

[REDACTED]

To Whom it may concern,

First and foremost California Palms is and always will be a blessing that changed my life. My mind, body, and soul have grown to a level I never knew existed. I truly believe that I am the best mentally, physically, spiritually, and emotionally I have ever been. Being here I have been able to identify deep rooted issues in my life. With that being said I understand this journey to stay healthy will require continuous work for the rest of my life. I will take on this challenge of healthy habits using the skills and tools given to me. I can not thank the staff enough for their education and encouragement they poured into me on my journey here at California Palms. In Closing, I have such a clear mindset and the strongest faith in God that my life will be forever changed. Below you will find an exit plan that I have prepared on my arrival back home. May God continue to bless the individuals that continue treatment at California Palms.

Sincerely,

[REDACTED]