

Stonewater Alumnus Luke: I didn't spend a lot of time in active addiction. I didn't use for a while, I was thinking, but it got so bad, just like, really quick. And I just remember feeling miserable, but I just kept having these slip ups. You know, I would make progress and then throw it all away, make progress and throw it all away. It was just this cycle, and it just got bad. And so, you know, I didn't think I wanted to continue the cycle. And my parents, they noticed these things, and they were just really confused on what to do. So they would, they tried to help me with everything they knew, you know, therapists, IOP, talking to me, switching schools, like they tried it all, and they were really attentive, and they cared for me. I think they were a little nervous about it, just as I was nervous before coming in. So it was a strained relationship when I got here, because I had done a lot of things I didn't mean to do and hurt them throughout my addiction. But you know, ever since the first day I got here that relationship's gotten a lot better. Once you drive in, you're like, "Wow, this place looks amazing." So, you know, I thought this was gonna be a good thing for me. You know, I think of rehab, I think of like a hospital, you know, or like an institute. When you think institution, you think like white walls, like, you know, a medical building. And the first thing I noticed when I drove up this long driveway, it was the house, you know. I mean, it's such an awesome campus. It's insane. It's like you're living in a home, like, after 90 days of being here, it feels like my home, you know. You just build relationships with people. And when I first got here, I hated this place, and now I don't want to leave. Watching myself grow since I've been here, it's been really cool, and watching other people grow has been really cool, because I get to see it happen day after day: progress, which is something I didn't think was possible. I was really uncomfortable with who I was and always trying to be someone I'm not. Always trying to, you know, put this perspective that I'm this person, never being myself. So I lied a lot to support that. And you know, I was so depressed because of that, because all my relationships were built off this other person, not through me. Everybody here encourages you to do better and to recover. You know, they don't look down on anybody when they're doing bad or, you know, they don't not help anybody. Like everybody here helps you, you know, and that's something that's really wonderful about this place. So, staff is just really great here. I encourage anybody you know to just make the jump, you know, just commit to Stonewater, because this place will change you.