

By AMBER ROESNER
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On September 16, 2004, 19-year-old Kyle Hamrick hit what's commonly known as rock bottom. After staying awake for more than 384 hours and losing 25 pounds on a methamphetamine spree, Hamrick telephoned his mother for help.

"I heard that meth was a way to keep you up at night, and I had a third shift job," he said. "I thought I would be more productive. One thing led to another and I moved out of my grandma's house and went on the streets. I would go on month-long sprees with no contact with my family. Then, I hit rock bottom. I was out of money. My truck was messed up and I was living in my truck."

Together his mother and grandmother sought help from Barrow County Mental Health Center, who referred him to Project ADAM.

Today, Hamrick's been clean for almost two years. And, he says that Project ADAM is the cornerstone of his success.

"They gave me hope," he said. "When I first came in, I was only going to stay two weeks to gain a little weight and make my grandma happy. Then, I got into fellowship with the guys. I saw 50-year-olds here who had let drugs and alcohol mess up their whole lives. It made me realize that I needed to make the most of my own life."

While traditional 12-step programs had not worked for Hamrick, he says that the Christian-based approach has made the difference.

"Project ADAM taught me that I have to have God in my life to stay clean," he said. "They taught me how to develop a spiritual walk."

Hamerick says that one counselor in particular has made a tremendous impact on his recovery.

"I use all of the counselors for support," he said. "But, I look up to Bill Tschiniak a lot. He's been down that road before."