



Cali Parc Testimonial

To: Sebastian Rucci <sebastian@caliparc.com>

To whom it may concern,

My name is [REDACTED] and I am a veteran from Limington, Maine. I served in the United States Marine Corps from 2001 to 2005 and also in the Air National Guard from 2006-2009. I am currently pre-registered for full-time enrollment at Southern Maine Community College in South Portland, Maine for architecture and computer science and am roughly two semesters shy of an associate degree in architectural and engineering design.

I began inpatient treatment at California Palms in [REDACTED] because I'm an alcoholic with a dual diagnosis of PTSD and substance abuse; my life had become unmanageable. I was fired from a company in June of 2017 and that free time permitted me to drink the way I wanted to. I was drunk almost every single day, until I got into a car accident and realized I needed help. I've tried to stop drinking several times on my own, with very little success. However, this is my first serious attempt at recovery with professional help.

I was a resident at California Palms for 90 days, and to be honest, a longer stay could have provided me with a more sound foundation for my recovery. My entire stay was paid by Veteran' Affairs and I paid nothing out of pocket. Some of the therapy I received was music and art therapy, meditation, self-esteem improvement, group therapy, as well as individual counseling sessions. I also lost 20lbs from the physical fitness therapy and was afforded the opportunity to physically heal my body in the giant hot tub located on the premises. I was also introduced to Alcoholics Anonymous within a short time after my arrival. I was not forced to get a sponsor, which I appreciate, because I now know it was a connection I had to make at my own pace. I cannot speak for everyone' recovery, but for me, AA has been paramount to my continued sobriety after inpatient treatment. Without this introduction from California Palms, I' not certain as to whether or not I'm still be sober.

Also, after being a resident for some time, I was permitted to take part in outside activities, such as martial arts and fitness centers. I was also able to do volunteer work, as well as participate in veteran' support functions, such as the Save 22 hike. I also had my own private room, which allowed me to write, meditate, and reflect, on my own time. Having my own accommodations was wonderful when my family came to visit.

I owe my sobriety, my sanity, and frankly, my life to California Palms. The staff worked tirelessly to ensure I felt safe, secure, and that my needs were met. I was reminded that I can be a valuable member of a team and society; that I never needed alcohol to enjoy myself or function, in general; that I am a good person and more people love me than I took the time to recognize.

Sincerely,
[REDACTED]