



# Get Help for Addictions

By Brady Brown

**I PERSONALLY** have not been addicted to drugs or alcohol, but my family, on the other hand, has had many problems relating to drugs and alcohol. My grandpa was the first to have alcohol problems. My aunt was the second one in my family to have alcohol problems. Finally, my mom—who I thought had no problems—had drug problems. Even though many people have these types of problems, there is still help.

My grandpa became alcohol's victim when he was around twenty years of age. Trouble found him at every corner of his life when he was an alcoholic. Alcohol led him into starting drugs. He was in jail several times. His brother Andy, my great uncle, turned him to God. My grandpa now claims his biggest help in fighting the addiction was finding peace with God. Starting off on the wrong foot is never good, but sometimes it will bring you closer to God and you can get help with your problems.

Following in my grandfathers' footsteps was my aunt, who became an alcoholic. My aunt and I are close in age and we both live with her parents, who are my grandpa and grand-

ma. My aunt loves to have fun with her friends. Her definition of fun was going out drinking every night with them until she recently received her second DWI. I feel like this situation should have been handled before the second DWI was received. My aunt still does not have her driver's license and it has been almost a year. Since I live with her at my grandma and grandpa's house, which are her parents, I have to drive her to work and to friends' houses when I have time. In order for her to get her working permit, she had to get an alcohol detecting sensor installed in her car. She attended meetings for alcohol abuse and is on the road to recovery. I learned that drinking is not always the answer to a fun night and especially do not drink and drive. Drinking and driving not only messes up your own life, but its consequences also affect the lives of others as well—including close relatives who must help accommodate for the situation. My aunts' problem has affected my life, but my mom's addiction to drugs has affected me the most.

Even though everything seemed fine in my mom's life she had issues

that needed to be dealt with. Instead of talking about her problems, letting people know she had problems, or dealing with her problems in a better manner, she resorted to drugs. My mom had marital issues with my stepdad that I never would have suspected when I lived with her. She hid her abuse behind a little pill that never fixed anything. Being a nurse, drugs were easy to access for her and she took that easy road out. Right now she is in jail and I live with my grandparents. I am happy for her because she has been clean for about a year now. She attends Alcoholics Anonymous meetings. Speak out, get help, and don't think drugs are going to cure your problems. My mom's problem was forced to be solved by law and it should have been dealt with differently. Although no one could have controlled the handling of her situation but her, I feel like she should have told others about it or tried to get help before it was too late.

I am not the one with the alcohol and drug problems, but I am still affected by what my family goes through. Plenty of people in my family have dealt with drug and alcohol problems, but they have all overcome the hardships and temptations that come with drugs and alcohol. I feel like anyone suffering from these types of problems has the opportunity to get help—just like my grandpa, aunt, and mom did. Be a good grandson, nephew, son, brother, sister, or friend (whatever the relationship may be) and get those you care about help before it's too late. 🙏

## ALERT SCHOLARSHIP

Brady Brown is a high school senior from Minnesota. **Alert Magazine** congratulates him for winning the Alert Scholarship and we encourage him in the pursuit of his academic goals. We would also like to encourage future seniors to participate in our scholarship program.