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Then and Now

By Alisha* an ADAPT graduate, 4/12/2007

*Name changed to protect privacy

When I first started smoking weed I was young and I was just trying to be like my brother. You can say that he peer pressured me into it so that I wouldn't go and tell our mom. So everyday after that I started smoking weed. Then I tried to smoke cigarettes, but they were so nasty I started choking. Eventually my mom found out that my brother had been giving me marijuana and she found out that I had been stealing her cigarettes.

I started using marijuana everyday. I would even do it in my Grandpa's house even though he didn't allow people to smoke in his house. So I was disrespecting his house rules. I got in trouble at school a lot, I hung out with the wrong crowd. Before I knew it I was flunking school. I really didn't care. My Grandpa would try to punish me, but it didn't work.

I started using meth when my mom came back from Indiana. I was already in foster care for running away. They gave me weekend passes to go home with my Grandpa, so when I was at my Grandpa's I would smoke meth. It got to the point when I didn't want to stop smoking it. The feeling just to get high felt so good. So then on spring break I ran away again and I was gone for one year. I was smoking meth everyday. I was up for four days at a time. One time when I was up for two weeks we were at a hotel and I blacked out. After that I never stayed up that long again. I went from 125 pounds to 90 pounds in three months. I would sleep wherever I could. I bounced from place to place everyday. I ate when ever someone would buy me something to eat. Sometimes my brother and I would go out and steal rims, cd players, beats whatever we could get just to take it to the drug dealer and either get drugs or money for it. It was a struggle, and if I could take it back I would in a heart beat. There's plenty of more things I could share but that would go on forever.

Now I've been sober from meth for almost two years, and I feel really good. I haven't craved it at all since I've been off it. I've been sober from marijuana for almost four months, and I won't lie I do want to smoke it sometimes just to feel the high again, but then I think about it and wonder to myself why would I want to mess it all up and have to do it all over again when I'm almost done with it all.

I have a lot of people there to support me and they've always been there for me even when I was using. I want to say thank you especially to my boyfriend that's been there for me the whole way even though he's got his own problems to deal with himself. AYS has really reached out to me. The five strengths that I've found within myself since completing this treatment are:

1. When I feel I need to use call someone to talk it through with me.
2. Do something active with my life.
3. Go shopping.
4. Talk to my family and friends that have been there for me throughout this whole process.
5. Call AYS if I need some advice.

My advice for everybody is not to use drugs, because it ruins lives and families. People lose respect and trust towards you.

Thank you!!!!!!!!!!!!