



Dear Bonnie, Transition House Staff and Board of Directors,

This last Friday (11/29/2019) I celebrated 12 years in Recovery. You will never know how Blessed and Grateful I feel to have accomplished this. So, I wanted to make sure I let the ones who were and are so instrumental in me accomplishing this know how very, very Grateful I am to all of you. Transition House was there when I needed them and Saved and Changed my life. And Transition House is still there for me today whenever I need them. I appreciate how much all of you still support me on my journey in Recovery. And Thank You "Board of Directors" for allowing me to be a small part in an Awesome group of people who work so hard to make sure that Transition House continues to keep its doors open so they can continue Saving and Changing lives. You will never know how much this helps me to keep on my track of Recovery.

With Much Love and Gratitude,
Steve

Transition House Does Save and Change Lives

"In February of 2008 I became a Client in the Transition House program. While I was there for the 14 months, my life totally changed. With the help, love and support of the Transition House Staff I went from not wanting to live to learning how to live life at its fullest.

Transition House Saved and Changed my life.

Today I am a member of the Transition House Advisory Council because I get to see and be a part of all the lives they are still Saving and Changing. I am Blessed and Honored to be able to work with (and give back to) such a dedicated Team of individuals who care so deeply about the lives of their Clients."

Steven Boyer – MA, C-PRSS

Recovery and Empowerment Specialist
Griffin Memorial Hospital



WORDS OF GRATITUDE FROM STEVE

Dear Transition House,

It has been 5 years since I graduated the Transition House program and felt it was time to update all of you about my life today. First and foremost, I want to Thank You for the life I have today. If I had not had the opportunity to go through the Transition House program I am almost sure that I would not be here today writing this. The way my mind and life was going before I stayed the year with you all would have most likely led me to tragedy. But today, my life has changed 360 degrees to the positive.



A little bit about me and my past. By the time I was 11 years old I had experienced 2 major traumatic events that I believe started my journey into mental illness. When I was 12 years old I found substances would take away those thoughts and feelings and make me feel OK. Temporarily! Keep in mind that I was never diagnosed with mental illness until right before I came to Transition House. For 40 years I was experiencing depression, anxiety, PTSD, racing thoughts, low self-esteem, etc., and the only way I could make it through was by using substances.

As time went on I became dependent on substances to take care of everything. I could not handle any thoughts, feelings or emotions on my own. My low self-esteem would kick in and put me into modes of depression and anxiety. My memories of my childhood would trigger my PTSD symptoms. How did I take care of these feelings? Substances! This led me to 4 different suicide attempts and receiving 7 DUI's. In my last 10 years before coming to Transition House I could not hold a job for over 1 year before being fired for being under the influence. I had become a burden on people and society as a whole.



Then I went to the Transition House. They Saved and Changed my life! At Transition House they worked with me on my different mental health illnesses and gave me the tools to use to cope with my various symptoms. They showed they cared about me as individual and helped to raise my self-esteem. By living in the apartments I learned how to take care of myself and learned how to live with other people. I went from passive to assertive with people. The one on one and group counseling gave me insight into my mental illness and the tools I could use to help me cope. They also greatly supported the 12 step program I go to for my substance abuse.

Transition House has given me an opportunity to have a life today that I never dreamed I could ever have. What I do though is work each day on my recovery and use the tools that Transition House provided me. I also stay in close contact with Transition House and am now a member of their Advisory Council. Today I work at Griffin Memorial Hospital and provide Peer Recovery Support. I am able today to pass on to persons new in their recovery the tools that were provided to me by Transition House. Today I live on my own and enjoy life. Today I do not want to end my life because Transition House let me see how to look life in the eye and find the ways to a better life.



Lastly, I would like to Thank everyone who has taken the time to read my abbreviated story. I am not the only one with a story like this. There are many who have graduated from Transition House and are now living better and purposeful lives. Transition House has been able to keep it doors open because of people who care enough to donate to a good cause. If you are one of those people who can donate, please do. I know it would be Greatly Appreciated by the clients who are now living at Transition House and many more to come in the future. Again, Thank You Transition House for Saving and Changing my life. You will never know how Grateful I am to have had the opportunity to have gone through your program.



Sincerely and with Warmest Wishes,

Steve Boyer
05/12/2014