

Letters to the Editor

Positive Woburn Experience

To the editor:

I am a 47-year-old nurse, mother, daughter, sister and friend, who became addicted to heroin thirty years ago. I was in and out of treatments many times and had many personal losses. This goes with that kind of life.

I entered a half-way house in Lawrence and was able to put six months together. Because of my drinking and drug-ging I lost my home in N.H. and had no where to live.

While at an A.A. meeting I mentioned that I had no where to go to further my life in recovery. People told me to call Phil Malanson, they said he had sober homes for men and women.

I called Phil and he said he had a vacant female bed on Richardson St. Doreen Malanson (Phil's wife) met me and I read and signed a contract that said: No drugs or alcohol, A.A./N.A. meetings often and no violent behavior ... I signed and was able to live in a drug free environment and proceed with my "new found" sober life.

I will be forever grateful to Phil and Doreen Malanson, Don Cochrane, Ron Campbell and other board members of the Twelve Step Education Program. If these sober names did not exist I would have been homeless and feeling very desperate.

While at Richardson Street, I learned many things. I became employable once again; I built a support system in Cocaine Anonymous, narcotics anonymous and A.A. I learned how to be responsible and was able to have friends who were a big part of my support system.

On Friday nights there was a "Spiritual meeting at the Old Cambridge Road address and these meeting were very valuable, since I believe without a "higher power" there would be no recovery for me.

I was also able to attend "anger" management groups weekly. People in recovery have a lot of issues surrounding suppressed anger. A lot was offered to me through the Twelve Step program and I took advantage of it all.

After living in Phil's sober house for a year, I have moved on. I will be working as a nanny for some friends and their three children. I have been substance free for sixteen months and finally feel like I am part of society.

Again I thank Phil and the board of the Twelve Step program for having this program available to recovering addicts and alcoholics.

This is a priceless gift. I hope this letter is printed. Other addict need to know there is hope.

Jeannett A. Demeule
Woburn