

My Support

My problems with drug addiction and alcoholism began when I was young. It naturally progressed into every day use, multiple times a day. After five years and many life altering problems, I realized the hard way that I was slowly killing myself... but that was not the only problem. I had also realized that I had thrown most of my childhood down the drain. I lost my friends and most importantly my family. I was out of my home, and quickly I had hit rock bottom. I needed to go back home and get help.

When I talked to my parents they encouraged me to go to AADAC for a counselling session and then they would revisit me coming home. I was in desperate need by then so I figured I would give it a shot.

Soon after, my counsellor placed me in the twelve week ACTION program. At first it was a bit weird and awkward but all of the counsellors made me feel very comfortable. An initial challenge I was faced with was the abstinence commitment that was asked of us. Being sober for twelve whole weeks seemed to be unreal for me at that time.

Not long after the program started I began to feel very different, both physically and mentally. The choice to live my life without drugs and alcohol needed to be made, it was an easy choice. Dealing with the consequences of making that choice, was by far the hardest thing I have ever done and I did not think I would have the mental strength to do it.

With the help from many counsellors, close supports, AA meetings, NA meetings and the treatment modules we had each day, I overcame those constant cravings and the withdraws did not seem so bad. But it did not go away quickly. It took a lot of time and effort.

AADAC has taught me many strategies that will help me throughout my lifetime. Not only did the ACTION program help teach me coping strategies and techniques, it also got me to be more active and involved. In my using lifestyle I had dropped all physical activities. Drugs and alcohol became a replacement for all of that. Everyday in ACTION there was a forty-five minute recreation block. At first, it was next to impossible to do the activities but the more we did them, the better I got. I even noticed my lungs working a lot better. Now I find myself doing a lot more physical activity, even if it is just little things that I wouldn't normally do, I actually have energy and the drive to get off my butt and do it.

Going to AADAC was one of the most difficult decisions I have ever made but it was also the best decision I have ever made. Being in the ACTION program for the twelve weeks changed my life. Not only am I finally a clean and sober individual but I have my life back on track and my family is finally proud of me. I couldn't ask for anything more.