



Corbett Miller

Former Addict & Private Therapist

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We all start out in life with a joyful attitude, and most would like to keep it this way. As one matures, he or she becomes someone who can start making independent decisions, but sometimes they're not always for the best. Some start to explore different experiences that promise a great time with just a little side effect. So you let your guard down and start that windy road of misery that elementary and middle school educators tried to warn you about. About 1 in 4 teenagers have taken some form of addictive drug: prescribed, over the counter, or illegal. Whether it's prescription or illegal, both types of drugs make individuals susceptible to drug addiction. "Younger people are more likely to be exploring different experiences and trying different drugs and alcohol to see what it's like. If the experience is one that they enjoy, they start to get hooked," exclaims Corbett Miller, a private therapist. Miller has had many previous experiences with drug addiction ranging from personal experience to patients he's helped. This familiarity with drug addiction allows him to properly assist

and help his patients.

Sometimes there are people who are unaware of what drugs are doing to them and their mind. They have been taken advantage of and their life continues to spiral out of control. "The bottom is when somebody's life has just gotten so bad that they're finally ready to quit using drugs and alcohol and maybe get some help. That's called hitting bottom." Miller is someone who's experienced hitting bottom and can agree that it's not something anyone would want to experience. Miller participated in illegal activities and has had his own unfortunate run-ins. "I had my own experiences with the criminal justice system, so I've been locked up and then I went to a rehab center for homeless people." Miller was involved with alcohol for a couple years, which played a major factor in changing whatever plans he had for the future. His experiences and challenges in his past shaped him. He took an interest in helping inmates because he used to be one, and as a result, he devoted himself to helping inmates who were hitting their low point.

Hitting bottom could look differently for different people. It could encompass family members leaving you, losing your job, or your marriage failing. When Miller

was still addicted to alcohol, his life was spiraling out of control. One thing led to another, and before he knew it, his life was almost irreversible. That's when Miller finally decided that he needed help and took the proper course of action to once again regain his ability to live in society.

After Miller went to rehab for around a year, he got help from all sorts of people. Once finished with rehab, Miller wanted to repay his debt by becoming a therapist.

Miller felt connected to inmates and started his journey there. Miller talks and praises what's called the 12 step model, "The 12 steps method has been applied to every type of addictive substance behavior. I don't think everybody has to do it, and it doesn't always work for everybody. I'm always open to everything, but it really is a successful way to give people a blueprint to leading a better life. It offers fellowship and a community where other people share their experience with alcohol or

other substances." And one of the biggest examples of people who have "hit bottom" are inmates in the criminal justice system.

Miller spent a couple of years of trying his hardest to help convicts with their addiction inside of prison and trying to help them understand the position they are in

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and how crucial it is to become sober. Unfortunately, Miller quit due to his careful observation on the harsh justice system and the dullness of the prison. He just felt it was time to move on. "In the beginning for many, many years, it was in my opinion that it was the most important place to do that kind of mental health and substance abuse work. The reason is that it is where most people end up anyways due to their addiction. They just can't figure it out. After a while, that population and the revolving door of the justice system gets really difficult to understand. I kept seeing the same people over and over again knowing that it wasn't getting better and felt a sense of utility because I didn't see someone staying out of jail. Then there's having to go into a jail and prison every day. After a while, you just don't want to go to jail or prison anymore," said Miller. Fifty percent of drug abusers end up serving time in some sort of criminal detention facility.

After Miller decided to leave the prison scene, he moved to a residential treatment center and helped victims of various ages. All that mattered to Miller was helping people, and while he was working at the center, he was able to help change the life of a teenager as well as the kid's parents. "I used to have a kid in patient residential. He was 15 when he came in, and his parents were on the brink of giving up. They were with him and they didn't know what to do and they kept on hoping and didn't want to give up. Unfortunately, all their other ideas didn't work out. This kid was just a hardcore drug addict," Miller said about his journey with this substance abused kid on the brink of death.

This kid was so far under the influence of drugs that all there was was hope and perseverance. Miller explains that this teen's parents came to him as a last resort because nothing they did was working. So, Miller did what some therapists could not do and took this kid in and really, really tried to help. "Man, he was so resistant. It just felt like he didn't want to get clean. He

fought me every single step of the way." Miller knew it was going to be hard but kept at it. He put the kid through residential treatment for 70 days. The kid was able to listen and experience other addicts' stories that were just like his. The gears in his head started turning, and he slowly started to realize how messed up his life was and would be if he didn't do something right now.

"He just celebrated a year of being sober." With the help of Miller and his peers, he was finally able to see within himself and recognize what he was doing. Miller explains that he celebrated his first year at the treatment

center, where he spent a couple of hours talking to other kids. "He came in and gave a little talk to the kids that were in his place a year ago about his experience. He explained the hill he needed to climb and how difficult it was for him to accept the fact he was an addict and that maybe he could possibly have a different life and have a better chance."

As of now, Miller is still pursuing to help people of all ages realize their worth in society. He lays down a path to success and all they have to do is push themselves and look deep inside and accept that change, even though a lot of the times they might be in denial.

Miller has to constantly push and prod his patients constantly. If there wasn't anybody in this world to help others in their time of need, the world wouldn't be moving forward like people want it to, but instead, it would be moving backwards.

By Josh Rosen

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