

## Palmetto Provides A Safe And Tranquil Treatment Environment



*Our secluded 70-acre campus is surrounded by beautiful Lake Lafourche.*

Palmetto Addiction Recovery Center • 86 Palmetto Road, Rayville, LA 71269  
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**PALMETTO**  
ADDICTION RECOVERY CENTER

# PALMETTO

## ADDICTION RECOVERY CENTER

WINTER 2017

# NEWS

### Addiction Among the Professional Population

By Jennifer Garrett, APRN, FNP-C

Members of the “helping professions” such as in the healthcare or legal industry are at great risk for substance use and abuse. These professions can create physically and emotionally exhausting stress. With these high stress careers comes the increased possibility of job burn-out and increased drug and alcohol use and abuse potential. Professionals are required to maintain



a level of communication, competency, consistency, and creativity to perform

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Vicki Hilbun

Look for more information on our website:  
[palmettocenter.com](http://palmettocenter.com)

*“Every experience in your life is being orchestrated to teach you something you need to know to move forward.”*

– Brian Tracy



## Professional Addictions

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as experts in their fields. Frequently, addicted individuals, professional or non-professional, will keep their work life functioning while their home and family life deteriorates due to the addiction. Eventually, their addiction will negatively impact all areas making life unmanageable within the addiction.

It is estimated that eight to twelve percent of medical doctors have a substance abuse problem with emergency medicine and anesthesiology being the highest risk specialties. Thirty-two percent of nurses abuse substances such as marijuana, alcohol, cocaine, and prescription drugs. It is also estimated that attorneys are almost twice as likely to become addicted to drugs or alcohol

with one in five lawyers addicted to alcohol.

Duration of residential substance abuse treatment may vary by patient and severity of use disorder. However, there is a strong argument that professionals generally require a full 90 days of inpatient treatment. Forty to fifty percent of addicted professionals have comorbid psychiatric conditions such as anxiety, depression, and post-traumatic stress disorder. Recovery success rates increase to eighty-two percent when both the substance abuse and psychiatric disorders are treated simultaneously. Added to this extensive treatment, in collaboration with the treatment facility, further monitoring and support by professional

monitoring programs such as the Louisiana based Recovering Nurse Program (RNP), Healthcare Professionals' Foundation of Louisiana (HPFL), and Judges and Lawyers Assistance Program (JLAP) increases sobriety success rates from 40-60% to 89-94%.

Successful completion of addiction treatments like we offer here at Palmetto Addiction Recovery Center, along with monitoring and support from professional recovery programs such as RNP, HPFL, and JLAP give addicted professionals the assistance and tools they need to return to practice safely with the coping skills to maintain sobriety and succeed personally and professionally.

***Privately Owned and Operated Since 1993***

## Staff Bio: *Vicki Hilbun*



**Business Manager**

Vicki Hilbun is an Honor Graduate of The University of Louisiana at Monroe with undergraduate and graduate training in both business and psychology. She has over 30 years of behavioral health and public service experience at the managerial level. Vicki initially joined the Palmetto team in October of 2010, but her role was recently expanded to include more administrative duties in 2016. She has served on various community boards and is pleased to be in a position to assist others through her role with Palmetto Addiction Recovery Center.

