Nyssa A.
Vista Bay Student 2006

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 and find out more about the Vista Bay Program.

My name is Nyssa and I'm 20 years old. I've had a lot of success here at Vista Bay. First of all, being sober is one of the best successes I've ever had. I've been sober for 62 days so far and it's been great. I've learned how to confront my problems and now I'll be able to confront any situation I might walk into and be able handle it in the right way.

The Sauna Detoxification Program was fantastic because I could actually feel the toxins leaving my body. Afterwards, I felt like a whole new person. I felt more active, more awake, and more ambitious.

Vista Bay has taught me how to live again. I can't wait until I have a chance to give back to others just as they have helped me. I want to thank all of the Vista Bay staff and students here for helping me get my life back.

- Nyssa A.