

## Shanon's Life Story Living at Our House

I cannot even begin to say how thankful I am that I made the decision to come to Our House. I felt welcome and accepted by all the staff and my fellow clients the minute I walked in the front door. I didn't know if I would be accepted because of my disability but I have had so much help in so many ways. I have had help with my food and help with walking by giving me an arm to hang onto.

For the last 10 years of my life I did not love myself or was able to accept my cerebral palsy. I used alcohol to run from my feelings, and my c. p. and my life was falling apart. I was losing everything and everyone I love. I was living on the streets with nowhere to go and no self respect.

I have been in recovery many times but I found they didn't help me, support me or just work with me the way Our House has. What I mean by "work with me" is being given the tools to help me but then being allowed to work my own recovery that works for me instead of being told what my recovery should look like. Even though I have done all the work, I truly have to give a lot of the credit to my counselor. I cannot even begin to say how much respect I have for him. He has been the type of counselor who tells me "what I need to hear", not "what I want to hear". He has also helped me with my step work and he has listened and supported ideas I presented to help me have a strong recovery. He has also always made time for me and has treated me with so much respect. He has been much, much more than just a counselor; he has been a friend who works with me. We work side by side as a team. For that reason I will be forever grateful to him and to ALL the staff who have changed my life forever.

God bless all the staff and guys who are in Our House and will be coming into Our House in the future.

Forever grateful,

Shanon B.