

My name is Britney and I am a senior Marketing major at the Red McCombs School of Business at the University of Texas at Austin. I am also a recovering alcoholic, addict, and bulimic.

I do not know when I took my first drink, but I know that I started drinking consistently at the age of 8. I developed an eating disorder when I was 11. My first suicide attempt was when I was 13 and my first alcohol poisoning was when I was 14. Skipping several years, I found myself at UT, unable to attend class, to stop drinking, using drugs, and acting in my eating disorder, and succumbing to a nervous breakdown after another failed suicide attempt and stint in the hospital. I checked myself into rehab in Arizona on January 28, 2006, and I have been sober from all of my addictions since. I spent 56 days in treatment and upon returning to Austin, was referred to the University of Texas Center for Students in Recovery by the University Health Services nutritionist I was seeing.

The Center for Students in Recovery has saved my life. That may seem melodramatic but I mean it with all the sincerity in my heart. The unconditional love and support I have gotten from the Center is immeasurable. I have never felt comfortable on campus, and since I was an incoming freshman, I tried to get involved in organizations on campus. My disease told me that I was different and that I would never fit in. I always felt more of a liability than anything else to any organization I joined. That has changed now. The Center for Students in Recovery is the place on campus I have always wanted to find – where I know I belong and where I am an asset rather than a liability.

The Center for Students in Recovery has become my passion. I remember the depths I was in not too long ago and I want nothing more than to give someone who was like me maybe just a little spark of hope; to let them know that they are not alone, as I always felt. The Center has become my family. Whether I socialize with the members outside of the Center or not, all of their phone numbers are in my phone, and I know that they would help me in an instant. (I know through experience.) The level of community and compassion within the Center is unbelievable. I can honestly say that without the Center for Students in Recovery I do not know where I would be today – I truly do not believe that I would still be a student at the University of Texas and there is a good chance that I would not be sober.

As a member of the Center for Students in Recovery, I am a part of something much greater than myself. I dream of the Center being alive and flourishing long after my time here at the University, and thus I have dedicated myself to being of maximum service to this end. The Center has allowed me to be of utmost usefulness to fellow recovering students and to the University as a whole. It has helped restore me to my optimal self, and I know I am not alone.