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Substance abuse treatment has changed my life. I went from a suicidal drunk who burned every relationship (family, friends ext.) divorced house burnt down, hit the bear creek Greenway kinda rock bottom and started smoking meth, and giving the universe nothing but negative energy.

So I tried to keep a promise I made to my self and my two year old son. I have to start over, I have to leave everything, everyone, and join a program. So that's what I did, I said my goodbyes. And joined an outpatient program in Roseberg. Met people who understood what I was saying, experiencing, and my perspective, mindset, and positive things started to happen. I went from a tent, to having a home with a yard, small little dreams started to happen. Positive things and I'm happy with me, and others are happy to be around me. It's still a challenge, but I walk the red road and I have my higher power and universal acceptance. One day at a time. It might take 21 years to "pop your head out of your ass" my elders say. But I did it and I couldn't be more greatful for the people I found. Who taught me "get comfortable being uncomfortable, and it's ok to be selfish with your sobriety. And just because No isn't what people want to hear, be that asshole and say No with a smile" because I'm pretty proud of the person I've become. I still have temptation but, I know it's ok to ask for help. Recovery in Oregon should be something Oregon is know for across the country. So thank you for your time. I'm off to work.