

CHEMICAL DEPENDENCY
AND
HEALTH CARE PROFESSIONALS
RESOURCE GUIDE



Department of Health and Human Services
Division of Public Health - Licensure Unit
Nebraska State Office Building
301 Centennial Mall South – Third Floor
P.O. Box 94986
Lincoln, NE 68509-4986

2010

INTRODUCTION:

This resource guide was developed by the Nebraska Department of Health and Human Services, Division of Public Health, Licensure Unit and the Nebraska Licensee Assistance Program (NE LAP) for the purpose of providing information about the disease of chemical dependency and health care professionals. This guide provides information on how to recognize the signs and symptoms of the disease of chemical dependency, intervention, treatment, recovery, relapse prevention and return-to-work considerations.

The information presented in this guide is intended to be an educational tool and is not mandated as regulation by the Department of Health and Human Services, Division of Public Health, Licensure Unit.

DEFINITIONS:

Substance Use: A reasonable ingestion of a mood-altering chemical substance or drug, for a clearly defined beneficial purpose, that is regulated by that purpose

Substance Misuse: Inappropriate use of any substance, such as alcohol, a street drug or misuse of a prescription or over the counter drug

Substance Abuse: Unreasonable ingestion of a mood-altering substance that causes harm or injury to the abuser

Chemical Dependency: A compulsive or chronic need for, or an active addiction to, alcohol or drugs

Enabling: The reactions or behaviors of family members, friends or co-workers that shield the chemically dependent person from the harmful consequences of their alcohol and/or drug use

Intervention: Helping a person, who is in denial as a result of their chemical dependency, recognize their need for help and treatment

Treatment: Education, counseling and specialized groups and programs designed to overcome substance abuse and dependency

Recovery: A voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship

Sobriety: Abstinence from alcohol and all other non-prescribed drugs

Relapse: A recurrence of the symptoms of dependency after a period of improvement