

## *Options for Living Well: Opioids, Bezos, and Bong Hits*

In Winter 2011, my body was beginning to **not** age very well so my doctor started me on a routine diet of Oxycodone. By 2014, Klonopin was added to my list of daily prescriptions for anxiety and by 2016, I was smoking a bud at night to help me sleep. I unexpectedly lost my job of nearly 25 years because I was often loaded all the time. As a result, I lost my health coverage right off the bat. I suddenly had to apply for OHP, lost my connection to the pain clinic, and had to find a new physician. I was quickly and painfully “coming down” so my new doctor referred me to *Options of Southern Oregon*, wrote me a prescription for a cocktail to ease the withdrawal symptoms, and scheduled me to see her again in two weeks. By this time, I had met with the incredible treatment staff at Options. They scheduled me to meet with an amazing therapist. Her nonjudgmental and very gracious approach to treatment included a “zero tolerance” for my bull, but her remarkable method gave me a feeling of security and trust that I had never experienced in my life. It seems like she and I met a couple of times before my scheduled appointment with my new PCP so that when I did meet with my physician, she was pleasantly surprised at my progress. Because I was feeling much better (physically and emotionally), she scheduled me for another appointment in a month. By this time, I was going in to Options every week to see my therapist, who by now had set me up with an awesome Drug and Alcohol Counselor. This expert knew exactly what I was going through. At this time I was also scheduled to meet with a Supported Education Specialist with Options, out at RCC, who helped me register for class to improve my reading and writing skills so that I could pass my GED tests as soon as possible. I am presently in my sixth successful term at the community college. I plan to take the exams by Summer 2019. Despite my countless improvements, I still pop in to visit my SEd Specialist for advice every now and then, and I am going in a direction I would never have dreamed possible. As of Spring 2019, I am still clean and have a great deal of GRATITUDE for the outstanding and compassionate group of professionals to whom I have been assigned at *Options of Southern Oregon*.

Sincerely yours,

David