

Henry

When I entered the BTC, I was looking at it for like an escape. So, when I went upstate, as far as taking the program, I started taking a look at myself. It helped me look inside of me. It helped me deal with me. It helped me gain some self respect for myself, some integrity for myself, .learning how to deal with my feelings. And overall, I have a better view of my life for myself. I give credit it to BTC. .I didn't have a family when I first entered this. I hadn't talked to my Mom for ten years. My brothers and sisters: I didn't speak to for five. But, when I went through this process, .now I have a relationship with my mother, go to her house. It's a relationship I have for many years, same with my brothers and sisters. They're crazy for me to be going over there and staying with them, just simply because this helped me take a really deep look at myself. Many times I would just point the finger at everybody else, but going through BTC really gave me an aspect that I could do better for myself. I don't have to be doing the things I was doing. And, the same way it helped me, I know it could help many people.

You just got to put your part in it, if I didn't do my part. I had to really take a deep look at myself, going through anger management...domestic violence...relapse prevention...all the specialized seminars and classes I took upstate at the treatment center I was at. It really helped me, because now I have a since of value for myself. I stand on my own two feet. I learned to stand on what I believe in was right, doing what I know is right for me, not being a follower, not feeding into the negativity. Because, I really started analyzing where do I want to be within the next five years. Do I want to be some person hanging out selling drugs, using drugs, or do I want to be a person who will give back to society, give back to the people that really need the help. My goal is become a counselor for substance abuse because I could help those that were in the same predicament, same situation as I was in. That's how Brooklyn Treatment Court helped me. If it helped me, I know it could help many others.