

Safety Net Recovery

Employee Spotlight June 2017



Dave Warren, NCACI, CACI

Young Adult Program Director

We are pleased to welcome Dave back to Atlanta after being in Charlotte to open up the Safety Net location in NC. Since 2011, Dave has continuously been a staple in our organization focusing his energy and passion on our Young Adult program. His ability to connect with his clients and their families is unmatched in our industry.

1

FAVORITE MEAL

Manicotti

2

FAVORITE MOVIE

Dumb and Dumber

3

HOPE TO TRAVEL

Alaska



Favorite AA Quote

"Time Takes Time"



Dave on the Daily

"Big guy had a plan and I just follow along"



Recovery Thought

I realized that my life wasn't over it was only beginning.

Interview with Dave

Why do you work for Safety Net?

Wow! Tough question to start. When I started to work for Safety Net Recovery, I did not know what I was getting myself into; I was simply following a plan that was put in place by the big guy upstairs. Nowadays, I am able to see the plan a little easier which helps me see why I work for Safety Net Recovery. I am here simply to be of service to others and help them see things that might be right in front of them that they may not be able to see. One thing that is often talked about is my age (30) and the fact that I have never had a legal drink of alcohol, but I am still an alcoholic; I am able to use not only clinical experience with our guys but also my personal experience of going through this same process. Big guy had a plan and I just follow along.



How did you end up in recovery?

I drank too much ;) When I was 20 years old I had been kicked out of college 3 times in 4 semesters, all of which were alcohol or behavioral related. I was more eager to drink and socialize than I was to wake up and go to class at 4:30 in the afternoon. After I had been kicked out for the third time I was talking with my mother, Laura (whom I respected greatly for having 15+ years of recovery at the time) and I told her that I was willing to change something, but I think that was just to get the heat off for a day or two. I moved down to Atlanta from St. Louis to live with my moms. Laura had set up a few phone interviews with treatment centers and wilderness programs. When I was being interviewed I distinctly remember minimizing everything that was going on in my life and just used the idea that "my family is the problem and I just have anger issues". Which in turn had all of the assessments and interviewers telling my family "we don't know what to do with him" or "he isn't ready to do this yet".

Thankfully for my family, a day or two passed and I hear this ruckus going on outside the apartment door, I go out there to see two guys arguing and another gentleman walking up to him and saying "put the knife down". Now at this point you may be asking why I said "Thankfully for my family", well little did I know that the gentleman who said "put the knife down" was about to play a significant role in the changing of my life. Come to find out there was a Recovery Residence that was in the same apartment complex my family and I were living in. That gentleman who walked up to



calm the situation down was Dexter Foster. For some reason that night I was able to open up to someone and be honest about what was going on in my life, whether it was the big guy upstairs or the big guy in front of me, either way it was this night that started the process. The next day, my moms and I met with Steven Herndon and the next thing I knew he (Steven) threw me and my bag of clothes over his shoulder and I moved into a Recovery Residence apartment, mind you in the same complex I already lived in. This was August 25, 2007. The rest as they say is history.

“Do what you say and say what you mean”

What is your passion?

I'm going to answer this question in two parts, professionally and personally: Professionally, my passion is helping people see that there is a better way of life out there rather than the one they are used to living. I can tell you that if a person working in the addiction field doesn't have an answer similar to that, then this may not be the field for them. There are too many people that die from the disease of addiction on a daily basis to not have someone that loves and cares for their clients the way that addiction professionals do. Personally, my passion from a young age has been sports. I started playing hockey at the age of 6 and over time my love of competition and all sports has continued to grow. By the way I am the reigning Safety Net Recovery Fantasy Football Champion!

What keeps you going during challenging times?

There are a few different things that I use to keep going during challenging times, the first is breathing exercises and meditation. I always thought that meditation meant that I needed to become the Dali Lama and sit with my legs crossed; thankfully I found out that isn't the case. Using breathing techniques and meditation allow me to be grounded and remind myself of why I do what I do, to help others. Another is talking with people colleagues, I spoke recently with David Blackwell to figure out exactly what I needed to do to help recharge; which for me involves golfing, watching movies, and enjoying a cigar. The biggest thing that keeps me going regardless of the situation is the successes, like when a client with whom we have worked with previously comes by the office and shares their experience, strength, and hope with other clients or just stops in to say “hey”.

Where do you see yourself in 5 years?

5 years from now I hope to be wherever the big guy upstairs wants me to be. My old sponsor used to have a saying, "I make plans and God laughs". That doesn't mean I can't plan things out, but it helps me remember that I just need to follow along with God's plan. Professionally, I want to grow with Safety Net Recovery as the company does, whether in Atlanta or Nova Scotia. Personally, I want to own a home to be able to enjoy time with my beautiful and lovely wife, Amanda and who knows, maybe some children one day.