

# Addiction treatment centres helping men and women get their lives back on track

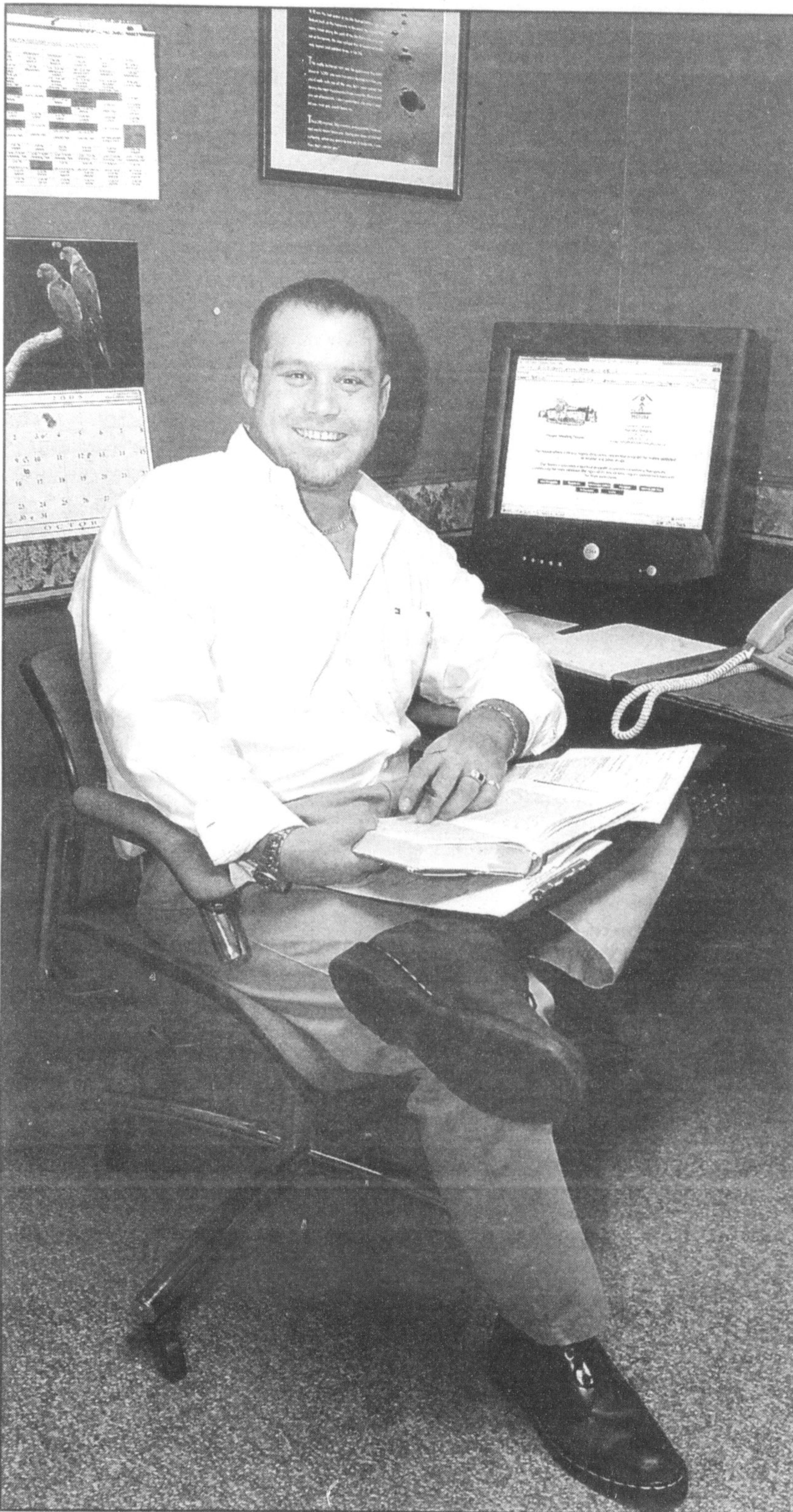


Photo by GRAHAM PAINE

Paul Rice is a former drug addict who turned his life around thanks to Halton Recovery House, which is celebrating its 30th anniversary this year.

By MELANIE HENNESSEY

The Champion

Local resident Paul Rice had lost everything — his money, chance at an education, position in an up-and-coming band and the trust of his family — all to a heavy heroin and cocaine addiction.

Over the course of a few years, the local resident spent a \$150,000 trust fund left to him after his mother died on drugs. He registered for college, but began dropping classes to get the money back to feed his addiction.

And just two weeks before the band he was in was set to go to the Grammy Awards, he was kicked out of the group after repeatedly missing practices because he was waiting for his drug dealer.

Once his girlfriend of the time went to jail and addiction treatment, Mr. Rice realized he had the opportunity to get out and find some help for himself.

"I knew I was capable of more," the 32-year-old told The Champion.

With that in mind, he packed up his bags October 17, 2002 and headed to Halton Recovery House (HRH) — a 90-day live-in treatment centre just outside Milton for male alcoholics and drug abusers.

There he went through a highly-structured program that involved everything from attending group therapy meetings to doing household chores.

Today, he still goes to HRH, but now as an interning addictions worker — part of the social service worker program he'll soon be graduating from at Sheridan College.

He's turned his life around, and is even engaged to be married.

It's this type of success story that HRH is proud to highlight as it celebrates its 30th anniversary this year while Hope Place Women's Treatment Centre — a similar agency for women that HRH has amalgamated with — marks its 15-year anniversary.

And while Mr. Rice admits it wasn't easy going through the HRH program, he's got nothing but good things to say about it.

"They were really good to me," he said. "They teach you how to live your life based on (the fact) you're not the centre of the universe."

By this, Mr. Rice said he means he learned to stop thinking about himself and start thinking about others.

"I came in (to the program) under the impression that drugs and alcohol were my problem, but my problem was complete and total self-centeredness," he said.

HRH intake co-ordinator Rick Moir concurred that the program's focus is the belief that selfishness and self-centeredness are the real problems facing clients.

He said HRH then offers the men a solution — to think, act and feel in terms of others.

He said HRH also tries to let the men in the program know that people need each other, hence the HRH slogan 'People Needing People'.

"They're coming to treatment thinking, 'It's all about me'. But nobody goes through life with completeness without other people around them," said Mr. Moir.

Mr. Rice noted HRH also helped teach him discipline and that "love is an action."

• see HOPE on page A10

## E-wareness

Connecting people with information, one click at a time.

E-wareness Week  
**October 17-22**

Go on the **Virtual Treasure Hunt** for a chance to win a \$50 gift certificate and learn about online information **only** available at your public or school library.

**Halinet**  
Halton Information Network

Halinet partners: Burlington Public Library, Halton Catholic District School Board, Halton District School Board, Halton Hills Public Library, Milton Public Library, Oakville Public Library.

**tielemans interiors**

**ONE DAY ONLY**

Everything Must Go!!

**Inventory Clearout**

**Saturday October 15th**

**From 9am-4pm**

**PAINT SALE**

**ASSORTED PAINT FREE**  
BUY ONE GALLON GET 1 GALLON...

**FREE ROLLER FOR THE FIRST 50 CUSTOMERS**  
NO PURCHASE NECESSARY.

**ALL PAINT INSIDE STORE 1/2 PRICE**  
BUY ONE GALLON GET 1 GALLON...

**ALL PAINT SUPPLIES 20% OFF**

\*ARTICLES ON PARKING LOT ONLY. NO TINTING ON SALE DAY.

**REMNANTS UP TO HALF PRICE**

No Reasonable Offer Refused!

<b>Armstrong LAMINATE</b>	STARTING AT <b>\$4.25</b> /SQ.FT.
<b>PERGO FLOORING</b>	STARTING AT <b>\$3.49</b> /SQ.FT.
<b>CERAMIC TILES</b>	<b>10% OFF</b>

ALL ORDERS MADE ON SALE DAY

**tielemans interiors** 340 Main St. 878-3435

**HOURS**  
8:30-6:00 Mon/Wed/Fri  
8:30-8:00 Thurs  
9:00-4:00 Saturday

STAINMASTER carpet

Richmond

Armstrong

PERGO

GIL

LAURENTIAN HARDWOOD  
Lakeside COLLECTION