

John Carter

Graduation Essay

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Two years ago I was locked up for a felony case and I got the opportunity to be part of Mental Health Court. Before that my life was horrible. I was using every day, I had no clothes, no food, and no housing. My relationships with my family were poor. I had to pan handle to get by. Since I became part of the Mental Health Court program, I no longer use, I have good relationships with my family now, I have clothing on my back, and food in my tummy. Going to MHC has been good, I like going because it tells me that I'm doing and not going to get locked up or in trouble. I made it this far in Mental Health Court, I never thought I would make it.

There are so many good things that I have done since I've been in the program. I have completed Cache Creek, a drug and alcohol program, a board and care program, Farmhouse, and now I live on my own. While at those programs I learned how to take care of myself, independent living skills, that I'm a good guy, and how to live sober. Since my last relapse, I have maintained to stay sober.

My family is proud of me, that I came this far. Sometimes it was easy, sometimes it was hard, sometimes I struggled, and when I needed my family, they were there. I would like to thank my counselor and my case manager for being there. I think the anger management that I'm doing with Terri is helping me. I'm learning how to cope with my anger and somewhat deal with my emotions. When I get angry now, I have a lot more options. I can go for walks, I can go to my mom's, and I can go to my brothers. I have opportunities to work that I didn't before or wasn't able to do. At this point in my life it is way better than it has been in years. As an adult, I'm ready to live my life without being in the system. I don't want to be in the system anymore or on probation.

Once I graduate, I will still go to groups at the Wellness Center, look for a part-time job, and soon I will be going back to school. I plan on staying clean and sober F O R E V E R (like in the "Sandlot"). I made it this far, I can do it again.

I've made some really good friends in the program and I will show up in court to show them that if I can do it, they can do it. My advice to them is: This program may seem long, but it's really worth it in the end and also, look forward to every phase up because you get a \$25 gift card and a lot of praise. Going to MHC has been good, I like going because it tells me that I'm doing and not going to get locked up or in trouble. I made it this far in Mental Health Court, I never thought I would make it.