

## How long have you been at Foundation 61?

About 5 ½ months

## What brought you to Foundation 61?

Drug addiction, I was looking for help and reached out to TIMP who had helped me when I was 19. Janice said she would help if I committed to rehab. I'm from Kalgoorlie WA and knew I needed to get away from home to stick it.

## What have you learnt about yourself?

Who I am as a person, how to love myself. I have a 2 year old daughter and I'm learning how to be a father for the first time. I have learnt not to how over think things and how to sit by myself in my own head. In the past I turned to drugs because I was highly depressed, drugs numbed the pain but I only felt worse.

## What has been a highlight(S) for your time at Foundation 61?

Realising I can be happy without substance help. Finding out who I am as a person. Finding God (that surprised me), faith has helped me overcome the guilt of my past, what I have done to myself and others. I have loved the Gym.

## Where would you be now without Foundation 61?

Doing the same thing, in jail, homeless with no family.

## What do you hope for the future?

To build a stable life for myself and my daughter and to show her life can be good. You don't need drugs or alcohol to fit in.

## What would you say to someone thinking about Rehab?

You really need to do it for yourself, not anyone else or you'll never do it. I just want to say thanks to everyone at Foundation 61 for helping me find myself.

# Meet Jack

