

My name is Brian Peek I am a Certified Addiction Peer Recovery Coach (CAPRC II) and a Licensed Addiction Counselor (LAC). I have been in this field of Recovery for approx. 15 years and just recently left Wabash Valley Correctional Facility where I was employed for 26 years and my last 15 years was in the field of Substance Abuse as either a Counselor or the Director of the Substance Abuse Department.

Daviess County is my home and when I was approached about starting a Peer Recovery Coaching Program for Daviess County and partnering with Daviess Community Hospital to start Peer Recovery Coaching there I was excited to take the position so I could be a part of getting help to those who are suffering with addiction disorders in our community. I was approached about 10 years ago by the Daviess County Sheriff's department to see if I would help them start a substance abuse program in the Daviess County Jail because they had received a federal grant to tackle the methamphetamine problem. I contracted with them and helped start the therapeutic community called RARE that is now in the jail today.

I am a person in long-term recovery from alcohol addiction and have been in active recovery since 1990. My addiction started when I joined the United States Navy and went overseas to the Philippines for 3 years. I was never a big drinker in High School but after joining the military I began experimenting with alcohol and found that I enjoyed the taste and the feeling it gave me so I began drinking with my shipmates on the weekends at first and it didn't seem like too much of a problem. When I got to the Philippines the alcohol was very cheap outside the base and I began to drink more often and party with my friends more frequently. I began to notice that I never really cared for beer it was hard liquors like whiskey or rum that I preferred at this point because my tolerance had built up by this time. I was still able to go to work at my squadron and managed to not get into too much trouble that first year but after that my tolerance had built up to the point where I was drinking whiskey and rum straight with water as a chaser and my friends began to see a difference in my behavior. I would not be the instigator of a fight but if someone was to say the wrong thing or even just bump into my chair while I was intoxicated I was ready to fight. I met my wife in the Philippines and can honestly say that she was one of the things that help save my life because she never gave up on me when I was at my worst in my addiction. My wife seen the difference in me when I was sober and when I was intoxicated and knew that there was a decent man inside so she took a chance on marrying me. I joined the military weighing 185 lbs. and at my worst I had dropped to 135 lbs. due to me drinking so much and having ulcers and not eating properly. My wife would make deals with me to keep me from drinking hard liquor by going to the bars with me because I had told her I would not drink hard liquor if she was with me because I didn't want to make a scene if she was there (beer just mellowed me out).

We had two children in the Philippines and I am grateful that my children do not remember me during that time period of my addiction. I am grateful also that my wife stuck by me and didn't leave me during that time even though I gave her many reasons to leave (nights of not coming home, many bar fights or nights in the brig etc.). When we came back to the United States we moved into my parents' home waiting for all our household goods to arrive from the Philippines and while staying there my wife approached my father and told him that if I didn't stop drinking she was going to take the children and go back to the Philippines.

In Recovery we have a saying that everyone has their “wall” they have to hit in order for them to turn around and get the help they need. This was my “wall” I could not see my life without my wife and children so I returned to my roots which was the church and sought help for my addiction. I was able to get the help I needed and was set free from my addiction and found the support I needed from my family at home and a church family that helped me see that I was not my addiction and I could change. This is what Recovery Coaches do is help others find their pathway to recovery and link them to resources to help them be successful in their path that they have chosen.