

## **Carl's Story**

May 4, 2009

By Carl J.

I'm an alcoholic and an addict. I have been abusing drugs and alcohol for over 20 years. I have been in and out of prison, for more years than I can remember losing material possessions numerous times. I couldn't stop drinking and using. In 2005 I was released from prison once again, shortly after my release date I was facing a parole violation for positive UA for methamphetamine and violating my restriction with alcohol. I was encouraged at POC to look for a residential placement thru PSN in Orange County. I was provided with a contact name and phone number, I gave it my best shot. My back was against the wall, my options were prison or program. So my choice was to contact PSN Case Manager, we spoke about many things but what I remember the most was I had residential placement.

On September '05 I entered Woodglen Residential Program. When I got to Woodglen I was expecting "just another program", I was wrong. I was greeted with care and concern, it was weird but I felt good. I was told "to get busy" get a sponsor, work the steps. I followed their directions something that was also new to me, but I wanted to stay clean and sober no matter what. All went well for 9 months. I stopped going to meetings, calling my sponsor and peers. I was drunk before long and wrecked 4 months later. Worse than before, shaking and paranoid, in my mind I needed re-grouping. I got at PSN Case Manager September of '07, he helped me get in again and I was set up and I was secure being sober again. I left the program in Nov '07 against program advice I was soon drinking and using. Within 3 months I had a 6 year suspended sentence, with a court order to complete a residential program. I made contact with PSN and was referred to Woodglen Recovery.

I'm 14 months clean and sober. I am changing my thinking and my feelings about the world and my addiction. Had I not been given 2 chances thru PSN I don't know where I would be, maybe dead. I drank myself into an induced coma after the 2<sup>nd</sup> time at Woodglen. Today I'm grateful for many things specially chances at recovery. I attend fellowship meetings, help others, keep Woodglen close and work with my sponsor. Parole and PSN gave me the shot I needed to help change my ways. I thank, PSN for me and specially for providing a program for my son who

was in an institution and was placed on his release date at another residential program. I thank parole who I learn work closely with PSN. I never thought I'd thank parole, go figure!

Carl J.