

My name is Adrian Burris and I am a person in long term recovery which for me means I have been free of drugs, alcohol and all mind altering substances for 5 years. In those 5 years I have been given many opportunities, all of which stem from my involvement in peer services as both a provider and a consumer. After graduating treatment in 2016, I was left with some tools to help create a new life free from drugs and alcohol, but the 4th Dimension Recovery Center gave me an arena in which I could use those tools with the support of a community that I belonged to. When I got clean I had no friends, I had to start from the ground up. Having recovery support services delivered by peers, people I could relate to that shared my lived experience not only made me feel supported and cared for, they also provided me with valuable connections and a wealth of recovery capital. Fast forward 5 years and I am now a Program Director for the very recovery community center that helped me but I am also a student, father, mentor, role model and most importantly a better person. Peer services are just as crucial as any other form of recovery support and I feel it should be seen as an integral part of any recovery support service model. Treatment saved my life, peer services gave me new life.