



E mail

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

To Whom it May Concern:

My name is [REDACTED] adult male with 35+ years government service, 18 of which were military. Multiple combat tours, as a medic/soldier. I am college educated, I have been married for 26 years to the same woman (Vicki). I have two adult kids (boys) I was prescribed opiates for a very long time by my family doctor as well as the V.A. for multiple injuries to include a helicopter crash 91, gunshot wound 92, and a mortar explosion in 93. I realized that I was taking my meds no longer for pain but for my brain just to feel normal, I attempted to talk to doctors about getting off, but every time the same thing it was not recommended.

Let's fast forward now even though I was not using street drugs my issues were increasingly becoming more deliberate and self-destructive. I work in an environment where I see drug users and criminals daily. I wasn't going to become that. I decided to end my life. Calculated and thought out so I thought, my dog came down! I placed my weapon in my mouth and startled me, she [REDACTED] had saved my life for the moment. I told my wife what had happened and we (my family) and I decided I needed help. I could no longer sleep or function, due to my PTSD and clouded mind. I needed to talk to someone that understood my journey other soldiers like myself. I looked everywhere only to not find what I needed, even the V.A. Just like other programs wanted to medicate me and not really get to the root of the problem.

I found California Palms one night by chance contacted them the next morning and the healing started from the moment they picked up the phone. A guy from a small inter-city neighborhood where I grew up answered, what are the odds. Then I was put in touch with an intake person (Liz) She was more like a big sister or mom depending on your age. She reassured me that I could find what I need at the Palms, she was right. So I went to a detox facility and started my journey. When I arrived at the Palms I was met by Liz, and the owner /CEO of the Palms Sebastian, with open arms mind you, literally open arms a big hug from a guy who doesn't even know me. While there I engaged in group therapy, one on one and peer counseling. This was not an institution it was a family that cared for one another. I was there 40 plus days on my insurance which I am not even sure paid the Palms. I had great food the most comfortable room you could possibly have and people like me. Veterans going through! I just happened to be one of the older ones.

Through exercise therapy and water therapy and counseling I have been able to get my life back. Lucky for me rock bottom for me was that day with a gun in my mouth. No I am not typical but who is addiction knows no gender, class, race, or religion. I need to be connected to this community forever the friendships I made the accountability person's I connected with along with my own family and friends support group at home keep me clean and solid. There is no place like California Palms addiction and treatment facility around. Without it and its staff a client's I would be dead.

We have tried so many things in this world why not try California Palms, a family of people and clients trying to make a difference together, an environment where you can get your feet back under you and feel a sense of pride being part of a family or brotherhood while doing it. Thanks Cali Palms and everyone associated with it. You helped me get my life back while saving it.

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