meetings in Omaha and Lincoln
- <https://www.drugabuse.gov/nidamed-medical-health-professions>
- <https://findtreatment.samhsa.gov>
- <https://www.niaaa.nih.gov>

*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](http://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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