

# ◆ Choices ◆

## “A Client’s Story”

February 2010

My life story took a sharp turn for the better in 2008. I called the counsellors at SVIARS in desperation. My drug and alcohol filled life was creating chaos in my family and my marriage was nearly over. The next day SVIARS found a way to get me into a drug treatment centre and on the road to recovery. Until that point in my life, I went down many roads...most of them “dead ends”.

When I look back to when I was a young child, I can see that I didn’t have much of a chance not becoming an alcoholic. When we were sick as kids we got a spoonful of scotch with half an aspirin and sugar. I got introduced to alcohol at a young age and my first introduction to drugs was when I was 8 years old. Me and another friend found two joints in a cigarette pack. When I got home my sister put some pot in a pipe and told me to smoke it. I then found out when I was older she gave me acid too. I did start to smoke pot and hash on a regular basis after that.

I didn’t start drinking heavy until I was about 14 years old. Going to pubs and dances I used to steal booze from the house and take it to school. During that time I still smoked a lot of hash and pot. I tried coke for the first time in my teens too. It was a couple of years later when I started doing a fair bit of coke and continued with it.

I met my future wife who saved my life on my 26th birthday. I passed out after drinking for two days straight and started to vomit without knowing it. If she was not there I would have died. After this I stopped playing sports. That is when I started to do coke again. It started out as only on the odd occasion but then it got worse as time went on. Some weeks I would do coke for 5 days. It was crazy, and I was missing a lot of work. This also caused a lot of trouble at work. I almost left my wife and kids... I’m just very grateful to be alive today because I came close to death many times.

I made a call to South Vancouver Island Assessment & Resource Service in 2008. SVIARS responded promptly and confidentially, finding a bed for me at the Comox Valley Recovery Centre. I completed the 42 day program, and my counsellor from SVIARS stayed in contact with me and half way through the program came to CVRC to do a follow up with me. The counsellors at CVRC are awesome. They gave me the opportunity for a new life. Since I left the CVRC life has been good. Don’t get me wrong there have been some tough times. But with the tools that I got while I was there and the EFAP aftercare group meetings, along with the A.A and N.A meetings and also the guidance of my higher power I made it through these tough times discovering what it means to be a caring husband and father.

*A grateful recovering alcoholic addict and SVIARS client.*



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**(This is an actual client story with some details omitted or slightly altered to protect client privacy and confidentiality)**