

Anna S.

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Since I have become a client at the ARC, my life has changed drastically. Prior to this facility, I had serious self-esteem issues, multiple suicide attempts, problems opening up, and multiple trauma incidents resulting in PTSD. I have had alcohol ~~problems~~ ^{issues} ~~problems~~ since the age of 11. By 14, I was smoking meth. By 18, I was ~~on~~ doing meth, weed, cocaine, & alcohol. My disease was progressing as time passed. I didn't see it as an issue until I was 22 yrs old, in jail, weighing 84 lbs and talking to the shadow people in my psychiatric - one person all on my own. After getting out of jail I went to a detox then rehab. Stayed there for less than a week & was back out again. I cleaned up a year later after finding out I was pregnant. I stayed sober 2 1/2 yrs after that before I relapsed. I was like no a day had gone by. I picked up right where I left off. I then went to AA. Found alot of strength & hope in these rooms, but did not do my steps. The only sober time I'd had from

there was when I got pregnant
with my daughter. But yet again,
I feel left out due to not working,
a program. In 2014 I woke
up to find myself in a hospital
bed with a CFS worker sitting
beside me. It was @ that moment
I realized that it was my 1st
suicidal attempt, and I was
still unsuccessful. Not being in my
right frame of mind @ the time,
I knew I couldn't care for my
kids completely so I signed
temporary guardianship over to my
sister. I worked my ass off & got
them home within 3 months and
continued to do well. 4 months
into it, my sister was still
stalking & harassing me, so I
packed up & moved to Tucson
again. 2 weeks after that I
was homeless with my girlfriend &
2 kids & back on drugs. Went
back to Safford, where my family &
stayed a night for a while even
though my soon father had taken
him from me. In the mix of trying
to win him back I first came
up against w/hop'n, and unlike most,
I went straight to the needle.

I used meth to get off the heroin & alcohol to get off the meth, and still @ 89 lbs, non custody of my son back. Stayed clean for 3 months til I found out my significant other of 16 yrs had only 6 months left to live. I tried to stay clean & work a program but I could not. I went to detox for alcohol. got out & went back to heroin. I cleaned up for a while after that, until she passed away on my birthday, which led me to yet another terrible relapse. I realized while watching her be lowered into the ground I needed to change. I had to love myself more than the pain & I had no idea how to do that. Until I drove to Tucson & checked myself into here. This place & its staff have given me the tools I've always needed to live life on life's terms. I have learned that I had to do this for myself first before I could help my children. It has been a blessing to be accepted into a program as wonderful as this & I am forever grateful. I can honestly say I love myself now, I love the sober

life I'm living # I've never been
happier. This was the best decision
of my life & I'm so glad I
made it out of that life alive
to be able to tell my story.
Maybe it can help someone else
in the process who felt just like
I did. Helpless, helpless, & worthless.
I plan to go forward with
this & be nothing but successful.
The ARC was a tremendous life
saving decision and I've learned
the tools to live happy AND sober,
because it IS possible.