

Letter to Morgan, February 2, 2015
#GiveitbacktotheKids

Dear Morgan,

I had little parental guidance from about age 13 onwards, Something about becoming a teenager meant I was my own person to my parents, who divorced that year. Mom worked constantly and dad was away elsewhere. I found a crowd of kids who were into all the wrong things – a disabling life of drugs and crime. I was 13 when I first got drunk. Drugs include alcohol, never forget.

I had to face the facts of my addiction when I landed in jail. My parents had had enough of me stealing from them and did what was right, although it was long overdue. Research shows early intervention is the best intervention, but my parents intervened late.

I started because school came easy and it seemed – only falsely – everyone was doing it. From the first first drunk I progressed to using at school, inside of school, and straight through college only to end up dropping out and deep in debt with no career prospects because I didn't earn a diploma.

I have realized I only have one brain and that once it's broken there's no guarantee it will ever be fixed.

Freedom is the ability to make good, healthy choices and decisions. Don't lose it to drugs (including alcohol).

James