

The Deep End

By: Jack LaValley

I was myself an alcoholic and drug abuser for some fifteen years and diagnosed with bipolar disorder. I came from a very rough home life with alcoholic parents and violence. Rehabilitation is an area I know a lot about from first-hand experience. I've kept this well hidden, out of fear and guilt about an ugly part of my life I'm not very proud of. I tried to understand what was going on then though and I believe I've not only comprehended it, but survived it and progressed onto a constructive and enjoyable life.

If my experiences can be useful in helping some young people survive their crazies, make healthy decisions and find a better life, then I offer my wisdom to others wholeheartedly. Proof that you can pull yourself out of a downward spiral.

If my doctor told me today that I was healthy and had normal kidney function again it wouldn't matter much to me unless I also had some assurance I could be successful in my personal wish to be more giving. To contribute something meaningful to this world, which in my estimation means to love those who are in need of it. To help them... out of the deep end.