

NCPHP saved my life. There is no doubt in my mind this is true. Twenty-eight years ago, I was held prisoner by my addiction to alcohol. My craving for alcohol and compulsion to drink was controlling every facet of my life. I had long since given up on the notion that I wasn't an alcoholic. I knew I was. Every day I would get up and swear to God, to myself, and to everyone and everything I held dear I wasn't going to drink that day, but every day by three or four o'clock in the afternoon I would be drinking. It was baffling. I knew if I wanted to live and enjoy a career in medicine something was going to have to change, but going it alone wasn't working. It didn't provide me with the support and accountability I desperately needed.

That is precisely what I received from NCPHP—expert, compassionate, comprehensive guidance with built-in support and accountability. They saw to it I received the care I needed.

I went to treatment for alcoholism and have remained sober ever since. A near continuous series of losses in my life reversed and gave way to a near continuous series of gains. My life has unfolded in the most unexpected, profoundly positive and meaningful ways. I've been able to impact the lives of thousands of patients and healthcare providers alike.

The ripple effect from my sobriety is still reverberating within my community, across my state, and even throughout the entire country. I have been fortunate to assist others in their recovery and have now become part of their outwardly expanding ripple effect.

And on it goes, healers helping healers heal so they can continue a lifetime of service to others. NCPHP has made this possible for thousands of providers in NC and no one could be more grateful than me.

Thank you for making me whole. Thank you for saving my life, NCPHP.

Past participant, 5/22/18