

One year ago I did this thing, I walked out of the county jail and really meant it when I said I was going to change my life. I pushed through the 1st 3 weeks of freedom the best I could before I was able to start Vivitrol. In those 3 weeks I got high a few too many times, on Sept 16th I overdosed in my kitchen alone and was so lucky one of my best friends found me with another friend (he had saved my life once before a year or so earlier) just in time to save my life that night. 48 hours later I woke up, went down my stairs and found another friend overdosed and dead on my couch.

That was my wake up - I got Vivitrol less than a week later. The beginning of December I became homeless and thought life couldn't get worse yet somehow I didn't pick up a drug, then on December 13th it got worse, my world crashed down upon me. My heart, my partner in crime, my everyday 25 times a day best friend died from an overdose and yet I still made it and didn't pick up no matter what! I got a place, I continued going to NA and my recovery group for the RISE program and I got through it all. I took myself off Vivitrol in February and decided I could do it without. I got my 6 month keychain and was asked to be on the radio to talk about rise and Vivitrol and addiction, I freaked under pressure and relapsed (not opiates) and had to start all over again.

I currently am living in a campground after lots of stress from a neighbor at the apartment I had gotten. I still go to my recovery group 5 days a week, I don't make it to NA as much as I should, life is crazy and full of stress. But today marks a full year since the day I walked out of the county jail, today marks the completion of RISE, I attended group 5 days a week, I got Vivitrol for 6 months, I haven't been in any trouble with the law. I am the 1st person to complete this program our sheriff got the grant for. Today I will say am I proud of myself and how far I have come with all the hurdles in my way. Just for today I won't pick up no matter what. Thank you to all who have supported me and stuck with me through all the turmoil. Thank you to the ones that walked away but are now coming back to give me the chance to show the change in me. I celebrated today by going to my favorite place on earth and enjoying the serenity alone in the rain.