

## **IMPROVED MANAGERS' PROCESS NATIONAL LEAGUE OF POSTMASTERS**

The League's Improved Managers' Process was created in 1987 to assist and support Postmasters in recovery from the disease of alcoholism. Today, that support includes all areas of addiction, as well as assistance to friends and families of those addicted. IMP is totally confidential, and no 'membership' lists or therapy notes are kept.

IMP is also totally supported by the League, and an integral part of the League function of helping Postmasters. IMP has grown to support Postmasters and their families and also was able to provide assistance for those who were addicted to other substances and processes.

Today IMP has Resource Persons (a volunteer who is a League member in active recovery) in many areas including food addiction, drug addiction, gambling and codependency. IMP is based on the twelve-step recovery model, first created by Alcoholics Anonymous. It is effective, simple and not a medical, governmental, denominational or for-profit system

Most Postmasters who have disciplinary problems at work today have problems in the areas of the 'Three Cs', Chemicals (alcohol and drugs), Credit (finances) and Chance (gambling). The League Legal Plan is provided for members who encounter disciplinary actions; IMP is available to help those who wish to recover from the problem source.

You can contact IMP for assistance by mail, phone or email

HELPLINE	1-800-524-4771
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