I started drinking and smoking weed on the weekends around the age of 14. By the time I was 16, I was drinking and smoking weed every day. I would go to school high and leave school around 2 to go smoke again and drink until I passed out that night. I did that every day until covid really started to hit and I couldn’t go to school or work. When covid hit is when I started popping pills and doing cocaine on top of drinking and smoking. This started around March of 2020 and went on until around March of 2021. In March of 2021 is when I stopped drinking and doing hard core drugs. From March to August, I was only smoking every day except for when I went to Mexico in August and took Xanax the whole time. When I got back from Mexico, I was starting my freshman year of college at the University of Nebraska Omaha. I decided that I was going to stop smoking or doing anything at that time because I wanted to be sober for school so I could do my absolute best, but what I didn’t know was that I didn’t have the ability of getting sober on my own. It wasn’t because I’m weak minded or because I didn’t have enough self-discipline, it’s because I didn’t know that I had an illness called Alcoholism. When you’re an addict or alcoholic and you have the illness referred to as alcoholism, you don’t have the ability to get sober on your own, we need something greater than ourselves to get us sober and that greater thing is a higher power to our understanding. I tried for 10 months to get sober on my own and as hard as I tried and believe me, I tried everything you could think of. I tried therapy, exercising, eating better, scheduling my day out to the last minute, listening to motivational videos but none of it worked, not in the long run at least. It wasn’t until I started going to AA that I was able to get sober and stay sober with the help of the steps, my sponsor, and my higher power. I’ve been sober for over a year now and I would say that my life is very stable now compared to my freshman year when I was struggling just to get through my day. I will say one thing that did help me was during my spring semester of my freshman year I was living in the dorms and being able to walk 20 feet over to our CRC space and hangout with other addicts and alcoholics was amazing. It felt good to know that there were people like me I could talk and hangout with that know what it’s like living with this illness. It also felt really good getting to help set up stuff for our events. One of the other things I got to benefit from was going to an ARHE conference for our CRC. It felt great getting to meet students in recovery going to school from different states. It was an experience that I can’t even really explain. Just the fact that in Omaha you don’t really meet many people in their 20’s, going to school, and who are sober, so to meet other people and make friends that are also sober was just amazing. I think students who are sober and students who might be trying to get sober but don’t really know where to go or how to get sober would really benefit from our school’s CRC. I think it would be great if the University of Nebraska Omaha would embrace, be more supportive, and help the CRC more. I think by helping spread the message about our CRC and informing more students about it we can help more people.