

## **Jeromiah's Story**

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By Jeromiah J.

I am a 27 years old male and have been using meth/amphetamine for 9 years. Soon after my release from prison in early 2007, I was referred to PSN by parole for positive UA. Parolee Services Network referred me to a detox program, upon completing I would be placed at Cooper Fellowship Residential Program. I completed detox but never made it to program. I was in violation of my parole and was sent back to prison. While in prison I received a letter from my Dad encouraging me to contact PSN Case Manager and request residential placement upon my parole from prison. I was released on December 10, 2008. I made contact with PSN and was placed at Cooper Fellowship Program. At Cooper I was told to follow directions, attend meetings, study basic text and learn to listen. I became aware of my triggers and how to resolve them in ways without using. I have learned how to deal with my anger in more constructive ways. If I want to stay clean and sober I have to change everything. People, Places and Things.

I realize now the ways I used to live life only hurt me in the long run and only kept me from achieving my true goals. Now that I am clean and sober I am well on my way to be the loving son and father as well as a productive member of society. At program completion I was encouraged to go to sober living here at Cooper Fellowship. Thank You. Cooper Fellowship and PSN.

Jeromiah J.