

As a student, a mother, and an employee I had been finding it harder and harder to fit twelve step meetings into my busy schedule. The fact that I work two twelve step programs, AA and Al-Anon both, made it even more difficult for me. There were no Al-Anon meetings at UT and for two semesters, I had classes during the only daytime AA meeting on campus.

Drinking played a huge part in my dropping out of school eighteen years ago and I knew I needed something to change if I was going to hold onto my cherished sobriety this time around. I had some exceptionally trying events in my personal life last semester so I went into the Student Services Building to inquire about the LCDC counseling services they offered. There I was told about the Students in Recovery group.

I have learned from nearly five years of sobriety, that help will become available to me when I am in need, if I only ask. CSR has been that help for me. I am thrilled that the group is open to someone like me, with cross addictions and the adult child of an alcoholic. It has become a real lifesaver for me.

It was not easy for me to return to UT after so long and, in particular, on scholastic probation because of my past transgressions, but recovery has prepared me well to function in UT's competitive environment and I am proud to say that I have just completed my best semester yet. At full time hours, I just made the University Honors List for the first time ever.

I certainly intend to stay in the CSR group until I graduate and possibly beyond. My only regret is that I didn't find it until my third semester back at UT.

Carey