

February 17, 2016

Hello, my name is Daniel

I don't know when I started in treatment but when I was told about the opportunity to get help for my addiction, anxiety and depression, to be in groups to talk to others, I learned I wasn't alone. I learned about me, who I was. I started to look towards the future. Without the help of Wheeler Clinic, the wonderful staff esp. Stephanie, and other clients I know I would have stayed the same – tunnel visioned, my head scrambled, seeing in black & white. Now I see things as colorful, I see the bigger picture, I am not so scrambled. My attitude has improved, I am more patient, I have more self-esteem. I have tools to help myself & be able to give to others. I am grateful for the services, that they are close by and easy to get to. I have been sober for over 2 years now- it hasn't been quick or easy but it is worth it.

I am proud of myself and can hold my head up – my Family is proud of me too. Please don't cut the funding to these programs – everyone benefits.

Thank you,

Daniel F. Sypher

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