

Never Will I Crawl in a Dumpster Again!

My life between the age of 15 years and 46 years old was an existence solely based on being accepted by others. When I was young I followed, in my twenties I followed, in my thirties I followed and I continued to follow in my forties. After 31 years of alcohol and drug abuse, which includes the last 22 years using cocaine, I continued to want to fit in at any cost and it did not matter if I had to lie, cheat, or steal. It also didn't matter who I stole from, lied to or cheated! My drug addiction and alcoholism had taken me to a place that I had viewed in the past as disgusting. I had become homeless as a direct result of my lying, cheating and stealing. To support my drug use and alcoholism I turned to dumpster diving. My bottom had arrived and the following weeks and months dragged on with misery, loneliness and futility as my companions.

I have been to the Lander Treatment Centre on four different occasions which dated back to 2005. I could stay clean for 2 or 3 months or 2 or 3 days after treatment. My life completely sucked. However, I knew how to get help and on March 8, 2009 I arrived at Renfrew Detox in Calgary. After sleeping for 2 complete days, the counselor arranged another treatment date at the Lander Treatment Centre. I was to go back into treatment on May 11, 2009 but on May 5, 2009 I checked back into Renfrew Detox and then onto Lander's. About ten days into treatment I decided I needed a longer term treatment program. I was relieved when I was accepted into Our House Addiction Recovery Centre. On May 28, 2009 I graduated from Lander Treatment Centre and went to the Native Addiction Services Centre in Calgary for one week before making my way to Our House.

I hated myself and just about everything and everybody on this planet. I got to Our House on a Thursday afternoon and I was welcomed! I couldn't believe how caring the clients and the staff were. The relief that I felt was incredible. My first three months was a roller coaster ride of the good days being wonderful and the bad days being really awful. The groups I had the honor of being in helped me tremendously with all the support and love I could handle. Every member of the staff has helped me. They loved me until I loved myself and they all have a special place in my heart for the rest of my life. Living with forty to fifty alcoholics and addicts has been the hardest thing I have ever done in my life. My acceptance and understanding of others has been one of the most important things that ever happened to me. When I got to Our House I was so angry at the world and all the people in it.

Today I have hope, optimism, and love inside me and with God's help and AA, NA and CA to help me get over the bumps in life's road I can accomplish anything I put my mind to. I love this place and everyone in it! I thank you from my heart and soul for this second chance at life.

Leslie