

James' Story

Alcohol was my drug of choice. My fiancé and I got sober together, but she relapsed, and I followed. I was drinking about a half a gallon of vodka a day. I wasn't taking my meds and I was not attending group therapy.

My fiancé lost all the weight she gained in sobriety and her frail little body gave out. She died in January. She was everything I lived for. I felt my life was over. My drinking increased, I was smoking marijuana, and doing coke. I was doing everything possible to damage my body. I ended up in the hospital in February but even after that, I continued to drink. My fiancé was my moon and stars, she was everything to me, but now she was gone.



I started going to church and realized that if I wanted to see her someday, I needed to do the right thing and get sober again. The day before Mother's Day, I decided to stop drinking and to get help.

BHcare helped me with my addiction and mental health. I started seeing a therapist again, got back on my meds, completed an Intensive Outpatient Program and attended group regularly. I was on a mission and BHcare provided all the supports to help me succeed. They helped me take control of my life.

The group therapy really helped me because I was with people who were going through some of the same things as me. The group members feed off of each other and support each other.

If it weren't for all the support and help I received from everyone at BHcare, I know I wouldn't be sober today. The most important thing I learned was to put my sobriety and recover first. I know many people don't do that but they need to and everything will fall in place. ~ James

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