

Caring *for the caregivers*

recoveryfornurses.com

Nurses and healthcare professionals - trained and experienced in the art and science of caring. Yet like anyone else, they can be **overcome** by alcoholism and drug dependency **afraid** to reveal their problems, or suddenly confronted by them **silenced** by stigma...

A woman in teal scrubs and a white stethoscope around her neck is looking through a hole in a grey wall. She is holding a white piece of paper with the text "HELP - AND HOPE - ARE HERE!" written on it in black, hand-drawn capital letters.

HELP - AND HOPE -
ARE HERE!

Nurses Lifeline
Addiction Recovery for Nurses



Nurses Lifeline at Livengrin Foundation for Nurses and Nursing Students

Addiction knows no bounds. It strikes regardless of age, sex, economic circumstance or cultural background, genetic history or environment.

Yet, society expects nurses (and other healthcare professionals) to be somehow immune. They're supposed to understand the disease of addiction, recognize it in others, and find treatment for their patients. But they're also people – as vulnerable and complex as any group in our society.

15% of our country's nurses will need help and support for a problem with drugs or alcohol – that's the reality

Addiction can result from high levels of job stress. It can be exacerbated by a proximity to medications of all kinds. Some people develop a dependency while dealing with a personal problem off the job, or during the comeback from an injury or illness. For all, the stigma attached to addiction compounds the impact of chemical misuse, abuse and dependency...and makes it more difficult to overcome it and be accepted (and trusted) at work and at home.

This is especially true for nurses, who often hold themselves to unrealistic standards and fear the reaction of others in asking for help. The possible loss of employment and/or licensure only makes it more difficult.

You can conquer addiction and return to practice as a respected healthcare professional - with a treatment program that speaks to, and serves, the particular needs of nurses.



A good nurse should not be lost to a treatable disease

Created by the nonprofit Livengrin Foundation – founded in 1966 in Bensalem, PA, outside Philadelphia - Nurses Lifeline helps these specialists in caring return to health – and being trusted, competent members of their profession and society.

Livengrin's well-known "continuum of care" is recognized for the efficacy of having a range of resources all under one roof. From intake through rehab, outpatient and aftercare, Livengrin brings the individual back to health, gives them the tools for living that lead to better choices and determination, and provides support for life-long recovery.

The nurse coming into Nurses Lifeline wants an assurance that he or she is trusting their future in the profession to caring, responsible counselors. They'll find a dedicated staff with proven medical, psychological and other therapies to help the patient overcome dependency; significant experience with state boards; committed aftercare with support meetings, educational seminars and work groups, alumni activities and volunteer mentorship opportunities.

The continuum of care for today's nurses

Designed specifically for nurses, Lifeline includes private residential housing, comprehensive assessment with dedicated clinicians, and specific treatment and therapeutic programs that recognize the special working environment and other life factors unique to these professionals. It offers residential and out-patient programs, group counseling with other nurses who share this story, and individual therapy with highly-qualified counselors (including experienced nurses who know the language, expectations and demands of this profession).

- Centralized intake with a dedicated phone line and website
- Immediate assessments and detoxification for emergent cases
- Dedicated credentialed clinicians
- Multiple convenient locations for initial intake in the Philadelphia metro region

Comprehensive clinical assessment options

Nurses Lifeline utilizes a multi-disciplinary assessment process, sometimes across several days. This encompasses the many factors that surround the patient and the addiction: physical and mental health; the workplace, stress, and the expectations and relationships with peers and supervisors; home, family and social life; legal situation; collateral data collection from multiple external sources.

Livengrin collaborates closely with alternative-to-discipline programs and state boards around the country to support nurses and ensure that each receives comprehensive and individualized care.

Detoxification

This is a process (as warranted with some patients) to manage the withdrawal symptoms and gradually eliminate toxic substances in the body, across three to five days, with ongoing assessment, counseling, 24-hour medical care and medication management.

Residential Rehab

Patients benefit from separate residential housing and activities; a specialized clinician provides group and individual counseling designed solely for nurses. Clinical staff with a range of specialties are involved in this programming designed solely for nursing professionals:

- Neurobiology of addiction
- Case history discussions and Trauma Group
- Defining and measuring recovery; lifestyle planning & monitoring
- Self-Esteem and healthy relationships; spiritual development in caregivers
- Formulation of a comprehensive Relapse Plan
- Interpersonal communication skills and workplace stress management
- Utilizing professional support groups
- Codependency and family systems
- Addressing shame and developing resilience



Outpatient Program

Of course, treatment and recovery doesn't stop after the initial rehab phase any more than another patient's care would discontinue after surgery.

- **Intensive Outpatient** – As nurses leave the residential facility, structured psychoeducation and therapeutic support is offered through group therapy and individual counseling with a healthcare-professional therapist. Specific treatment goals are established, focused on a patient's successful return to practice. Groups are provided multiple times weekly; case management assists with the coordination of employers, EAPs, and monitoring agencies.
- **General Outpatient** – It's crucial to sustain recovery with weekly support groups and individual therapy with clinicians who work exclusively with healthcare professionals. The ongoing support of peers is an effective element of the nurses program and a key part of continued recovery.

Lifeline services are available throughout the day and week, across all of Livengrin Foundation's eight convenient (and discrete) Counseling Centers in Montgomery, Delaware, Bucks, Lehigh and Philadelphia Counties.

Return-to-work services & ongoing support

Nurses and their counselors develop a focused treatment plan and complete a comprehensive return-to-work evaluation. We also consult with state licensing and/or disciplinary boards to address licensing considerations. Once re-established in the workplace, recovering patients can attend regular educational seminars and work groups, as well as alumni events and activities as hosted at Livengrin and at outside venues.

Livengrin and the Nurses Lifeline clinicians provide a network for recovering nurses all over the nation that encourages lifelong recovery and ongoing peer support.

At the Foundation's quiet, wooded campus, the renovated Carriage House is a "safe haven" for nurses in rehab. While these patients will interact with the entire Livengrin community, in this eight-bed residence nurses can open up with others who share similar professional and personal challenges.



Clinical and Counseling Staff

Nursing is a vocation of dedication and science. As treatment providers we utilize the latest scientific understanding with our personal passion, to help nursing professionals suffering from addiction to turn their lives around.

The comprehensive clinical team includes psychiatrists, registered nurses, advanced practice nurses, masters level clinicians, addictions specialists – all who have a personal dedication to helping nurses in recovery. Program oversight is led by a team that includes a past president of the International Nurses Society on Addictions.

Financial Aspects of Treatment

The Livengrin and Lifeline staff can provide financial options for patients, and effectively uses established relationships with insurance providers whenever possible, along with access to financial aid services.

Nurses Lifeline

www.recoveryfornurses.com

215-646-5626

hcp@livengrin.org



4833 Hulmeville Road, Bensalem, PA 19020
215-638-5200
www.livengrin.org

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