

My recovery journey has not been all rainbows and sunshine. I have stood in front of multiple judges to clear my legal wreckage, have spent time in jail, and I have even been homeless. None of which I got loaded over. Life continues to have its ups and downs.

Lifeline Connections not only provided me a twenty-eight day residential/intensive inpatient program, but more importantly, they provided aftercare which I believe to be the most crucial part of a treatment program! I was given the tools on how to cope without drugs and alcohol in intensive inpatient, and how to deal with everyday life and the struggles of reality, in intensive outpatient, by trained clinical professionals.

I have been through other inpatient programs, and felt as if I was being “thrown” back into the real world, with a pat on the rear end, with a “good luck sister, go get em” attitude. Lifeline Connections gave me the opportunity to figure out why I was drinking and using in the first place, they helped me process my trauma and neglect as a child. I was able to get down to some of my core issues and figure out who I really am.

Thank you to my probation officer Amber Lutes that laughs with me, and Commissioner Parcher for smiling at me, congratulating me, and telling me to keep up the good work. I cannot say that I’ve ever had a judge smile at me...ever. Usually they were shaking their head in disgust and concern, before sending me to Clark County Jail.

Thank you to my pastors Bill and Vicky Smith at the XChange Recovery Service. They continue to guide me through the journey, and I believe that God works through them each and every day to spread the message of hope for people like myself.

There is life after addiction, and it’s okay to ask for help when you believe that you are beyond hopeless, and not worthy. Coming from a girl that couldn't keep a needle out of her arm, was afraid to go to sleep, and wanted to die... I've come a long way, and the journey has only begun.

Just another recovering addict/alcoholic from Clark County sharing my experience, strength, and hope.