



California Palms testimony

1 message

[REDACTED]
To: Sebastian Rucci <sebastian@caliparc.com>

To whom it may concern,

My name is [REDACTED] I have been a chef most of my life, with the exception of when I drove truck for a year and a half and wired houses for a year and a half. I graduated highschool in 2000. Went to college after and quit after 2 years.

I've been drinking since I was 15. I experimented with other drugs when I was 19 until I was 32. My alcohol use caused me a lot of problems, including 3 dui's a couple assaults and some disorderly conducts. I spent over 3 years total incarcerated. 2 years of that in prison in 2014. I stayed on alcohol and it was on and off until last November when i went on a gallon a day vodka binge. I made the decision to quit for good, however for the first time ever i was having DT's. So I needed professional help. Not only with my addiction but with my mental health as well.

I put myself in detox amd my friend got me into California Palms. Unlike the other 4 treatment centers I went to over the years, the Palms has a comrade. Not only between the clients, but the staff actually cares. The biggest things that helped me stay sober were the extra things we did. Like exercise and tae-kwon-do. It does not feel like your locked up here. We get a certain amount of freedom but we must be responsible with it. Just like in real life. Sebastian wants us to learn how to deal with while we're sober, not just locked up. I can sit anywhere locked up and be sober. Its when I'm faced with life that I needed to learn how to live sober and I learned that here at the Palms. I go to outpatient mental health counseling once every two weeks on top of the stuff we do here. This place saved my life. Not only can I attest to this, but people that havent seen me in a while say how good I look. As well as my parents are thankfull I'm doing well and I'm functional again. I don't believe Sebastian received any funds from insurance for my treatment, which shows how much he cares. His program works. If it could help someone who was as bad as I was for so long, it can help many others. Of this I am sure.

Sincerely yours,

[REDACTED]