



“I’m very proud of what I’ve done to change my life”

When I took my first dose of Tylenol with codeine for migraines at age 15, I never imagined that 30 years later I would find myself taking as many as 60 oxycodone in 2 days in addition to using a Fentanyl patch.

I was in real pain from chronic physical ailments including a broken back from a car accident with my parents and I also faced personal challenges. I first used alcohol to cope with emotional pain following a date rape in high school. As years went by I experienced spousal abuse followed by divorce, a second 20 year marriage that ended in divorce and the loss of both of my parents within a year of each other. Over time, my prescribed pain medication increased in strength and frequency.

I had many positives as well. I found a strong church family in 2005 and have a wonderful son and grandchildren that mean the world to me. Everything changed in 2016 when I was hospitalized after a fall the caused a serious ankle fracture. I needed IV pain medication in addition to what were recognized quickly as exceptionally high doses of oxycodone and fentanyl.

That’s when I realized that things had to change and decided to give up pain medication. I spent 42 days in detox and that was followed by a rehab experience that was so bad that I wanted to die for the first 12 days but I was grateful for a place to be.

When I left rehab, I started looking for a place to continue outpatient therapy but I was turned away several times until I found Family & Children’s Services. They agreed to accept my insurance and I started therapy with Stacey. She worked with me to create my own plan for recovery and asks me questions that help me think of things I might never have realized on my own. I need accountability and Stacey helped me establish healthy boundaries and be accountable to myself for them.

Today I feel more myself than ever. My feelings are clear and real and I’m feeling them for the right reasons. I will always be a recovering addict but my family and boyfriend are supportive and proud of me. I’d tell anyone with concerns that if you think you have a problem, you DO have a problem. Don’t hesitate to ask for help and don’t stop looking for someone to help you. There are resources out there and you will find an answer that will work for you.