To: Kaiser Permanente Rehabilitation Program Representative

From: Billy Rodriguez

Date: [Submission Date]

Subject: Request for Additional 30-Day Rehabilitation Stay

Dear [Kaiser Rep's Name],

I am writing to formally request an extension of my rehabilitation program for up to an additional 30 days, or until I receive approval to return to work—whichever occurs first. I believe that continuing my treatment is essential for my long-term recovery, stability, and professional future.

Reasons Extended Treatment is Needed

1. Increased Risk of Relapse Without Structured Support

At this time, I am still awaiting approval to return to work. If I am discharged from treatment but unable to resume employment immediately, I will be left at home with no structure, no clear routine, and a high risk of relapse due to boredom and stress. Unfortunately, relapse would jeopardize my employment further, making it even harder for me to rebuild my life.

2. Maintaining Employment & Preventing Job Loss

My job is a state government position under a union, which has provided me with an opportunity to seek treatment rather than face immediate termination. If I relapse again before being approved to return to work, I may permanently lose my employment, which would have catastrophic consequences for my future.

Losing my job would mean losing my only source of stability and income, making it harder to continue my recovery. It would also make it nearly impossible to secure another job in the private sector. There would be a higher likelihood of falling back into destructive behaviors, as I would have no purpose, routine, or accountability.

Given these risks, continued treatment is the best preventative measure to ensure that I am truly ready to return to work and reintegrate into daily life in a sober and stable condition.

3. Pending Legal Case & the Role of Rehab in Sentencing Alternatives

I currently have a court date on April 14 regarding my most recent DUI case. Depending on my BAC results from the incident, this may be considered my third DUI, which carries a mandatory jail sentence if convicted. However, alternative sentencing options such as extended rehab and alcohol monitoring programs may reduce or eliminate jail time.

By remaining in treatment for an additional 30 days, I can provide strong evidence to the court that I am actively working on my recovery and It strengthens my case for an alternative sentence instead of jail time.

It gives me the best possible chance to keep my job and avoid further legal consequences.

4. Burdening Family and Friends

Beyond my personal challenges, my struggles have deeply impacted my family and friends, and further instability could have devastating ripple effects.

My father, whom I currently live with, has serious heart problems and multiple other health issues. He is has already suffered two heart attacks. The stress of dealing with my situation has been overwhelming for him, and if I were to lose my job and relapse again, it would significantly impact his physical and mental health even further. The loss of hope could push him toward another health crisis.

My mother also has health issues and constantly worries about me. Her mental and physical health has already deteriorated due to the stress of my situation. If she loses hope in my recovery and stability, her health will decline even further.

Conclusion & Request

This Job Is my last lifeline. Without it, I will have no structure, no financial security, and no motivation to maintain my sobriety. My ability to recover and remain stable depends on structured treatment and the ability to return to work in a strong, sober state.

I respectfully request for up to an additional 30 days of treatment, or until I am approved to return to work—whichever occurs first. This extension will reduce my risk of relapse, support my legal case, and allow me to return to work as a stable and productive employee.

I appreciate your time and consideration of my request. Please let me know if you require any additional information.

Sincerely,

Billy Rodriguez

[date]