

Family Service Bureau

Sean's Recovery With The Help Of FSB



The Family Service Bureau of Newark has helped Sean with substance abuse treatment and counseling.

since early this year. During his time at the Family Service Bureau of Newark, Sean has found stable housing and regained employment and he now works to serve his community.

Though there is a strong stigma against counseling within the African-American community, Sean has been open to the support and growth that counseling has provided for him. Sean has rebuilt his relationships with his family members and friends and he has started to develop a better understanding of what a healthy relationship looks like.

During his time in counseling, he has faced some recent losses, which has been challenging for him to cope with. Despite these losses, Sean continues to find ways to be a positive person and maintains his recovery. He has been able to see the benefits of attending counseling as he has learned to use it as a form of support in order to prevent himself from relapsing.

Sean is a 37-year-old African-American man and a native of Essex County. He has spent his whole life in his hometown. Like many teenagers, Sean began experimenting with marijuana and became a frequent user of smoking; however it was not until his late 20s when he began using heroin. Around this same time, Sean became involved in a relationship that turned abusive. The relationship came to a sudden end when Sean was arrested after defending himself from his abuser. Upon his release from prison, he was referred to the Family Service Bureau of Newark for substance abuse treatment.

While the transition back into society was not easy, Sean did not use heroin again. Instead, he actively participated in his treatment, attending groups and individual counseling