

GIFT YOUR GRATITUDE

DUTCH'S STORY



Living with an addiction was not an easy life. But watching your loved ones being taken away one by one because of addiction is nothing short of heart wrenching. I recently lost two of my closest friends and fellow residents at Y-Haven, a recovery housing program for homeless men with addiction. And when I thought it couldn't get any worse, my 19-year-old daughter died from a drug overdose. She struggled with a heroin addiction, just like me. Every day people ask me how I'm doing, but I can't begin to describe the pain. No one should have to bury their child.

“Every day people ask me how I'm doing, but I can't begin to describe the pain. No one should have to bury their child.”

Thankfully I'm surrounded by people who are committed to helping me succeed. I'm a recovering heroin addict in the YMCA's Y-Haven program, and I owe my life to Y-Haven. If it weren't for the stability

and close-knit community here, I wouldn't have stuck with it. Instead, I'd be on the street, trying to dull the pain with my next high. Instead, I've been at Y-Haven for just over a year and I'm proud to say that I am on the road to recovery and long-term sobriety. It takes time, practice and strength. There will be good days and bad days. But you have the power to choose what kind of day it's going to be.

I know that I wouldn't be where I am today without the Y. I've received treatment, help with finding a job and securing permanent housing, and perhaps most importantly, education about relapse prevention. Y-Haven gave me all of this. Y-Haven believed in me when I didn't think life was worth living. I rebuilt my life here. And for that, I am forever thankful.

- Dutch P.

