

Dear parents,

I learned a lot in the detour program. I learned about my mistakes and I learned about how they affect me and the people around me. I learned that there are risk factors that come along with drinking and doing drugs. And I learned that it is never too late to change and to turn my life around. There are several different stages that are made to evaluate how far along in the addiction process I am. I was in the yellow zone. This meant that I was making a lot of high risk choices that were jeopardizing my well being. High risk choices are basically choices that have a big risk factor to them. They are choices that could potentially have very severe consequences. I learned about all the benefits that come from making low risk choices. I would save money, I would protect my health, I would keep my friends and family, and I can live a normal life. During the detour program I heard the stories of other people who are in similar situations to me. I find it frighteningly relatable and I don't want to be in a bad situation. If I continue to make the same high risk choices that I am right now, I will take away my future and miss out on the other things in life. Going on road trips with friends, going to parties, birthdays, holidays. These are things that mean a lot more to me than drinking. I learned that I need to start thinking about other people more. My poor decisions have costed other people. I have friends and family that are having to pay money, and become stressed out just because of my high risk choices. I think that I really need to change what I am doing and the detour program has greatly helped me realize how to do this. I can definitely change and I need to show you that I can. I don't want to hurt any more people. I am glad that I was not too late to be saved. I heard stories about kids that started out doing things like smoking weed and drinking and in the end dying from heroin or something. I don't want to be that kid. I

want a future and I want to be strong enough to resist when I am put in a situation where I need to just say no. Thank you for sending me here, I really think it helped turn me around.

- Your son