



Happy Summer, friends. It is my pleasure to give you an update from Nick's Place, a transitional home for young men 18-25 in recovery from addiction and alcoholism. Right now we have Nick, Alex, Jason, Izzy and Mark. Our most recent graduate is George.

I've told you about George in our winter and spring newsletters. On June 23, George S., a recovering crack addict, celebrated one year clean and sober. George's mom and sister, Barry and I, Nick's Place residents and staff attended the Narcotics Anonymous (NA) meeting where George shared his story and asked his sponsor and others, including me and Barry, to say a few words. What we said was that we were privileged to get to know George in the nine months he spent with us and that he really was a model resident.

George had been with us since last year, mid-summer. He used to tease us that he was never leaving and I always told him that he'd know when he was ready to go. When he finally realized it was time to move, he came to us with his thoughts and concerns. There was a new Oxford House (people in recovery in unsupervised environment) opening up, very near Nick's Place. George was a candidate for residency. He had talked over his plans in-depth with his N/A sponsor. When I asked him what his mother thought, he laughed and said, "she asked me the same thing. What does Rhea think".

We talked about the strength of his program, his commitment and I made him promise to come back to Nick's Place each week for the in-house relapse prevention counseling. He agreed and he has honored his agreement. He's also come back to share a home cooked dinner and spend time with the friends he still has at Nick's Place. In fact, the other night he said he came back to have dinner with his "family". George, and the successes like George's are exactly why Nick's Place is needed and why our job is so rewarding.

Each time I attend an AA or NA meeting I am usually crying when people who wish to collect a 24 hour, 30 day, 90 day or six month sobriety token are called up. I cry because I think of the many tokens that are still in Nick's dresser drawer. I cry because I know how fragile sobriety can be and I cry in happiness and admiration because of the commitment it takes to practice recovery, one day at a time.

These past few months have been the time of the mothers. Relapse is a fact of life with the disease of addiction and there is no one (other than the one who relapsed) who suffers more than their mother. All of the fear, disappointment, anger, frustration and panic return with full force. I know that each time Nick relapsed, my heart broke for him and for myself, because you see your son slipping away and there is absolutely nothing you can do about it, except pray of course. The moms and I connect very well and my goal is just to continue to tell them that their boys know where and how to get help and all they need to do is call. Even George's mom with no relapses and a year of recovery is still fearful that any day could start the nightmare all over. I encouraged her to just really enjoy the George she has now and to live as he does, one day at a time.

It is always a pleasure for me to tell you about what is going on at Nick's Place. My hope is that you will continue to feel confident in Nick's Place. We also hope you will encourage your friends to support a small local program.

Keep us in your thoughts and prayers.

With kind regards and many thanks,

Rhea

Nick's Place is a 501 (c) 3 non-profit organization. Donations are 100% tax deductible. Nick's Place receives no federal, state or local funding. We rely solely on contributions and grants for our funding.