



Testimonials - Stories of Hope through Recovery
December 2009

PDAP gave me inspiration and friendship when I had given up on everything. It has given me the tools to get sober and the insight to know how to handle my disease. **(PDAP Young Adult)**

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When my daughter and I came to PDAP almost six years ago, I was absolutely drained. I had no resources left to draw on; mentally, emotionally, physically, or spiritually. As I attended meetings and eventually scheduled sessions for both of us, I was ‘informally’ working the first four steps in my head. I could both see and feel the difference the program was making in all facets of my life; not just in my relationship with my daughter. After close to a year, I began formally working the steps with a sponsor and began experiencing some of the promises. My daughter learned life lessons and gained valuable tools through the group, her sponsors, and working the steps. These will always be available to her to draw upon should she choose to do so.

I initially came to PDAP for my daughter but stayed for myself. My closest friends are those I have made in PDAP. The support and the ability to share without fear of being judged have been so important. My life is fuller and richer and I have regained a sense of spirituality that I had thought I would never be able to reconnect with again. The tools and gifts that I have received and am still receiving from PDAP have truly been life changing. I can’t imagine my life without PDAP and will continue to “keep coming back.” **(PDAP Parent)**

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...One day something different happened. I can see today that it was God placing a miracle in my life. I bought some Xanax with the intention of using that day. I got into some trouble at school, and left. I happened to have the number of a PDAP’er and I called him. He promptly replied that he could pick me up. I threw away the drugs and proceeded to wait for him outside. This PDAP’er began to interact with me on a different level than I was ever used to, and he gave me hope. He shared his story with me and told me there was a solution to my addiction, and it was in PDAP. Through his story my journey in sobriety began. Through the 12 steps, I have found liberation from the desire to drink or use. Through PDAP, I have discovered a fellowship of people who are more like me than I ever knew before. When I became a sober PDAP’er at 16, I could never have dreamed of the miracles that have occurred in my life. I have gone on to not only complete high school, but to attend The University of Texas at Austin. Most importantly I can say with a full heart that I am happy, sober, and living a life I never dreamed of. **(PDAP Alum)**

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I struggled a lot with my daughter because I could not find a program that offered meetings in Spanish that would allow me to understand what was being said. Thanks to a school counselor, I found out about this program and it has been a blessing. I relate to other Hispanic parents who, like me, have different customs and find it hard to accept the differences between our customs and the customs in this country, as well as the differences between our generation and my daughter’s generation. Since I have started coming regularly to the program, my daughter is less argumentative and has started listening, and I have begun listening too. I am realizing that there are things that I cannot change and I am learning to deal with it. **(PDAP Parent)**

PDAP has given me a fellowship of young people and parents in which to grow. I can have fun without the use of mind changing chemicals. It has given me a second chance and healthy ways to deal with day to day problems. **(PDAP Young Adult)**

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I have been in PDAP for about 9 months now. During that time I have found a new way of life, in which I am extremely happy. My experience with PDAP is too good for words to explain, but here I go anyway... I came in desperately seeking a new fix. I could no longer numb the pain I had inside of me. I was sick and tired of pretending. No longer could I continue to live the way I was. Discontented, lonely, afraid, angry... I was overflowing with so many negative emotions. I felt so careless, so lost, confused and dead. My motives were selfish, and my actions impulsive. Basically, I was a very sick person.

When I came in, I spilled my feelings everywhere. The more I began to listen to people speaking in the meeting, the safer I felt. People hugged me and reached out to me every time I walked through the doors. They taught me how to have innocent fun, how to enjoy myself. While in PDAP, I made everlasting friendships, found my higher power, and became exceptionally proud to be myself. I got so much more out of this program than I will ever be able to give back. PDAP gave and continues to give me so much hope and love. PDAP was the best thing that ever happened to me. **(PDAP Young Adult)**

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PDAP has kept me sober through some of the roughest times in my life. It has allowed me to see what I need to do to change myself for the better. It has also allowed me to see things from another perspective. PDAP has changed my life tremendously for the better. **(PDAP Young Adult)**

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If I would sum up all of the things I have gotten from PDAP in one word, I would choose the word sanity. When I started in the program, I felt my life was insane. Nothing I had done as a parent prepared me for what I would face with a child who has a drug addiction problem. From the first phone call I made to PDAP, my life began to return to a life I could begin to live again. Every time I have called staff members in need, they have taken time to counsel me, set up appointments with me, and offer whatever support I needed to help me through my difficult time. With the weekly group meeting, I have been able to share our experiences with other people who will not judge me and who use their "been there, done that" advice to guide me along the difficult path we have faced. Through the counselors and the meetings, I have been introduced to the 12-step program as well as meditations to start my day with some semblance of peace. Without all of these things, I feel my life would still be reeling out of control. PDAP has been invaluable to me as a parent. Thank you PDAP! **(PDAP Parent)**

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My son was no stranger to 12-step programs. He had paid dearly for many 12-step program classes that had been court ordered. After private counseling, a couple of years on probation, and yet another run-in with the law, I remembered this program. My son agreed to attend PDAP. I liked the fact that PDAP had a parent meeting component. These meetings give me a nonjudgmental forum to listen, learn and speak about subjects, experiences, and problems unique to families recovering from the effects of substance abuse. I'm accepted "as is." I can speak or not and feel welcomed no matter what. After a few meetings, I asked my son what was different about this 12-step program as opposed to the many others he had paid for. His reply was, "Mom, they really care." I am so thankful that PDAP is helping to heal our family that has been torn apart by substance abuse. **(PDAP Parent)**