

Allen

I was living without life. I am an ex-crack-head, junkie, pill popping, crystal-meth smoking, law breaking loser... unable to take care of myself. I participated in a myriad of illegal activities to support my habit and served time for it. I've been on MEIA since Jan 07 living on and off the street. I faced the daily tasks of staying alive.

The CAP II program helped with respect and concern. They helped me look after myself better. They offered me valuable information about services available to me in the neighborhood. Through one-to-one coaching sessions they offered direction which provided me with more choices.

When I had a need they assisted me with supports like food, clothing, transport, and a journal to encourage me to write.

I try to stay positive and grab hold. But seem to slip on the grip and then I let go.. Then I rise up again and start a new. I have been a good example for a great change.

I am a little more like what I hope to be. I am now drug free which I did on my own with support and encouragement. I can also state that I now have a better relationship with my family. My future plan is to give back for all I've taken. My life is a book. I just need to come up with a happy ending.