

# James K. Vista Bay Graduate 2005

## *Saving Lives in our Community*

VISTA BAY STUDENTS  
VERY OFTEN SHARE  
THEIR STORIES SO  
THAT OTHERS LIKE  
THEM CAN WITNESS  
AND EVENTUALLY  
EXPERIENCE THE SAME  
LIFE-CHANGING WINS  
FROM THE INCREDIBLE  
AND EMPOWERING  
VISTA BAY PROGRAM

THE WORDS TO THE  
RIGHT ARE THE WORDS  
OF ACTUAL STUDENTS  
AND GRADUATES OF  
THE VISTA BAY  
PROGRAM, WHO NOT  
LONG AGO FELT  
HOPELESSLY ADDICTED  
TO DRUGS OR  
ALCOHOL.

If you are losing a loved one  
to drugs or alcohol, please  
call: [1-800-556-8885](tel:1-800-556-8885) and  
find out more about the  
Vista Bay Program.



I just finished the program today. I feel great and I got my life back. My story has been a long and hard one, but it's not at all positive. My future is filled with good things and my past is not who I am. I came here on April 18, 2005 from Denver, Colorado and I was a mess. I had been using drugs and alcohol since I was 10 or 11. I had fallen out of communication with everything and everyone who made my life worth living. I wanted to die everyday because of the pain I was in. Looking back I can't believe I am alive or that a good person like me could have done so much bad to myself and others. Through all the steps of the program, I got something I never had. I was taught how to succeed. This life is too short to ruin with drugs. I have lost a lot of friends to drugs, but me I am going to be something and I will get to see my birthday on July 31, 2005 clean and happy. I probably would be dead before my 20th birthday without this facility. The people at Vista Bay are some of the most compassionate and understanding people and they have all been through it. I wish any one who reads this the same success I have gotten. Open your arms to Vista Bay because it will only do you good. Once again, life's too short to kill yourself with drugs! I wish you Godspeed and good luck and enjoy your life.

- James K.