



(Bram Sable-Smith/KHN)

**Chris Slone**

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# Welcome

I was wounded, broken, and beaten by the hold addiction had on me. That all changed when I walked through the doors of Crossing Recovery Center. When I arrived, I was greeted by Diane at the front desk with a warm and welcoming smile. She assured me that I was doing the right thing. I didn't know how this time would be any different than the last, but I knew that something had to give. I didn't see the point in living and had little faith that things could get better for someone like myself – someone who had been to prison twice, overdosed four times, and let myself and my family down more times than I could count.

I was ready to admit defeat. I was ready to stop surviving and start *living*.

It was then I decided I was going to give the program everything I had. The best version of me. I was ready to participate fully, be kind to everyone, and learn and listen from others. I never had this attitude toward treatment, or anything really. Just with a change in attitude, I noticed that things started to look up for me.

I started to see hope in a life I once dread living. I started to want to *live*.

During my inpatient treatment, I was hopeful that I might get into Crossing Recovery Services' transitional housing unit. I was consumed with the idea that I might even be given a chance. I had been given many chances in my life, but always took advantage of them. I saw this opportunity and told myself that if it became a reality I would do everything asked of me, maintain my new positive outlook and mindset, and continue to dive deeper into my recovery journey.

I got accepted into Transitions. I went to my 12-step meetings almost daily for the first six months. I surpassed all goals and expectations I had set for myself. I even went to classes to become a Certified Peer Recovery Support Specialist and am currently preparing to take the certification exam. Today I am working full-time at Crossing Recovery Services. I am a valued member of the community and have a loving and safe home with my beautiful family.

3 years, 2 months, and 14 days ago I walked into Crossing Recovery Center looking for help. I am proud of giving myself a break and a chance to have a happy and healthy future.

You can have 3 years, 2 months, and 14 days, too. You can have the rest of your life. Give yourself a chance and take the opportunity.

I look forward to meeting you.

Sincerely,

**CHRIS SLONE**

Peer Recovery Support Specialist Intern/Narcan Education Facilitator