

YES, IT IS POSSIBLE. MY SCHICK STORY:

When I was 15, I tried my first drink, and unfortunately I really liked the way it freed me from reality. It was never enough, though, and I steadily used alcohol more and more to further escape my feelings for the next 19 years.

By age 34 I had spent over half my life using and abusing alcohol. I drank when I was happy and I drank even more when I was sad. Drinking often made the problems of my life worse—which cycled me to more drinking. I went to Schick Shadel Hospital in 2007 and the experience completely changed me and the way I thought about alcohol. After just ten days of treatment, counseling and education about my disease, I had zero desire to use.

It has been more than 13 years since I took the first step at Schick. Since that time I have never once craved a drink of alcohol. I learned to face my feelings, and cope with stress in healthier ways. I got healthy, and I even became athletic. Now I'm an ultramarathon runner, regularly running 100 miles and greater distances. I train five days a week and travel the country seeking challenging runs that push past my limits. The life I live now would not have been possible had I not sought help.

I was on a path to destruction before I was able to stop drinking with the help of Schick Shadel Hospital. The treatment I received was strong and caring – transforming me from an abuser into a former user, and someone who never needs to drink alcohol ever again.

-Wes

