

My name is Nicholas Farias. I am a graduate of Ben's House, and still work with Journey to Recovery Community Center in Newport. I work full time for SD Ireland now and have been for the last year. It has been two months since I left Ben's House. I was there for 12 months. And for me this is where the Journey really started to begin. It is time to take the lessons that I've learned and put it into action. To say that everyday has been a win I would be lying but what I can say is that from the situation and trials that I went through while living at Ben's House, I was able to reflect and see how I process and handled every challenge and use those lessons in my life, my work environment, and with my family.

I have been able to rebuild my family by being the leader and the role model and even the teacher which to me is the holy grail of gifts. The last year has been a complete blessing, from being completely broken, in a place where I knew that the person I was becoming needed to change. I needed to start holding myself accountable and not running from every obstacle that comes my way. And Valley Vista was the first place I started seeing and realizing how actions and reactions played a big role in how I have handled life and this situation. Then it was time to move forward and to face the reality of my actions and choices.

When I moved to Ben's House, where the team from JTR pushed me and challenged me every day to look, see, feel, love- to accept not judge, to understand, and see that everyone is on different levels, and not everyone is out to hurt me or get me. And they taught me how to love, and that is something I never knew how to do or wanted to give a chance.

When I finally gave myself that love and support I needed, I was able to be the leader and the friend and the father that I knew that I could be. I have to say that the greatest and most powerful thing I learned from JTR and Ben's House is to be happy, to be grateful and to see how far you come each day, and that's something I say to myself. That by far that has to be the most important lesson that I have learned from Ben's House and JTRC. I'm so grateful for JTR and Ben's House and the teams there, for the opportunity to live a successful and sober life. I still coach at Journey to Recovery even though I live on my own and work full time. I am grateful that they still have never given up on me.