

A Need for Change

My story begins in July 2004 in Saskatoon, SK. The first few years of my life were pretty good, until I went to school and started to get bullied. I dealt with it until Grade 2 when my parents got divorced. It left me feeling abandoned, alone, and that somehow it was my fault. This led me into a deep depression and the bullying kept getting worse.

By age 12, I had enough of getting beaten up daily and I started to feel suicidal. I just wanted the pain to stop, so I started hanging out with the older and bigger kids. They introduced me to drugs. One of them handed me a joint, and not wanting to be rejected, I took a pull and all the pain and hurt just went away. I knew I had a new best friend, drugs, and started using every day.

Within a year I was taking hallucinogens, then discovered cocaine, meth and various other drugs to escape from the deep hurt. From bullying, my father not being there emotionally, and feeling I wasn't deserving of love. It all left me feeling like a defenseless little kid. I started to fight because it made me feel like I had power. Like I was in control. I started to sleep around and use women as objects, just so I would feel loved.

One of my best friends died from a drug overdose when I was 16. I had come to a point in my life that I knew I needed to change. I started going to Narcotics Anonymous (NA) and met Marc Blain, my mentor, who now works at Rock Solid Refuge (RSR). He'd take me to NA and introduced me to his friend, who told me I should go to RSR.

At first, I was like "Are you crazy? It's a one-year program. I'm not going to that!" Marc, after overhearing me, started talking to my mom about this place, and convinced her. I admitted I needed help, but never considered the amount of work it would take to get over my addiction. I finally agreed to go.

To read the rest of the story, visit www.RockSolidRefuge.com/need-for-change or use the QR code.



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